

JOIN KEIRO AT ONE OF OUR



FREE

Healthy Living Programs

TO SUPPORT OUR COMMUNITY



Keiro's programs support our mission - to enhance the quality of senior life in Our Community - and are focused on **improving health and quality of life for older adults**, supporting caregivers and continuing programs that support residents of Keiro's former facilities. We provide the tools and resources to help older adults, their families and caregivers make informed decisions to age safely and confidently.

THIS SPRING/SUMMER KEIRO IS PLEASED TO OFFER:

Vitality Forums that support healthy lifestyles and vitality across the lifespan; and

Lifelong Learning Courses that empower older adults age on their own terms with the support and resources needed to achieve the aging experience they desire.

All programs are **FREE** unless otherwise noted and are made possible by Keiro, our community partners, donors, and volunteers.

FOR MORE INFORMATION ABOUT KEIRO'S HEALTHY LIVING PROGRAMS:

Please contact **Kanako Fukuyama** at 213.873.5709 or kfukuyama@keiro.org.



Vitality Forums

5/17 (Tuesday)
10:00 a.m. – 12:00 noon
Introduction to iPad
West Los Angeles
United Methodist Church
1913 Purdue Ave., Los Angeles, CA 90025

5/17 (Tuesday)
10:30 – 11:30 a.m.
Eye Health
Orange Coast Free Methodist Church
3198 Airport Loop Dr. #B
Costa Mesa, CA 92626

5/21 (Saturday)
10:00 – 11:30 a.m.
Death is a Sure Thing (Iku's Box) & Personal Emergency Response System
Long Beach Japanese Cultural Center
1766 Seabright Ave.
Long Beach, CA 90813

5/21 (Saturday)
10:00 – 11:30 a.m.
Discover Arthritis
Continuing Education for Nikkei Widowed
1475 W. 179th St., Gardena, CA 90248

6/2 (Thursday)
1:00 – 2:00 p.m.
JA Health
Nikkei Senior Gardens
9221 Arleta Ave, Arleta, CA 91331

6/4 (Saturday)
10:00 – 11:30 a.m.
Stress Management (Japanese)
Orange County Japanese American Association
17332 Irvine Blvd. Suite 110
Tustin, CA 92780

6/5 (Sunday)
11:30 a.m. – 12:30 p.m.
Long-Term Care Options (English & Japanese)
Los Angeles Hompa Hongwanji Buddhist Temple
815 E. 1st St., Los Angeles, CA 90012

6/9 (Thursday)
10:30 – 11:30 a.m.
Internet Safety
Anaheim Free Methodist Church
1001 N Mayflower St., Anaheim, CA 92801

6/18 (Saturday)
10:00 – 11:30 a.m.
Medication Overview
Continuing Education for Nikkei Widowed
1475 W. 179th St., Gardena, CA 90248

- 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 and caregivers, along with residents of Keiro's former facilities, age on their own terms and live with dignity, vitality and confidence.



Lifelong Learning Courses

5/5 – 5/26 (4 Thursdays)
9:00 – 10:00 a.m.
Memory Kai
Gardena Valley Japanese Cultural Institute
1964 W. 162nd St., Gardena, CA 90247

5/31 – 7/12 (6 Tuesdays)
10:00 a.m. – 12:00 noon
Oasis Introduction to iPad (FULL)
West Los Angeles
United Methodist Church
1913 Purdue Ave., Los Angeles, CA 90025

7/16 – 8/20 (6 Saturdays)
1:00 – 2:30 p.m.
Powerful Tools for Caregivers
East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave.
West Covina, CA 91790

8/3 – 9/7 (8 Wednesdays)
9:00 – 11:00 a.m.
DEEP (Diabetes Empowerment Education Program)
Gardena Valley Japanese Cultural Institute
1964 W. 162nd St., Gardena, CA 90247

Powerful Tools for Caregivers
Based on Stanford's Chronic Disease Self-Management Program, this course is designed to provide family caregivers with tools and strategies to better handle the unique challenges they face.
Course meets for 6 weeks, 1.5 hours per session, once a week.

DEEP (Diabetes Empowerment Education Program)
This course will help people with diabetes manage their conditions and reduce complications by leading healthier, longer lives.
Course meets for 8 weeks, 2 hours per session, once a week.

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 8 weeks, 2 hours per session, 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.

STAY CONNECTED!



► Visit us online at www.keiro.org

► 213.873.5700 ► 420 East Third Street, Suite 1000, Los Angeles, CA 90013

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