

# MARCH 2024 • 2024年3月



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2024

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COOKING FOR ACTIVE SENIORS







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For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon–Fri, 10am–8pm, Sat–Sun 10am–5pm).

担当スタッフに直接ご連絡(スタッフリストはこちら)、又は、[jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)までEメールをお送りください。

一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。開館時間内(月～金、午前10時～午後8時、土日、午前10時～午後5時)にご連絡ください。

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**YOUR NEWS IS WELCOME!**  
皆様からの寄稿をお待ちしております。

The submission deadline for the March issue is:

**Thursday, March 7, 2024.**

次号締切日: 2024年3月7日(木)

Please email to [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca)

Japanese Canadian Cultural Centre

6 Sakura Way, Toronto, M3C 1Z5

Phone: 416-441-2345

[www.jccc.on.ca](http://www.jccc.on.ca)



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*Photo, right: KPMB Architects*





# What's On at the JCCC

## Upcoming Events / 近日開催イベント

### Haru Matsuri ・ 春祭り

March 2 & 3, 2024, 12:00 – 5:00pm  
3月2, 3日(土, 日) 正午 - 午後5時

See [page 4](#) for details. 詳細は4頁をご覧ください。

### Sumi-e Art Workshops ・ 墨絵ワークショップ

#### Making Art Books

Saturday March 9, 9:30am to noon  
アートブックの作り方 - 3月9日(土) 午前9時半~正午

See [sumieartistsofcanada.org](http://sumieartistsofcanada.org) for details.  
詳細は:[sumieartistsofcanada.org](http://sumieartistsofcanada.org)

### Mottainai - Artists' Walk and Talk

#### 作家による作品解説

Saturday March 9, 2:00 - 4:00 pm  
3月9日(土) 午後2時 - 4時

See [page 12](#) for details. 詳細は12頁をご覧ください。

### JC Survivors Health &

#### Wellness Fund Info Sessions

#### JCサバイバー・ヘルス&ウェルネス基金説明会

Tuesday March 12 & 26, 11:00am  
3月12, 26日(水) 午前11時

See [page 6](#) for details. 詳細は6頁をご覧ください。

### JCCC Karaoke Club ・ JCCCカラオケクラブ

Wednesday March 13 & 27, 10:00am  
3月13, 27日(水) 午前10時

### March Film Screening ・ 月例映画上映会

To Be Determined  
未定

Perfect Days, see [page 9](#) for details.  
”パーフェクトデイズ” 詳細は9頁をご覧ください。

### Cooking for Active Seniors

#### 元気なシニアのお料理教室

Thursday March 28, 11:00am  
3月28日(木) 午前11時

See [page 7](#) for details. 詳細は7頁をご覧ください。

### Good Friday - JCCC Closed

#### グッド・フライデー- JCCC閉館

Friday March 29 ・ 3月29日(金)

## Ongoing / 開催中

### JCCC Library ・ 図書館

The Library is now open.

Please check the JCCC website for the schedule of this month.

JCCCライブラリーは現在週3~4回オープン、貸出/閲覧が可能です。

スケジュールはJCCCウェブサイトで確認してください。

ライブラリーでは閲覧日、貸出日にお手伝いくださるボランティアを募集しています。ご興味のある方(要日本語)は[harukoi@jccc.on.ca](mailto:harukoi@jccc.on.ca)までご連絡ください。

### Exhibitions ・ 館内展示

#### Moriyama Nikkei Heritage Centre

#### 森山日系ヘリテージセンター

Maru: Immigration Stories.

Contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) for a guided tour.

丸: 日系移民物語。ツアーガイドをご希望の方は[heritage@jccc.on.ca](mailto:heritage@jccc.on.ca)までご連絡ください。

### Heritage Hallway ・ ヘリテージホール

60 Years of Friendship Through Culture

文化が育んだ60年のフレンドシップ

May 2023 to June 2024 ・ 2023年5月~2024年6月

### JCCC Gallery ・ JCCCギャラリー

Mottainai - The Beauty of Reclaimed Materials

”もったいない”-再生素材の美

Opening January 2024 to April 2 2024 ・ 2024年1月~4月2日(水)

See [page 12](#) for details. 詳細は12頁をご覧ください。

### Coming Soon ・ 次回予定

CONTACT Photography Festival

コンタクトフォトフェスティバル参加展示

May 2024 ・ 2024年5月

### Contact the JCCC ・ お問い合わせ

For enquiries, please contact respective staff directly [[see staff directory on page 1](#)] or email us at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca). For general enquiries by telephone, please call 416-441-2345 during our operating hours.

担当者がお分りの場合は担当者へ直接、もしくは受付[jccc@on.ca](mailto:jccc@on.ca)にEメールをお送りください。一般のお問合せは、電話で開館時間内に受付までご連絡ください。





# SPRING FESTIVAL 2024 HARU MATSURI

Toronto's Annual Celebration of  
Japanese Spring Traditions



**Sat. Mar. 2**  
**Sun. Mar. 3**

**12:00pm - 5:00pm**

**Enjoy! Delicious Japanese Cuisine**  
**See! Hina Ningyo Dolls, Martial Arts and Dance**  
**Experience! Traditional Music, Tea Ceremony**  
**Arts, Crafts, and more!**

Admission Free for JCCC members/children under 5  
Family \$23 (Max. 2 adults/2 youth)  
Adults \$11, Youth (5 - 16 yrs) \$7, Seniors (over 65) \$7  
No ATM on site



6 Sakura Way, Toronto, ON M3C 1Z5  
[www.jccc.on.ca](http://www.jccc.on.ca) 416.441.2345



## JCCC Bazaar is Back!!

The JCCC's Annual Bazaar will return on Saturday May 4th, 2023. Mark your calendars to be sure that you don't miss this fundraising event. There are sure to be bargains galore! This year, we will start accepting donations on Monday April 1. We will accept all new and used items for donation. Please note that we are unable to accept large furniture and regular clothing. Japanese clothing like kimono, haori, etc. are acceptable. Donations can be dropped off at our Reception desk during business hours, 10:00am to 5:00pm daily. Keep your eye on future newsletters, our website and social media for more information about the Annual Bazaar.



皆様のお待ちかね、バザーの時期がもうすぐ来ます! 今年の JCCC バザーは 5月4日(土)に行われます。JCCCのファンドレイジングイベントとして開催されているこのイベントでは、いろいろなアイテムが販売され、掘り出し物もたくさんご用意しております。このバザーのためにドネーションしようと、色々なアイテムを捨てずにとっておられるという声を多くの方々からいただいております。

今年は4月1日(月)からドネーションの受付を開始いたします。新品でも中古でも構いません。尚、家具と衣類(着物、羽織を除く)はお受けできませんのでご了承ください。ドネーションは4月1日(月)より、JCCC受付にて毎日午前10時から午後5時の間に承ります。



## Farewell Jessica!

For the past 3 years, Jessica has worked with us part time on completing the design and layout of our Newsletter. She has been responsible for the beautiful covers and designs that we have all come to love. Jessica is leaving us to focus on her full time career, but we hope that she will come back to visit and continue to volunteer with us going forward. All the best Jessica!!

