



Healthy Living Programs in Our Community **SPRING 2016**

Vitality Forums



4/16 (Saturday) | 10:00-11:30 a.m.

Heart Health

Continuing Education for Nikkei Widowed
1475 W. 179th St., Gardena, 90248

4/20 (Wednesday) | 10:30-11:30 a.m.

Communicating with Health Care Professionals

Wintersburg Presbyterian Church
2000 N. Fairview St., Santa Ana, 92706

4/24 (Sunday) | 11:45 a.m. - 2:00 p.m.

Introduction to iPad

Orange County Buddhist Church
900 S. Dale Ave., Anaheim, 92804

5/1 (Sunday) | 11:30 a.m. - 12:30 p.m.

Death & Dying: End of Life Issues

Los Angeles Homba Hongwanji Buddhist Temple
805 E. First St., Los Angeles, 90012

5/11 (Wednesday) | 10:00-11:30 a.m.

Foot Care

East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave., West Covina, 91790

5/17 (Tuesday) | 10:00 a.m. - 12:00 p.m.

Introduction to iPad

West Los Angeles United Methodist Church
1913 Purdue Ave., Los Angeles, 90025

5/17 (Tuesday) | 10:30-11:30 a.m.

Vision

Orange Coast Free Methodist Church
3198 Airport Loop Dr. #B, Costa Mesa, 92626

5/21 (Saturday) | 10:00-11:30 a.m.

Arthritis

Continuing Education for Nikkei Widowed
1475 W. 179th St., Gardena, 90248

5/21 (Saturday) | 1:00-3:00 p.m.

Death is a Sure Thing (Iku's Box) & Personal Emergency Response System

Long Beach Japanese Cultural Center
1766 Seabright Ave., Long Beach, 90813

Founded in 1961, Keiro is a not-for-profit organization dedicated to enhancing the quality of senior life in Our Community. Our organization provides resources, tools, and culturally sensitive programs to help older adults age on their own terms and live with dignity, vitality and confidence. We also support caregivers with problem-solving approaches to manage some of their toughest challenges. Find out more at: www.keiro.org.

Lifelong Learning Courses



4/20-6/8 (8 Wednesdays) | 10:00 a.m. - 12:00 p.m.

A Matter of Balance

Gardena Valley Japanese Cultural Institute
1964 W. 162nd St., Gardena, 90247

4/28-6/2 (6 Thursdays) | 10:00 a.m. - 12:00 p.m.

OASIS Introduction to iPad (CLASS FULL)

Orange County Buddhist Church
900 S. Dale Ave., Anaheim, 92804

4/23-6/4 (6 Saturdays) | 10:15 a.m. - 12:15 p.m.

OASIS Introduction to iPad (CLASS FULL)

Venice Hongwanji Buddhist Temple
12371 Braddock Dr., Culver City, 90230

5/5-5/26 (4 Thursdays) | 9:00 -11:00 a.m.

Memory Kai

Gardena Valley Japanese Cultural Institute
1964 W. 162nd St., Gardena, 90247

5/31-7/12 (6 Tuesdays) | 10:00 a.m. - 12:00 p.m.

OASIS Introduction to iPad

West Los Angeles United Methodist Church
1913 Purdue Ave., Los Angeles, 90025

7/7-8/11 (6 Thursdays) | 12:30 - 2:30 p.m.

OASIS Introduction to iPad

San Gabriel Valley Nikkei Seniors
5019 N. Encinita Ave., Temple City, 91780

OASIS Introduction to iPad

This course will teach you the basics of iPad iOS8 including connecting with friends and families, taking and editing photos, surfing the internet, and more. Course meets for 6 weeks, 2 hours per class, once a week.

A Matter of Balance

Developed by Boston University and Maine Health, this program is designed to prevent falls and increase activity levels among older adults. Course meets for 8 weeks, 2 hours per class, once a week.

Memory Kai

Keep your memory sharp through this innovative program developed by the UCLA Longevity Center. Course meets for 4 weeks, 2 hours per class, once a week.

All programs are FREE unless otherwise noted and are made possible by Keiro along with support from Keiro's Community Partners, donors, and volunteers.

For more information about Keiro's Health Living programs, please contact
Kanako Fukuyama at 213.873.5709 or kfukuyama@keiro.org