

JC Legacies Seniors Intergenerational Health and Wellness Grant

The Victoria Nikkei Cultural Society was a recipient of a JC Legacies Seniors Intergenerational Health and Wellness Grant of \$9,220. This grant was submitted by Patti Ayukawa who also organized and ran the grant projects. Patti established the Karen Kobayashi Commemorative Seniors Active Care program. This program consisted of:

- 5 cooking classes,
- 2 cultural activity workshops and
- a weekend non-violent communication workshop.

NVC Workshop

The Workshop was held on the weekend of May 11 & 12, 2024. It was led by Mitch Miyagawa. Mitch attended.

Cooking Classes

- April 20, 2024 – Japanese Comfort food led by Chef Takafumi Komabata.
- June 9, 2024 – Sukiyaki led by Hiroko Currie
- September 2024 – Nabe Cooking Class
- Oct 12, 2024 – Okonomiyaka led by Rebecca Barnard
- Oct 19, 2024 – Mochi manju and Gaji led by Mike and Izumi Abe
- Nov 30, 2024 – Japanese New Year's food led by Chef Komabata

Cultural Workshops

- Spring 2024 tbd
- December 2024, Japanese Paper crafts & Gaji led by Hiroko Currie, Gerry Bell & Natsuki Abe

All the events were well attended with attendance ranging from 20 to 30 people. The Care Program was completed on Budget.



*Prepared by Tsugio Kurushima; January 2025