



JAPANESE CANADIAN
CULTURAL CENTRE
カナダ日系文化会館

SEPTEMBER 2025 ・ 2025年9月



WHAT'S ON

JCCC CLOSED - JCCC閉館
LABOUR DAY: SEPTEMBER 1
レイバーデー: 9月1日

MONTHLY FILM: SEPTEMBER 11
9月映画上映会: 9月11日
ONDE AS ONDAS QUEBRAM
(WHERE THE WAVES BREAK)

SEE HER BE HER: SEPTEMBER 18
里綾実選手がJCCCにやってくる!: 9月18日



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Contact the JCCC ・ お問い合わせ

For enquiries, please contact respective staff directly ([see staff directory below](#)) or email us at jccc@jccc.on.ca.

For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon - Fri 10am-8pm, Sat-Sun 10am-5pm).

担当スタッフに直接ご連絡([スタッフリストはこちら](#))、又は、jccc@jccc.on.caまでEメールをお送りください。

一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。

開館時間内(月～金: 午前10時～午後8時 / 土～日: 午前10時～午後5時)にご連絡ください。

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YOUR NEWS IS WELCOME!

皆様からの寄稿をお待ちしております。

The submission deadline for the October issue is:

Thursday, September 4, 2025.

次号締切日: 2025年9月4日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Sakura Way, Toronto, M3C 1Z5

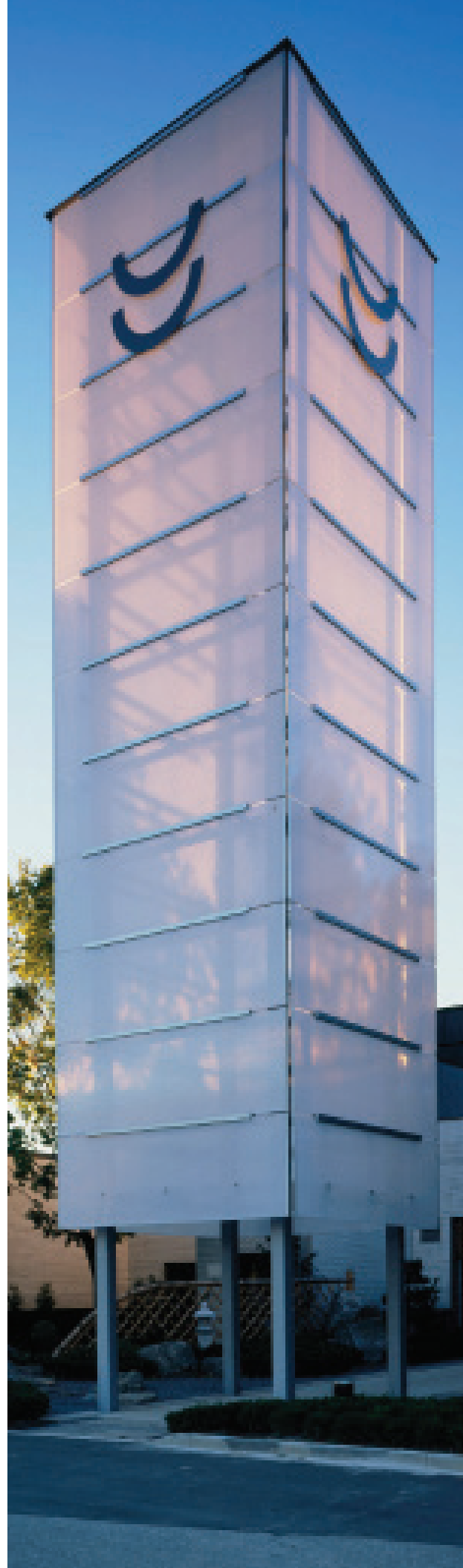
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Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events | 近日開催イベント

Sumi-e Art Workshop: Maple Leaves and Squirrel 墨絵ワークショップ

Saturday, September 6, @9:30am - 12:00pm
9月6日(土)午前9時30分 - 正午

September Film Screening 9月映画上映会

Thursday, September 11, @7:00pm
9月11日(木)午後7時

Onde as Ondas Quebram / Where the Waves Break

SEE HER BE HER

上映後、里綾実選手と質疑応答を含めた交流会を開催!