As we move forward, we will be hiring someone to continue Jessica's fantastic work. For more information, please visit <https://jccc.on.ca/about/careers>.



## Japanese Canadian Survivors Health & Wellness Fund

# Japanese Canadian Survivors Health and Wellness Fund Information Sessions

Upcoming Information Sessions and Document Validation

Join us at one of the following events to hear more about the grants, eligibility requirements, how to apply, and to validate your documents. Visit our website [www.jcwellness.org](http://www.jcwellness.org) for more information.

Date	Venue	Services
Saturday March 2, 12-5pm	JCCC (Toronto)	Info Booth and ID Validation
Sunday March 3, 12 - 5pm	JCCC (Toronto)	Info Booth and ID Validation
Sunday March 10, 12-1pm	Toronto Buddhist Church	Info Booth and ID Validation
Tuesday March 12, 11am-1pm	JCCC (Toronto)	*Info Session and ID Validation
Saturday March 23, 1-2:30pm (Jordan, ON)	Lincoln Museum & Cultural Centre	**Speaker Session and ID Validation
Tuesday March 26, 11am-1pm	JCCC (Toronto)	*Info Session and ID Validation
Sunday April 7, 12-1pm	Toronto Buddhist Church	Info Booth and ID Validation
Sunday May 5, 12-1pm	Toronto Buddhist Church	Info Booth and ID Validation
Sunday June 2, 12-1pm	Toronto Buddhist Church	Info Booth and ID Validation
Saturday July 13, 3-7pm	JCCC (Toronto)	Info Booth and ID Validation

If you are attending to validate an online submission, please bring your required ID and your SR# confirmation.

\*these events require pre-registration. Please contact [mark.uyeda@jcwellness.org](mailto:mark.uyeda@jcwellness.org), [elissa.kunihiro@jcwellness.org](mailto:elissa.kunihiro@jcwellness.org), [katherine.arima@jcwellness.org](mailto:katherine.arima@jcwellness.org), or [erin.oikawa@jcwellness.org](mailto:erin.oikawa@jcwellness.org) for more details.

\*\*Speaker Session is admission by donation to support the Lincoln Museum and Cultural Centre, currently featuring exhibitions Exiles In Our Own Country and Generations Of An Archive.



## UPCOMING EVENTS

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# Cooking for Active Seniors

Each Cooking for Active Seniors class focuses on using one main ingredient to make three simple recipes. Participants make the recipes under the guidance of an instructor, enjoy tasting their finished products, and having time for socializing and sharing ideas.

The January class, “Which came first, the chicken or the egg?” had fifteen seniors who enjoyed making three simple recipes that focused on using egg and chicken – chawan mushi, vegetarian egg foo yung, and an easy chicken teriyaki. Once the dishes were made, participants enjoyed the fruits of their labour and each other’s company.

Our next class date has been changed to Thursday March 28 at 11:00am and the focus is on pork. The recipes we will make are pork and nappa soup, mapo tofu, and steamed pork. If you are interested in joining us, sign up soon as the January class was oversubscribed.

Registration: Classes are limited to 16 participants. Registration for each class date closes the Thursday prior to the class and can be completed at Reception (416-441-2345) with payment ensuring your spot.

Cost is: JCCC members \$25 (+HST), non-members \$30 (+HST).



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# O-Hanami

With the crazy winter that Toronto has experienced, trying to plan for Sakura Season has been difficult. Last year, our trees bloomed early (almost 2 weeks early!) with some trees being in full blossom by April 17. While we anticipate sakura blossoms for Bazaar this year, we just don’t know how the weather is going to affect the blossoms.

With the JCCC now being home to over 100 trees, thanks in part to the generosity of Shiseido, we are planning for an extra busy O-Hanami. As weekends will be a very busy time, we are bringing in Parking Lot Attendants and signage reminding visitors to be safe and respectful in the parking lots.

From now through the end of viewing season, the JCCC Giftshop will have a selection of sakura themed items. If you are coming to the JCCC to for O-Hanami, consider coming into the building to visit NAKAMORI for a light snack, or to see the many exhibits that we will have on display. Check our What’s On page for more details.



### While you are here we ask that you respect all posted signs and use proper O-Hanami etiquette:

- Be respectful of these delicate trees. Please do not pull or shake branches. Do not pick blossoms. Do not climb trees or stand on their roots.
- Please do not leave garbage in the area. Leave the area beautiful for the next visitors to enjoy.
- Please park only in designated parking spots. Do not stop your vehicle in the laneway or stand in a place that may put you, or others in danger.

# Oshogatsu Kai - New Years Festival 2024

Another successful Oshogatsu Kai/New Years Festival is in the books for 2024! Being the first major JCCC event of the year, we were delighted to see nearly 2000 people come through our doors on Sunday January 21. Great food, a variety of vendors, and great performances and entertainment were had! We would like to thank all that came, but a special thanks to the New Japanese Canadian Committee, JCCC staff, and the 200 volunteers that made this day possible.

2024年のお正月会も大盛況のうちに幕を閉じました! 今年最初のJCCCの一大イベントとして、1月21日(日)に約2000人の来場者をお迎えすることができました。美味しいお食事、様々な出店、素晴らしいパフォーマンス! この日を実現させてくれた新日系コミッティー(NJCC)、JCCCスタッフ、そして約200名のボランティアの方々に感謝いたします。



Photo credits: Above: Leon Balaban, Below: Shodo Canada



## 能登半島地震災害義援金へご協力下さった皆様へ

1月21日のお正月会の場を借りて、石川県からの高校生鷹野翔くんを中心に、能登半島地震義援金をお願い致しました。当日と前後日を合わせてC\$3,105.15の義援金が集まり、その金額を下記の様に送金致しました。

送金額: C\$3,055.15 (C \$3105.15—C\$50/手数料)  
 送金先: 石川県令和6年能登半島地震災害義援金  
 送金日: 2024年1月31日  
 送金者: トロント連合会能登半島義援金/モガール和子

被災された方々の1日も早い復興と、亡くなられた方々のご冥福を心よりお祈り申し上げます。

そして、快く義援金にご協力下さいました皆様、ボランティアの皆様、本当に有難う御座いました。

トロント都道府県人会連合会能登半島地震義援金担当  
 原あんず、中山あつこ、モガール和子







## March Film: PERFECT DAYS

To be determined - 未定

Admission

\$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member

*"A gently astonishing film... Yakusho's performance is a marvel of openness"* – Time magazine

*"Perfect Days is a poem of extraordinary subtlety and beauty."* - Vox

We are proud to present the film representing Japan at the 2024 Academy Awards and Winner of the Best Actor Award at this year's Cannes Film Festival.

