

Senior Wellness Program

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi Class Closed to New Participants (waitlist available)		1 10-11am AE (MPR)	2 10-11am "Young at Heart" (MPR)	3 10-11am AE (MPR)
10-11am Tai Chi (MPR) 6 11:15am - 12:15pm Art workshop (CR)	7 10am-12pm Chinese Mahjong (MPR)	8 10-11am AE (MPR)	9 10-11am "Young at Heart" (MPR)	10 10-11am AE (MPR)
13 10-11am Tai Chi (MPR)	14 10am-12pm Chinese Mahjong (MPR)	15 10-11am AE (MPR)	16 No "Young at Heart" class	17 10-11am AE (MPR)
20 10-11am Tai Chi (MPR)	21 10am-12pm Chinese Mahjong (MPR)	22 10-11am AE (MPR)	23 10-11am "Young at Heart" (MPR)	24 10-11am AE (MPR)
10-11am Tai Chi (MPR) 27 11:15am - 12:15pm Keiro Digitizing Advanced Planning Documents (CR)	28 10am-12pm Chinese Mahjong (MPR) 10-11am Cherry Blossom Activity (CR)	29 10-11am AE (MPR)	30 10-11am "Young at Heart" (MPR)	Location: MPR = VJCC Multipurpose Room CR = VJCC Conference Room

Cherry Blossom Mini Lanterns Activity with the Culver City Julian Dixon Library --
 come paint cherry blossoms as you create a cherry blossom lantern to display at home or share as a heartfelt gift.
 Tuesday, April 28th 10a – 11am

Upcoming Events
Pre – beginning Pickleball, Mondays 12-1pm
 beginning Monday, May 4th – June 29th. (no class on Monday, May 25th)



CREATIVE MOMENTS FOR A HEALTHY MIND

An Art Workshop to Unlock Creativity & Boost Cognitive Engagement

- Use your creativity and enjoy a fun rock painting activity with acrylic paints
- Hear how creative activities support brain health and relieve stress
- Learn more ways to keep your mind sharp and manage everyday stress

MONDAY, APRIL 6TH 2026
11:15 AM - 12:15 PM
VJCC SENIOR WELLNESS PROGRAM

JOIN US! PLEASE RSVP AT THE VJCC OFFICE
310-822-8885



Better Together
 Keck School of Medicine of USC
 Department of Family Medicine

Keiro's Quality of Life Classes

Digitizing Documents Workshop

As a part of Keiro's Advance Planning series, this workshop will help you scan essential documents and communicate your needs to loved ones while you are of sound mind and body. Come prepared to this class by bringing your completed advance planning documents. Walk away with a personal thumb drive to store documents and greater peace of mind.

You will learn about:

- Digitizing and organizing documents
- Using mobile devices as a scanner
- Completing advance planning documents
- Next steps for advance planning documents

Hosted with Venice Japanese Community Center

WHEN: Monday, April 27, 2026
TIME: 11:15 a.m. - 12:15 p.m.
WHERE: Venice Japanese Community Center
 12448 Braddock Dr, Los Angeles, CA 90066
COST: FREE
RSVP: For any questions or to RSVP, please contact the VJCC Office at 310.822.8885 or office@vjcc.com

This presentation is FREE to the community and is made possible by Keiro along with support from our community partners, sponsors, and donors.

Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit keiro.org

Keiro keiro.org



Arthritis Foundation Exercise Program

Brought to you by Partners in Care Foundation
 For Participants 60+

Take Control with Exercise!

The Arthritis Foundation Exercise Program is an evidence-based program. The movements were developed by physical therapists to address the pain, fatigue, and decreased strength that often accompany chronic illness. The routines use gentle range-of-motion movements suitable for every fitness level done sitting or standing.

- Benefits of the program include:**
- Decreased pain
 - Improved overall health status
 - Increased flexibility & range of motion
 - Increased energy
 - Better, more relaxed sleep
 - Improved outlook

Classes are FREE and meet twice-a-week for six weeks and last about an hour. The routines can be quickly learned for easy adaptation at home.

Who should attend?
 Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited to attend. Exercises may be performed sitting or standing.

Sign up now!

Venice Japanese Community Center
 12448 Braddock Dr
 Los Angeles, CA 90066
 (310) 822-8885

April 1 - May 8, 2026
 Wednesdays & Fridays
 10:00 am - 11:00 am



The Arthritis Foundation Exercise Program is offered through the Health Innovation Programs Department of Partners in Care Foundation. Partners in Care Foundation is the state project office for the California Department of Aging, providing ongoing technical support to sites and leaders offering evidence-based programs.

All classes and activities are FREE for all current VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions or to RSVP please contact Gayle Hiram [@gayle_hirami@yahoo.com](mailto:gayle_hirami@yahoo.com). or call the VJCC office at 310. 822.8885