Thursday, September 18, @7:00pm
9月18日(木)午後7時

Annual General Meeting 年次総会

Monday, September 22, @7:30pm
9月22日(月)午後7時30分

Nuit Blanche

Saturday, October 4, @7:00pm - 7:00am
10月4日(土)午後7時 - 朝7時

Issei Day 一世の日

Sunday, October 5 / Registration Opens: September 3
10月5日(月) / 登録開始: 9月3日

Activities:

Ayamekai

September 5, 12, 26, @7:00-10:30pm

Sakurakai

September 7, 14, @9:30am-2:30pm

Himawari Buyo-kai

September 11, 18, 25 @12:00-3:00pm

Wynford Senior's Club

September 3, 17 @10:00am-2:00pm

JCCC Ping Pong Club

September 3, 10, 17, 24 @10:00am-2:00pm

JCCC Karaoke Club

September 3, 17 @10:00am-2:00pm

Cooking for Active Seniors

September 18 @11:00am-3:00pm

Ongoing | 開催中

JCCC Library • 図書館

ライブラリーでは閲覧日、貸出日にお手伝いして下さるボランティアの方を募集しています。ご興味のある方(要日本語)はharukoi@jccc.on.caまでご連絡ください。

JCCC LIBRARY SCHEDULE • JCCCライブラリースケジュール

TUESDAY 11:00am - 3:00pm (lending hours貸出し)

THURSDAY 11:00am - 3:00pm (lending hours貸出し)

2:00pm - 4:30pm (computer clinic コンピュータ相談室)

SATURDAY 1:00pm - 5:00pm (lending hours貸出し)

CLOSED:

- September 2

- October 28, 30

- November 1

- December 25, 27, 30

- January 1, 3

Exhibitions • 館内展示

Moriyama Nikkei Heritage Centre

森山日系ヘリテージセンター

Maru: Immigration Stories.

Contact heritage@jccc.on.ca for a guided tour.

丸: 日系移民物語。ツアーガイドをご希望の方は

heritage@jccc.on.ca までご連絡ください。

JCCC Gallery • JCCCギャラリー

Shifting Skies, Changing Forms

An Exhibition of Japanese Canadian Legacies Arts Fund

Recipients

July 9 to September 5, 2025 • 2025年7月9日~9月5日

Labour Day • JCCC CLOSED

レイバーデー・JCCC閉館

Monday, September 1

9月1日(月)

A Message from Executive Director, Jerrold McGrath



On September 12, 2025, most of the staff and board members of the JCCC will be heading to Stratford to see *Forgiveness*, adapted by Hiro Kanagawa from Mark Sakamoto's memoir *Forgiveness: A Gift from My Grandparents*. We will climb onto a bus together and make the trip as a team. We don't often have this opportunity to leave our usual routines behind and to go somewhere together to experience a story. Our staff and board span different generations, come from different places, and carry different connections to Japanese Canadian culture. Some of us have family stories that touch directly on the events the play describes. Others arrived after and are learning from those that came before. Some have come to this work through friendship, study, or a deep curiosity about Japanese culture and history.

For me, this trip is about making space to listen and reflect together. The internment is not history. It is something that continues to shape lives and relationships, often in ways that are quiet but persistent. Sitting side by side in a theatre, sharing the silences, and the laughter, and then carrying the conversation back onto the bus for the ride home is part of how we learn to be a community that can hold many difficult,

and sometimes contradictory, truths at once.

In Japan, the tradition of tsukimi, or moon-viewing, invites us each autumn to gather in shared stillness and recognition under a beautiful, brief light. The custom dates back to Heian-period court rituals of poetry-writing under the full moon and has grown, over centuries, into gatherings where families and friends offer rice dumplings (tsukimi dango), pampas grass (susuki), and seasonal harvest foods to honor the planet and one another. This year, the main tsukimi, known as chūshū no meigetsu (the mid-autumn moon), falls on October 6, when the moon will be at its roundest and brightest. The beauty of tsukimi is that it is as much about who you are with as what you are looking at. The moon's light is the same for everyone, but each person sees it through the lens of their own life.

In a way, our trip to Stratford is our own tsukimi. We are introducing an intentional pause in the middle of our busy work to notice something important, to see it clearly, and to share what we see with others. We'll return to the JCCC changed in small ways by what we've witnessed, and those changes will ripple into how we welcome people, tell our stories, and imagine the future.