Who knew Japan has the most elegant public restrooms in the world? Wim Wender's Perfect Days is a poetic reflection on finding the simple beauty that surrounds us in our everyday world. Koji Yakusho delivers an award-winning performance as Hirayama, a Tokyo toilet cleaner, exuding contentment with his seemingly simple life. Behind the facade of his structured daily routine lies a fervent passion for music, an insatiable appetite for books, and an unusual fondness for photographing trees. Unforeseen encounters unveil his hidden past.

Starring Koji Yakusho, Tokio Emoto, Arisa Nakano, Aoi Yamada, Yumi Asō, Sayuri Ishikawa, Tomokazu Miura, Min Tanaka



# Martial Arts News

March is registration month for Judo and Kendo. Please make sure to register by the March 20 deadline.

## Congratulations!

The JCCC would like to congratulate several of our martial arts instructors who have been working hard on their own martial arts development and have recently achieved a higher ranking.

Okimura Sensei from the JCCC Judo Kai earned his Rokudan (6th) last June.

Iliescu Sensei and Muir Sensei from JCCC Aikikai both earned their 5th dan recently.

Additionally, the JCCC is very pleased to congratulate Tsumura Shihan on receiving his 9th Dan. Sakagami Soke of the Itosu-Kai International headquarters in Tsurumi, Yokohama, Japan has recognized Tsumura Shihan's dedication to Itosu-kai Karate from the early 1960's to today. Tsumura Shihan's over 60 years of dedication was instrumental in the start of not only the JCCC's Karate program, but has extended to encompass multiple organizations under the umbrella of the Canadian Itosu-Kai Honbu.

The JCCC congratulates all these individuals. We thank them for their dedicated service to the JCCC and their individual programs. Their participation in our programs is what allows the JCCC to offer martial arts courses of the highest caliber.



*Sensei's Uyeda, Tsumura and Maeda standing behind Tsumura Shihan*

# OPERATION TATAMI 2024

Operation Tatami 2024 is going well! Over the December holidays, the main floor was levelled, and the mat area increased to 128 mats, some of which are on loan from other dojos in the city. There is still time for you to contribute to this dojo renovation!

The JCCC has ordered Kusakura brand tatami, which is what is used in Japan, and at the 2020 Olympics in Tokyo, and all Tokyo and Osaka IJF Grand Slams in recent years. These are the finest tatami available. This is the official tatami of the All-Japan Judo Federation and exceeds all IJF certifications. The mat area has been enlarged to a full-size regulation competition area comprised of a 32 yellow mat competition area with a 96 green mat safety area. This refresh will enable the JCCC tatami dojo to remain as the finest martial arts dojo in Canada. We expect the mats to arrive this spring!

You can help make this happen by sponsoring a mat in the dojo. Sponsorship of the yellow "Competition" mats is \$400 and is limited to 32 sponsorships. The sponsorship of the 96 green "Keiko" mats is \$300. For your sponsorship you will receive a tax receipt for the full amount. As well, your donation will be recognized on a display in the JCCC's John and Goro Kawaguchi Martial Arts Court. Please follow the link on this page to make your donation. <https://jccc.on.ca/join-support/donate/operationtatami2024>

Thank-you for your support of the JCCC's martial arts program and helping to ensure our dojo remains a top-tier facility.



*Image credit: Kusakura Tatami Mats in the Mie Prefectural Budokan, Tsu City, Mie Prefecture Japan*



## Judo News – Joe Serianni

Sad news - long time leader in the Canadian judo community, Joe Serianni passed away in early February after a lengthy illness. Joe's long judo journey started in the 1960's at Frank Hatashita's dojo on Queen Street, and he would continue to become a 6th degree black belt.

Joe was an instructor at the JCCC from 2002 to 2008 and was instrumental in assisting the JCCC with organizing the legacy judo programs into the JCCC Judo Kai. But that was just a small part of his commitment to the development of judo, which was eloquently captured in the Judo Ontario message posted in his memory:

*Mr. Serianni made a significant mark on judo in Ontario and Canada and will be remembered for his contribution across all aspects of the sport. He is a former President of Judo Ontario, Judo Canada Vice-President, and chairman of numerous committees. He was a referee at World Championships, the 1996 Olympic Games and the 2004 Paralympic Games and helped mentor and support the development of countless referees over the years. In recognition of his achievements and contributions, Mr. Serianni was inducted into the Judo Canada Hall of Fame as a Builder in 2014.*

Joe helped Judo Canada organize our sport into the National Coaching Certification Program (NCCP), and as a course instructor and evaluator he assisted with establishing technical and ethical standards for instructors. Joe was kind and generous in sharing his judo knowledge and experience that touched many in the judo community.

Apart from judo, Joe – who was a denturist by profession – was an avid enthusiast and/or participant in sports ranging from baseball, basketball, hockey, soccer to sumo – with diverse non-sports interests including cooking, travel, playing guitar, painting, gardening, and auto mechanics. Above all, his greatest passion and love was for his family – wife France and their children and grandchildren.



*Joe Serianni (2nd from right) with some of the JCCC Judo Kai instructors in 2008.*

## Coming Soon – CONTACT Photography Festival

The JCCC Art Gallery is pleased to announce that we will be participating in the CONTACT Photography Festival once again! The featured artists will be Claudia Fahrenkemper and Ruth Kaplan, curated by Shin Sugino and Stephen Bulger. Stay tuned for more details.

## Mottainai Artists' Walk and Talk – Saturday March 9

Please join us on March 9th from 2:00-4:00pm in the JCCC Gallery to hear from artists in our current community show, Mottainai(勿体無い): The Beauty of Reclaimed Materials. Mottainai is a well-known Japanese word that carries a profound message of respect and appreciation for resources and the environment. 17 participating artists will give short talks on their featured work, their artmaking process, and incorporating the ethos of Mottainai in their work.

With talks from: Keiko Shintani, yoco, Lois Schklar, Maryam Pazooki, Joy Takahashi, Neli Iordanova, Momiji Kimono Remake Program, Irene Sakata, Barb Miiko Gravlin, bREAL art + design (Real Eguchi, Barbara Eguchi), Laura Shintani, Shuichi, Mui-Ling Teh, Emi Saito, Vera Kabo Tse, Nancy Hayako Peng, Ken Sugamori.

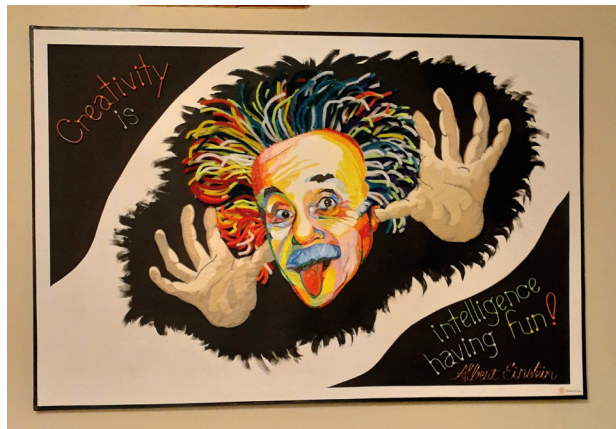
Green tea and rice crackers will be served. Please stay tuned for a schedule on our website.



