

Gardena Valley Japanese Cultural Institute

activities

5/23/07 update

Youth

MAC-System Math & English

Wed. 4:00 - 6:00 p.m.

Saga Art Center for children

Wed. 2:30 - 6:30 p.m.,

Sat. 1:30 - 6 p.m.

Youth organizations that meet at GVJCI are:

Boy Scout Troop #683

(<http://www.troop683.com>)

Boy Scout Troop #719

Girl Scout Troop #402

Girl Scout Troop #561

Girl Scout Troop #466

Gardena Evening Optimist Club-Basketball

(<http://www.gardenaoptimist.org/bball/index.htm>)

Sansei Baseball League

(<http://sanseibaseball.org/>)

South Bay F.O.R.

(<http://www.southbayfor.org/>)

Arts & Crafts

Crafts Class with Elsie

Fri. 9:00 - 11:30 a.m.

Creative Stitchery

Tues., Wed., Thurs., 8:30 - 12:00 p.m.

Design Crafts

Tues. & Wed., 8:30 - 11:30 a.m.

Fundamentals of Art Class

Tues. 12:30 - 3:30 p.m.

Health**Blood Pressure & Foot Problems (3rd week only)**

Tues. 9:00 - 11:30 a.m.

Japanese Language & Culture**GVJCI Japanese Language School for
children & adults**

Children - Sat. 9:00 a.m. - 12:25 p.m.

Adults - Sat. 10:00 a.m. - 12:00 p.m.

Japanese Conversation for Adults

Intermediate - Mon. 6:00 - 7:30 p.m.

Beginners - Mon. 7:30 - 8:30 p.m.

Mieto Calligraphy

(each class meets once a month)

Sun. 10:00 a.m. - 1:00 p.m., 6:00 - 8:00 p.m.

Mon. 10:00 a.m. - 12:00 p.m., 6:00 - 8:00 p.m.

Ikebana Class - Sensho Ikenobo

Shiko Fujizawa Wed. 5:00 - 7:00 p.m.

Sanmi Shamisen Class - Lillian Nakano

Sat. 1:00 - 4:00 p.m.

Taiko Class - Tom Kurai for children & adults

Sat. 1:00 - 2:30 p.m.

Martial Arts

Gardena Judo Club

(<http://www.gardenajudo.com/>)
Mon. & Thurs. 6:30 - 10 p.m.

Gardena JCI Kendo

Fri. 7:00 - 10:00 p.m.

Gardena Kendo Dojo

Wed. 7:30 - 10 p.m.

Gardena Naginata Dojo

(<http://www.scnf.org/>)
Tues. 7:30 - 10:00 p.m.

Shotokan Karate

Mon. 7:00 - 8:00 p.m.

South Bay Shorinji Kempo

Fri. 7:30-9:30pm

Music & Dance

Ballroom Dancing

Fri. 1:00 - 2:45 p.m.

Beginner/Intermediate Hula Class

Tues. 9:00 - 11:00 a.m.

Ukulele Class with Chika

Beginner - Thurs. 1:00 - 2:00 p.m.
Intermediate - Thurs. 2:00 - 3:00 p.m.
Advance - 3:00 - 4:00 p.m.

Intermediate Hawaiian/Japanese Ukulele Class

Tues. 12:00 - 2:00 p.m.

Karaoke (in Japanese)

Wed. 1:45 - 3:15 p.m.

Kazuko Ballet for children & adults

Wed. 3:30 - 6 p.m.

Line Dance with Jean

Beginner - Thurs. 3:15 - 4:15 p.m.

Intermediate - Thurs. 2:15 - 3:15 p.m.

Line Dance with Teri

Beginner - Mon. 1:00 - 2:00 p.m.

Intermediate - Mon. 2:05 - 3:15 p.m.

Pilates

Mon. 2:45 - 3:30 p.m.

Seniors

Chi Gong & Yoga

Wed. 11:45 a.m. - 1:15 p.m.

Odori Japanese Dance

Thurs. 1:00 - 2:00 p.m.

Physical Fitness for Older Adults

Mon. 10:15 - 11:15 a.m.,

Thurs. 10:15 - 11:15 a.m.

Restorative Yoga

Fri. 10:00 - 11:30 a.m.

Senior Computer Class

Mon. 8:00 - 10 a.m., 10 a.m. - 12:00
p.m., and weekday labs

Senior Lunch Program SCAMP

Mon. - Fri., 11:45 a.m.- 12:30 p.m.

Stretching for Seniors

Tues. 1:00 - 1:45 p.m.

Tai Chi for Seniors

Wed. & Fri. 1:30 - 2:30 p.m.

Social

Bingo

Wed. 12:30 - 1:30 p.m.

Card Games

Mon.- Fri. 9 - 11:20 a.m.

mission statement:

The Gardena Valley Japanese Cultural Institute serves the generational needs of the Japanese American community of the South Bay area through educational, cultural and social programs by:

- Providing programs and activities, sensitive and relevant, to the needs of our senior citizens and youth;
- Offering use of facilities and support to community organizations that fosters the best interests and welfare of the community and
- Promoting an environment for better inter-generational understanding, cultural pride and respect for all humanity.

board members:

Alison Kochiyama, Executive Director

310-324-6611

Fax: 310-324-3223

Email: akochiyama@jci-gardena.org

Charlie Oyagi, President

Robert Horii, Vice President

Kenneth Kamiya, Secretary

Paul Koshi, Treasurer

George Ajioka
Dan Ashimine
Larry Hada
Eiji Inouye
Helen Kawagoe
Helen Nakano
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