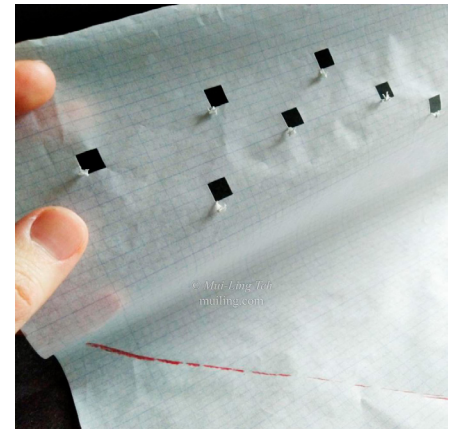
Rattle 10 from I am Here series  
Lois Schklar



Azusa-yumi  
Shuichi



Creativity: Albert Einstein  
Ken Sugamori



傷から自由へ 'Kizu kara Jiyū e'  
(From Scars to Freedom)  
Mui-Ling Teh



# Seagrass Film Screening and Panel Discussion

On January 27, the JCCC Heritage Department hosted a screening of the 2023 film *Seagrass* by yonsei director, Meredith Hama-Brown, in partnership with the Greater Toronto Chapter of the National Association of Japanese Canadians.

*Seagrass* follows a sansei woman who, coping with the recent death of her mother, brings her family to a self-development retreat, in hopes of fixing her ailing marriage.

The film premiered at TIFF and has been on the festival circuit, but this screening was the first one to specifically bring together the Japanese Canadian community.

After the film, we held a panel discussion featuring Japanese Canadian artists and writers Kerri Sakamoto, Lara Okihiro, and Kristofer Sakamoto-Marshall, moderated by Lynn Deutscher Kobayashi.

The panelists discussed topics such as the narratives of Japanese Canadians in film and art and mixed-race identity. Audience members also had a chance to respond to the film at the end of the event.

*Seagrass* will be playing in select theatres starting February 23rd.



*From L-R Lynn Deutscher Kobayashi, Kerri Sakamoto, Lara Okihiro, and Kristofer Sakamoto-Marshall*



*An audience member responds to the film*



黒板  
KOKUBAN

KOKUBAN is a monthly e-publication which highlights the work of the JCCC community and the Japanese Canadian community at large, covering topics from heritage treasures to stories about the Nikkei experience. Recent issues have covered Sedai interviews with Jean Peasah, a continuation of our Japanese Canadian landmarks series, an inside look at Alexa Hatanaka's Unchanging and Changing and Changing exhibition and more! Be sure to check out all our past and current issues at <https://jccc.on.ca/about/newsletter/kokuban>.

17th  
**Japanese  
Calligraphy  
Competition**  
in Canada

日本書道公募展

**Entry Deadline** | March 31, 2024

**Award Presentation & Exhibition**  
Online November 3, 2024

Entry Forms available on website  
<https://shodocanada.com>

Follow us   

Competition organized by SHODO CANADA



## DONATIONS

# DONATIONS TO THE JCCC

AS OF FEBRUARY 5, 2024

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### JCCC

Anonymous	67	Mrs. Midori Takahashi &	25	Mrs. Nellie Kuwahara	30
Anonymous	100	Mr. Chris Barkley		Mrs. Marlene MacKenzie	25
Ms. Sheung Man (Maris) Chan	20	In memory of Shoji &		Ms. Yuki Newbold	25
Mr. Daniel Chen	10	Sachi Takahashi		Mrs. Doreen Oyagi	25
Ms. Susan Ebisuzaki	200	Mr. Regan Takenaka	25	Mr. George & Mrs. Mary Sasaki	25
Mr. & Mrs. Ray Edamura	100	In memory of Tony &		<b>In memory of Satoshi Yano</b>	
Mr. John Nagahara &	13	Kimi Takenaka		Ms. Kristen Balcarras	150
Mrs. Amy Hanada-Nagahara				Mr. Wally Chiu	50
Ms. Andrea Imada	20			Mr. Alfred & Ms. Jeanny Gor	25
Mr. Michael Jimenez	50			Mrs. Patti Nishimura	100
Ms. Meg Karper	10			Mrs. Doreen Oyagi	30
In honour of The Otani Family				Ms. Sandra Thomas	100
Mr. Gary Kawabata	250			Mr. Danny Tse	25
Ms. Carmela Navarro Kawabata	100			Donna & Kim Yokota	100
Mrs. Rose Kelly	10			<b>In memory of Tamiko Yamashita</b>	
Mr. Richard D. McDonald	25			Mr. Rick & Mrs. Kathy Tazumi	30
Mr. Michael Micheff	250			<b>In memory of Theresa Sano</b>	
Mr. Tsutomu (Stony) Nakano	40			Mr. Cliff & Mrs. Dana Amemori	50
Mr. David &	50			<b>In memory of Yukio Sasaki</b>	
Mrs. Kelly Akemi Tingle				Ms. Stephanie Gummer	50
Mrs. Irina Werner	180				
In appreciation of the JCCC Kendo Club					
Mr. James &	1,000				
Mrs. Doreen Yamashita					

### Emergency Appeal

Ms. Martha Arima	30				
Mrs. Diane Carter	20				
Mrs. Elinor J. Dunlop	22				
Mr. Patrick Dunlop	10				
Mr. Robbie Grant	25				
Mrs. Janice Nobuto	100				
Mr. Wayne Yamashita	10				
Mrs. Donna Yoshimatsu	150				
Ms. Karen Tanino	50				
In memory of Ken & Ruth Tanino					
Mr. William Cruz	50				
In memory of Roman T Yap					

Mrs. Midori Takahashi &	25	Mrs. Nellie Kuwahara	30
Mr. Chris Barkley		Mrs. Marlene MacKenzie	25
In memory of Shoji &		Ms. Yuki Newbold	25
Sachi Takahashi		Mrs. Doreen Oyagi	25
Mr. Regan Takenaka	25	Mr. George & Mrs. Mary Sasaki	25
In memory of Tony &		<b>In memory of Satoshi Yano</b>	
Kimi Takenaka		Ms. Kristen Balcarras	150
		Mr. Wally Chiu	50
		Mr. Alfred & Ms. Jeanny Gor	25
		Mrs. Patti Nishimura	100
		Mrs. Doreen Oyagi	30
		Ms. Sandra Thomas	100
		Mr. Danny Tse	25
		Donna & Kim Yokota	100
		<b>In memory of Tamiko Yamashita</b>	
		Mr. Rick & Mrs. Kathy Tazumi	30
		<b>In memory of Theresa Sano</b>	
		Mr. Cliff & Mrs. Dana Amemori	50
		<b>In memory of Yukio Sasaki</b>	
		Ms. Stephanie Gummer	50

### Organizations

Travelers Insurance Company of Canada

### Heritage

Anonymous	100
Ms. Constance L. Sugiyama	150
In memory of Mariko Kawaguchi	
Mr. Anthony daCosta	100
In memory of Satoshi Yano	

### Operation Tatami 2024

Anonymous	400
Mr. Matthew Dales	400
Mrs. Marie Ikeda	400
Mr. Adrian Iliescu	
Mr. & Mrs. Kozo Kadota	300
Mr. Yuzo Matsumura	400
Ms. Irene Sakata	400
In memory of George Mitsuyuki Sakata	

## DONATIONS

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### Support Member

#### Partner

Mrs. Shirley Okawa	150
Mr. David Manu & Ms. Miki Takegawa	93

## DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

### APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

#### Individuals/Couples

Kihup Boo (夫)  
In Memory of Mother Hiroko Fukushima  
Jiro Fukushima  
Clayton Gytoku and Jessie Ebata  
Jamie Herman and Masako Katsuki  
Chinatsu ICHIDA  
Hiromi ICHIDA  
Keiko ICHIDA

Takako ICHIDA  
Yoshi ICHIDA  
Yumi ICHIDA  
In memory of Sanaye Inouye  
Robert Yasuharu & Shizuko Hosui  
Kadoguchi  
Lucas, Sayaka, and Emika Koolma  
In memory of Harold Hiroshi Matsubayashi  
In memory of Shichitaro & Naka Nagata  
family

Dr. Seiko Shirafuji  
Mr. Douglas Dwyer

#### Groups

Checkmate Development  
Crow Creek Settlement Reunion  
Gakuyukai Alumni Group 1906-1942  
Hanayagi Essay Group

## OPERATION TATAMI 2024 INSCRIPTIONS

### DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

#### Yellow Competition Mat

Anonymous  
Charlie's Meat  
Matthew Dales  
Ken Fukushima  
JCCC Judo-Kai  
Sid Ikeda  
Adrian Iliescu  
Shane Le Gros  
Mazumder Family & Friends  
Camber Muir  
Gerald N Okimura JCCC Judo-Kai  
Ziyi Peng

George Mitsuyuki Sakata, 7<sup>th</sup> Dan, Judo  
Darrell Masumi Sakauye JCCC Judo-Kai  
Russ Takashima  
Jonathan Wong

#### Green Keiko Mat

James And Masayo Heron  
In Memory of Sensei Ken Ikeda  
Kadota Family  
In Memory of Sensei Glenn Kawano  
Masaru Matsubara  
Kevin And Nancy Roxby  
Anca And Dan Rusu



# Thank you Oshogatsu Kai Volunteers!

We're taking a moment to extend our heartfelt gratitude to our Oshogatsu Kai volunteers, for their incredible contribution as a volunteer with the JCCC. This year, we had nearly 200 volunteers supporting Oshogatsu Kai. Their passion and hard work have truly made a difference. We're deeply thankful for the time and effort they've dedicated. The success of Oshogatsu Kai simply wouldn't have been possible without their invaluable help!

この場をお借りして、JCCCよりお正月会にご参加いただいたボランティアの皆さまへ感謝の気持ちを申し上げます。今年は約200の方がボランティアとしてお正月に参加して下さいました。みなさまの貴重なお時間と貢献に深く感謝しています。ボランティアの皆さま無しではお正月会の成功はあり得ませんでした!

*Photo credit: Leon Balaban, Yosh Inouye*



# JCCC 2024

# BAZAAR

**FREE  
ADMISSION**

**Saturday May 4**  
12:00pm - 4:00pm

## Featuring:

Baked Goods, Toys, Books,  
White Elephant,  
Japanese Tableware,  
Silent Auction and  
a Cornucopia of Bargains!!



Dining Room and Snack Bar  
featuring  
delicious Sushi, Udon, Manju, and much,  
much more!

**Cash Sales – No ATM on site**

**Help the JCCC help the environment. Please bring your reusable bags.**

**For more information, call JCCC at 416.441.2345**



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館



**Enjoy our delicious  
Japanese foods!!**

6 Sakura Way, Toronto  
Don Mills and Eglinton, off Wynford Dr.  
[www.jccc.on.ca](http://www.jccc.on.ca)



# The JCCC needs your help with the Annual Bazaar!

The JCCC is proud to be a premier cultural facility. Our continued success relies heavily on fundraising endeavours such as our upcoming Annual Bazaar. The funds that we raise help to provide not only the programs that we offer but also the facilities, including the dojos.

## Donate\*

- New items
- Gently used items (no clothing please)
- Japanese items
- Baked goods, pies and cakes
- Japanese food

## Volunteer

- Individual or part of a group
- For May 4 or earlier

For more information  
please email  
[Izumik@jccc.on.ca](mailto:Izumik@jccc.on.ca)

## Attend

On May 4th. 12-4 pm bring  
Family,  
Friends,  
Neighbors,

Spread the word!!

\*Please bring cash

\* All donations will be accepted after April 1st 2024, except food items which will be accepted May 3 and 4.



## 健やかな老後をめざして その71 - 私を支え、育ててくれた言葉

マーナ豊澤英子  
(医学博士 老年看護スペシャリスト mernagh@rogers.com)

あなたには大切にしている言葉がありますか？

何気なく口に出した言葉がある時には人を傷つけ、励まし、あるいは、思いもかけない様々な反響を引き起こすことを、私たちは知っています。現代社会では、1対1の直接的な会話や電話よりも、携帯メールやSNSによる交流が主流になりつつあります。いずれの方法であろうとも、生きることを支えてくれる言葉に出会えたならば本当に幸いです。私にも大切にしている言葉が幾つかあります。その中でも「専門職として生きる勇気を与えてくれた言葉」について語ってみたいと思います。

教育学部看護教員養成課程を卒業し、クリニカルナースとして働き始めた頃、施設で働くナースのほとんどは専門学校卒業者でした。案の定、就職した大学病院で働くナース350名のうち大卒は私のみ。先輩も後輩もない、俗にいう“一匹オオカミ”的な存在でした。伝統的に技術習得を中心に学ぶ専門学校卒者に比べ、理論と技術の両者を学ぶ大卒者は、第一線の臨床の場においてすぐに役立つ動きができるはずありません。また、卒後に継続して人材を育てる現任教育も充実していない時代でした。先輩の期待に応えることができない自身を歯がゆく思う日々が続きました。

そういつたある日「豊澤さん、あなたは他のナースとどこか違うね!」と、ある医師に呼び止められました。研修医指導の厳しさに定評があり、私のような新人にとっては「なるべくなら近づきたくない」と煙たく感じる存在でした。個人的に声をかけられたのは初めてでした。「きっと何か指摘される!」と、怖れの気持ちが湧き上がりました。ところが、彼は「あなたの瞳は輝いているよ。それを大事にして毎日の症例から学びを深めなさい」と。

看護の上司や先輩からは「技術に時間がかかる」等と指摘されることはあっても、ほめられたことなど一度もありませんでした。私は本当にびっくりしました!「看護事象をしっかり捉えたい」と努力している姿勢をきちんと評価してくれる人がいたことに。

そのたった一度の言葉が、ナースとしてのその後を大きく支えてくれることになったのです。論理的思考をすでに確立していた医学と医学教育の中で育ってきた医師だからこそ“もがいている学びの芽”に気づいてくれたのだ、と思います。看護と看護教育が専門職として発展するために「看護学士課程を増やしていこう。そのために働こう!」と強く自覚しました。51年前、卒業したばかりの若造が将来の進むべき目標をはっきりと心に定めた、その原点ともなりました。

さて、私自身がこれまでに発した言葉は他者にどのように伝わったのでしょうか!? 悲しみ、苦しみや憎しみを生む言葉よりも、癒し、喜びや勇気をもたらす言葉が多かったように、とただただ願うばかりです.....

ここ最近、持病(血液自己免疫疾患)により命の危機に陥りました。その際に励ましの言葉を送り続けてくださった方々に心から感謝するとともに、改めて言葉の大切さを学びました。過去を変えることはできませんが、今後は「心が癒される言葉、心が楽になる言葉、心が豊かになる言葉」をもっともっと意識しながら暮らしていきます。

言の葉が はじけて飛んで 糸つむぐ  
私は生きて 生きてあなたと

## 新年合宿, Look What These People Are Doing!!!

It's an old Japanese cultural tradition, お掃除時間!!!

On January 3rd, the first day back at the JCCC in 2024, a group of Ping Pong club members decided to carry out a responsibility we learned in the Japanese schools, at an early age. The members, now seniors, got down on their hands and knees to scrub the floor, in order to remove scuff marks and stains. While this was physically demanding work, it brought back fond memories of what we learned, starting from 小学校, where we were taught our responsibility to maintain a clean school environment. We were taught to respect and be grateful for the facility in which we learned life's values. As we scrubbed, we reminisced about our schools in Japan, and now this activity will become part of the JCCC Ping Pong club's regular tasks.

Minoru Tanaka





# JCCC Spring Classes 2024

To register, visit [JCCC.ON.CA](http://JCCC.ON.CA),  
or email the JCCC at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)

## CULTURAL ARTS CLASSES

### Bunka Shishu - NEEDLE PUNCH EMBROIDERY



#### Schedule

March 8 - 10 classes

Tuesdays ..... 10am-12pm

Fridays ..... 1pm-3pm

Bunka Shishu, Japanese "Needle Punch" embroidery, uses rayon lily thread combined with specific stitching techniques to create lovely pieces of art. Students begin by stitching a small pictorial sampler and progress to kits depicting traditional Japanese scenes, flowers, animals or people.

#### Fee

JCCC Member, Senior ..... \$65.00 (+HST)

JCCC Member, Adult ..... \$95.00 (+HST)

*Materials are extra and payable to the instructors.*

### Sumi-e - BRUSH PAINTING



#### Schedule

March 27 - 8 classes

Registration is now open

Beginner 1 & 2

Wednesdays ..... 1:30pm-3pm

Sumi-e is a traditional brush painting technique, which is based on using brush and black ink or subtle watercolours on rice paper. This course is open to students of all levels, from beginner to advanced.

#### Fee

JCCC Member ..... \$105.00 (+HST)

*Starter Kit and supplies are available at the JCCC Reception*

Advanced 1 & 2

Creative (3 yrs experience and up)

Wednesdays ..... 10:30am-12pm



## Sogetsu Ikebana

SATURDAYS, APRIL 20 - 3 CLASSES

The Sogetsu School of Ikebana believes anyone can arrange Ikebana anywhere with a multitude of materials. Sogetsu encourages students to be individual and imaginative. There are no limitations to the variety of materials used depending on various levels prescribed in the Sogetsu Text Book used worldwide.

### Fee

JCCC Member ..... **\$90.00 (+HST)**  
*Starter Kit and supplies are available at the JCCC Reception*



## Chado - URASENKE - TEA CEREMONY - THE WAY OF THE TEA

Students will learn procedures for making tea as well as how to integrate the spirit of tea into their study and daily lives.

This course is for people who have previously taken any JCCC Chado course. Class instructions will be adapted to the level of experience of students.

**NOT ACCEPTING NEW STUDENTS FOR THIS SESSION.**



## Ikenobo Ikebana- FLOWER ARRANGEMENT

Ikenobo expresses both the beauty of flowers and the beauty of longing in your heart. Ikenobo considers a flower bud most beautiful. You will take home your creations.



## Taiko Drumming

Taiko-Japanese drum music has been a part of Japanese culture for centuries. Taiko is performed at festivals, celebrations, and other traditional events. Students will learn and progress from basic playing to show off their learning in a demonstration at the JCCC.





## Japanese Language For Adults

Students learn the language of modern Japan. Structured classes in an informal setting provide the opportunity for active participation and practice.

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## Cooking for Active Seniors



This new JCCC class for Active Seniors focuses on cooking for one or two, using a main ingredient in several ways, using what is in your pantry and fridge, keeping food costs down, and food safety. At each session, participants will have the opportunity to prepare several recipes using one main ingredient in different ways, enjoy the completed meal together, and discuss other options for each recipe.

To start, the classes will be bi-monthly and limited to 16 participants. Participants are asked to bring an apron and head covering (kerchief, baseball cap) to each session.



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## Hula

Hula, the ancient dance of Hawaii has evolved into a modern form that is known for its grace and fluidity of motion. Hula is a discipline of the body, mind and spirit expressing the beauty of the world. It tells stories of almost any phase of life. In this class, students will enjoy a refreshing time and great exercise for their health.



---

## Toronto Japanese Film Festival

JUNE 6 - 20

The Toronto Japanese Film Festival showcases the finest Japanese films that have been recognized for excellence by Japanese audiences and critics, international film festival audiences, and the Japanese Film Academy.

## MARTIAL ARTS CLASSES

The JCCC offers eight different types of Martial Arts programs for our members. Please check our website for registration times and details.

### Aikido - Registration Dates: May 1 - 20



Aikido offers both physical training and discipline. The JCCC Aikikai offers both regular classes and specialized weapons training using the traditional bokken or wooden sword, jo or staff, and tanto or short sword/knife. Aikido is a non-competitive, defensive martial art open to both genders and all ages and abilities.

#### Fee

6 - 14 yrs .....\$97.00 , Summer Fees incl.  
 15+ yrs .....\$177.00 (+HST), Summer Fees incl.  
 Aikido Introductory .....\$80.00 (+HST)

#### Schedule

##### Aikido 6-14 yrs

Sunday ..... 11:15am-12:45pm

*Beginners are welcome (No children's classes in August)*

##### Aikido 15+ yrs

Tuesday & Thursday ..... 6:45pm-8:45pm

*Prerequisite Aikido Introductory Course. Experienced participants may join on approval.*

Sunday (June & July) ..... 9am-11am

Sunday (August) ..... 10:30am-12:30pm

##### Aikido Introductory

Saturday ..... 12pm-1pm

*Beginners are welcome*

### Iaido - Registration Dates: April 1 - 20



The art of Iaido (ee-eye-doh) appears elegant and simple. The student sits or stands quietly, draws out a blade and cuts through the air all in one motion, then calmly returns the blade to the scabbard. To the casual observer there is not a lot to see, however Iaido is an exacting art that demands a high level of focus and mental concentration. It is an art of precise motions with only centimetres of tolerance and split second timing. It is also an individual art that involves the student and the sword struggling to achieve perfection of form.

#### Schedule

##### Iaido 15+ yrs

Thursday ..... 9:15-10:30pm

*Beginners are welcome*

Sunday ..... 1:00-3:00pm

#### Fee

15+ yrs .....\$155.00 (+HST), Summer Fees incl.



## Jodo - Registration Dates: May 1 - 20



### Schedule

#### Judo 15+ yrs

Wednesday ..... 8:45pm-10:15pm

*Beginners are welcome*

Sunday ..... 3:30pm-5pm

\*The Way of the Staff\*. Jodo, a Japanese art of the staff, is designed to defend against someone with a sword. Its spirit is not to injure the opponent but utilize techniques that demonstrate the true versatility of the weapon. Practitioners will learn the use of the staff and sword in a noncompetitive environment using kata-based partner training. Jodo techniques include: striking, thrusting, blocking, parrying, pinning, and sweeping. Through Jodo, one learns dexterity of movement and the development of the mind, body, and spirit. The art is suitable for adults and youth.

### Fee

15+ yrs ..... \$124.00 (+HST), Summer Fees incl.

## Judo - Registration Dates: March 1 - 20



The sport of Judo is practiced worldwide and is best known for its spectacular throwing techniques, specialized grappling techniques including controlled hold-downs, elbow joint-locks and choking submission techniques. The study of Kodokan Judo also includes kata- forms of throwing, grappling and self-defence techniques and principles.

### Fee

7 - 14 yrs*	.....	\$145.00
15+ yrs <sup>†</sup> **	.....	\$265.00 (+HST)
Randori Judo	.....	\$145.00 (+HST)
Women's (Joshi) Judo	.....	\$145.00 (+HST)

### Schedule

#### Judo 7-14 yrs\*

Monday and Friday ..... 6:30pm-8pm

*Beginners are welcome*

Wednesday ..... 7pm-8:30pm

#### Judo 15+ yrs<sup>†</sup>\*\*

Monday and Friday ..... 8pm-9:30pm

*Beginners are welcome*

Wednesday ..... 7pm-8:30pm

#### Randori Judo

Saturday only ..... 9:30am-11:30am

*Must be 7+ years and have a yellow belt or higher*

#### Women's (Joshi) Judo

Sunday only ..... 1:30pm-3pm

*Beginners welcome, and must be 15+ years*

*\* all participants of Judo 7-14 and Judo 15+ with a yellow belt or higher are welcome to join the Randori classes.*

*\*\* all female participants of Judo 15+ are welcome to join Women's (Joshi) Judo classes.*

## Karate - Registration Dates: May 1 - 20



Shito-Ryu Itosu-Kai is one of the main karate styles from Japan. Like all martial arts, karate is physically and mentally demanding.

Beginners are not expected to be in top condition; they are expected only to try their best and to have a positive mental attitude. Great physical and mental development will take place as the student progresses. Students are advised to explore any physical limitations with their physician before they begin.

Adults and children (as young as 8) excel at karate, leading to great physical and emotional benefits. They experience greater self-confidence and achievement at school or work. Members in their sixties have earned black belts and continue active participation into their eighties.

## Schedule

**Karate 7-14 yrs & Karate 15+ yrs**  
 Tuesday and Thursday ..... 7pm-9pm

*Prerequisite Karate Introductory Course*

Saturday (White/Yellow/Orange) ... 8:30am-9:30am

Saturday (Green and higher) ..... 10am-11am

## Karate Introductory 7-14 yrs & 15+ yrs

Tuesday ..... 7pm-8pm

*Please check our website for dates*

Saturday ..... 11am-12pm

## Fee

7 - 14 yrs ..... \$97.00, Summer fees Incl.

15+ yrs ..... \$177.00 (+HST), Summer fees Incl.

Introductory course 7 - 14 yrs ..... \$80.00 (+HST)

Introductory course 15+ yrs ..... \$80.00 (+HST)

(Registration for Introductory course: March 1 - 20)

## Kendo - Registration Dates: March 1 - 20



"The Way of the Sword," Kendo, is the Japanese art of fencing based on the techniques of the two-handed sword of the samurai. The term "Kendo" implies spiritual discipline, as well as fencing technique. Wearing protective equipment and using bamboo training swords, students practice a variety of movements of attack and defence. Most fundamental are stance, footwork, cuts, thrusts and parries. Several members have been selected to represent Canada in international competitions including the World Kendo Championship held every 3 years. Instructors of the classes are held in high esteem, both nationally and internationally.

## Schedule

### Kendo Non-Bogu 8-14 yrs & 15+ yrs

*Beginners are welcome*

Wednesday ..... 6:45pm-8pm

Sunday ..... 8:45am-10am

### Kendo Bogu 8-14 yrs & 15+ yrs

*Advanced level (Must have graduated from Non-Bogu)*

Monday ..... 7:30pm-9pm

Wednesday ..... 8:15pm-9:45pm

Friday ..... 6:45pm-8:45pm

Sunday ..... 10:15am-12:15pm

## Fee

8 - 14 yrs ..... \$145.00

15+ yrs ..... \$265.00 (+HST)



## Kyudo - Registration Dates: April 1 - 20



Kyudo literally means “the Way of the Bow” and is the Japanese martial art of archery. In ancient times, the bow was one of the primary weapons of the samurai but now it is used as a means for self development and moral and spiritual growth. Kyudo is often described as “standing meditation” where one learns to control breathing and the mind. You do not become oblivious to your surroundings but rather you become more aware of them. This teaches you to react calmly and resolutely to your environment.

## Schedule

### Kyudo 15+ yrs

Saturday ..... 1pm-3:30pm

*Prerequisite Kyudo Introductory Course (not available at this time). Experienced participants may join on approval.*

### Kyudo + Extension 15+ yrs

Wednesday ..... 3pm-5pm

*Prerequisite Kyudo Introductory Course (not available at this time). Experienced participants may join on approval.*

Saturday ..... 1pm-3:30pm

## Fee

Kyudo 15+ yrs ..... \$135.00 (+HST), Summer Fees incl.

Kyudo+Extension 15+ yrs .. \$167.00 (+HST), Summer Fees incl.

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## Naginata - Registration Dates: April 1 - 20



## Schedule

### Naginata 12-14 yrs & 15+ yrs

Tuesday ..... 9:45pm-10:45pm

*Beginners are welcome*

Sunday ..... 3:30pm-5:30pm

Since 2003, the JCCC Naginata Club has instructed members in the art of the Naginata, or Japanese polearm. Use of the naginata dates back to the 7th Century, but in the 15th Century, it was phased out on the Japanese battlefield in favour of the yari, or spear. The “obsolete” naginata were given to the women of samurai families, and thus the knowledge of the naginata became a normal part of girls’ education. In the years since World War II, the art of Atarashii Naginata (“new” Naginata) has spread beyond Japan to fifteen other countries, including Canada, with regular national and international competition for both women and men.

## Fee

12-14 yrs ..... \$120.00, Summer Fees incl.

15+ yrs ..... \$155.00 (+HST), Summer Fees incl.



## JSS プログラム:2024年3月

以下は2024年3月に予定されている、JSSのプログラムです。詳細やお申込みはJSS ウェブサイト、または416-385-9200 / [programs@jss.ca](mailto:programs@jss.ca) まで。

Check out our upcoming March 2024 programs! \*Pre-registration required. Visit [our website](https://jss.ca/) and/or contact 416-385-9200 / [programs@jss.ca](mailto:programs@jss.ca) for more details & RSVP.

### (1) モミジ&JSS オンライン講座シリーズ 2024年3月(水曜3時～)

登録可能な講座・過去の講座一覧などシリーズ情報は、JSSウェブサイト：  
モミジ・JSS：オンライン講座シリーズをご覧ください。

「シニアのための年金情報」3月13日(水)15時(英語)

これから年金を申請される方も、すでに年金を受給されている方も、本セミナーではサービス・カナダからCPP、OAS、GISなど、カナダの高齢者が受給する様々な種類の年金について、役立つ情報をたくさん得ることができます。

※詳細・お申込みはJSSウェブサイトまたは[programs@jss.ca](mailto:programs@jss.ca)まで

「上手に年を重ねる」3月27日(水)15時(英語&日本語)

本セミナーでは上手に年を重ねるためのヒントについて次のトピックを中心に学んでいきます。加齢に伴う体の正常な変化、慢性的な健康状態に対する警告サイン、年齢を重ねても健康的な食生活と栄養状態を維持するためのヒント、身体をより活発に動かすコツ、脳と心の活性化の秘訣、など。

※詳細・お申込みはJSSウェブサイトまたは[programs@jss.ca](mailto:programs@jss.ca)まで

### (1) e-Learning Series

\*Visit JSS website for the list of seminars & past recordings

**Information on Pensions for Seniors** : Wed. Mar 13, 3pm (English)

Whether you are just starting to apply for pension or you are already receiving one, you can learn a lot of useful information from Service Canada regarding the different types of pensions that seniors in Canada receive such as CPP, OAS, and GIS.

\*Visit our website or contact [programs@jss.ca](mailto:programs@jss.ca) to register

**Aging Well** : Wed. Mar 27, 3pm (English & Japanese)

Join us for this seminar to discuss the following; Normal changes in your body as you age, warning signs to look for chronic health conditions, tips on how to eat healthy and maintain good nutrition as you age, tips on how to be more physically active, tips on keeping your brain and mind active.

\*Visit our website or contact [programs@jss.ca](mailto:programs@jss.ca) to register

### (2) JSS家族支援プログラム

1. **かけはしの会オンライン交流会** : [kakehashinokai@jss.ca](mailto:kakehashinokai@jss.ca)

発達障がいのお子さん(年齢不問)を持つ保護者の方のためのサポートグループです。

2. **シングルマザーサポートグループ** : [smmsg@jss.ca](mailto:smmsg@jss.ca)

シングルマザーおよびシングルマザーになることを視野に入れている方々を対象としたサポートグループです。

### (2) JSS Family Support Programs

1. **Kakehashi no Kai** : Contact [kakehashinokai@jss.ca](mailto:kakehashinokai@jss.ca)

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse.

2. **Single Mother Support Group** : \*Contact [smmsg@jss.ca](mailto:smmsg@jss.ca)

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences.

### (3) レギュラーJSSプログラム(日本語)

1. **クラフトクラブ交流会** : 第1・3水曜日、10時半～正午

※ お問合せは[craftclub@jss.ca](mailto:craftclub@jss.ca)へ

2. **やさしいシニアヨガ(第18期:3/11～4/22毎週月曜日)**

※ お問合せは[senior.yoga@jss.ca](mailto:senior.yoga@jss.ca)へ

3. **懐かしい日本の歌を歌う会** : 第2・4月曜日、13時半～15時

※ お問合せは[utanokai\\_b@jss.ca](mailto:utanokai_b@jss.ca)へ

### (3) JSS Regular Programs

1. **Craft Club Social**

Twice a month on the 1st and 3rd Wednesday, 10:30am - noon

\*RVSP at [craftclub@jss.ca](mailto:craftclub@jss.ca)

2. **Easy Yoga for Seniors**

(Term 18:Mar 11 – Apr 22, Mondays, 10:00 - 11:30am)

\*Contact [senior.yoga@jss.ca](mailto:senior.yoga@jss.ca)

3. **Nostalgic Japanese Song Singing Group**

Twice a month on 2nd and 4th Monday, 1:30-3:00 pm

\*Contact [utanokai\\_b@jss.ca](mailto:utanokai_b@jss.ca)





Come and volunteer with the JCCC! Scan the QR Code or email [volunteer@jccc.on.ca](mailto:volunteer@jccc.on.ca) to find out more.

## Office Space Available at JCCC

Come and join the community!  
We have office space available for lease at the JCCC (from 672 – 2,693 sq. ft.)  
Please contact our property manager, Jim Abe for more details at:  
Cell: 416-884-8328, email: [jim@abecopml.com](mailto:jim@abecopml.com), or Nao Seko: 416-579-6921

## JCCC Venue Rentals



Parties • Banquets  
Seminars • Conferences  
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Film Screenings • Performances • Fashion Shows  
Contact: [rentals@jccc.on.ca](mailto:rentals@jccc.on.ca)

6 Garamond Court, Toronto  
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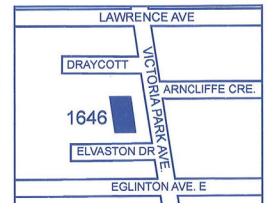
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