2025年9月12日、JCCCの多くのスタッフと理事たちは、ストラトフォードへと向かい、マーク・サカモト氏の回想 *Forgiveness: A Gift from My Grandparents* を原作に、ヒロ・カナガワ氏が舞台化した作品 *Forgiveness* を鑑賞します。私たちはバスに乗り込み、チームとして一緒に旅に出ます。日々の慌ただしさから離れ、みんなでどこかへ出かけて、一つの物語を共有する機会はそう多くはありません。

私たちのスタッフや理事には、世代も出身もさまざま、日本文化や日系カナダ人としてのつながり方も人それぞれです。この舞台が描く出来事に家族の歴史として深く関わっている人もいれば、後からこの文化に出会い、先人たちから学んでいる人もいます。また、友情や学びを通して、あるいは日本文化や歴史への関心から、JCCCに関わるようになった人もいます。

私にとってこの旅は、共に耳を傾け、共に振り返るための時間です。強制収容の歴史は、過去の出来事として片づけられるものではなく、今もなお、静かに、けれど確かに、人々の暮らしや人間関係に影響を与え続けています。劇場で隣り合って座り、沈黙や笑いを分かち合い、その余韻をバスの中で語り合いながら持ち帰る、そうした体験を通じて、私たちは、時に矛盾し、複雑であっても、異なる考えや感じ方を尊重しながら、ともに歩んでいくための大切な学びを得られるのだと思います。

日本には「月見」という伝統があります。毎年秋になると、人々は静けさの中に身を置き、束の間の美しい月の光を見上げるために集まります。この風習は平安時代の貴族たちが満月の下で詩を詠んだ宮中行事に始まり、やがて月見団子やすすき、秋の収穫物を供え、月や互いを敬う集いへと発展していきました。今年の中秋の名月（ちゅうしゅうのめいげつ）は10月6日で、この日、月は一年で最も丸く、明るく輝くとされています。

月見の美しさは、「何を見るか」だけでなく、「誰と見るか」にあるのだと思います。同じ月の光を浴びていても、その人の歩んできた人生によって、月の見え方や感じ方は少しずつ異なるものです。

ある意味で、今回のストラトフォードへの旅は、私たちにとっての「月見」のようなものかもしれません。忙しい日常の中に、意識的にひとときの「間（ま）」をつくり、大切なものに目を向け、それを他者と分かち合う時間です。舞台で見たことを通して、私たちは少しずつ何かが変わった自分を連れてJCCCに戻ってくることでしょう。そしてその変化は、私たちの人の迎え方、物語の語り方、未来の描き方に、静かに波紋を広げていくのだと思います。

Autumn at the JCCC: A Season of Film, Music, Art, and Community

As summer fades into the deep colours and cool air of autumn, the Japanese Canadian Cultural Centre is preparing a season of events that invite you to connect, reflect, and celebrate together. Whether you join us for an intimate film screening, a day on the golf course, or an evening of music, there's something for everyone in our fall line-up.

.....

September 11 - *Onde as Ondas Quebram (Where the Waves Break)*

Our fall film season begins with this moving exploration of identity, migration, and the ties that bind us to the sea and to each other. Shot with breathtaking cinematography, the film invites audiences into the rhythms and hardships of coastal life, asking what it means to belong in an ever-changing world.

.....

September 14 - 27th Annual Family & Friends Golf Tournament

A JCCC tradition for over a quarter century, this tournament blends friendly competition with the warmth of community gathering. From the first tee to the final hole, it's a day of camaraderie, good food, and shared memories on the greens.

.....

September 18 - *See Her, Be Her*

The documentary follows the lives of seven women baseball stars from around the globe, showcasing their dedication and competition in the Women's Baseball World Cup including Japan's Ayami Sato, star pitcher of the Toronto Maple Leafs professional men's team. A celebration of resilience, creativity, and self-determination, the screening offers a space for reflection on how representation shapes the possibilities for the next generation.

.....

October 4-5 - Nuit Blanche with Louise Noguchi: *The Shape of Loss*

Renowned Japanese Canadian artist Louise Noguchi's *The Shape of Loss* "translates" the intangible losses of Japanese Canadian livelihood, property, and dignity during WWII into life-sized drawings of confiscated fishing boats, created in a co-produced performance during Nuit Blanche from October 4 at 7 pm to October 5 at 7 am. Working with collaborators and descendants of the original boat owners, Noguchi will draw the hulls of the 1,137 Nikkei fishing boats seized after Pearl Harbor while their histories are read aloud. The resulting drawings and a time-lapse video will remain on view in the JCCC Gallery until January 18, 2026. An artist talk with Noguchi will take place on November 20 at 7 pm.

.....

October 5 - Issei Day

A cherished annual gathering honouring the Japanese Canadian pioneers who built the foundations of our community. This day features performances, food, and shared stories that connect generations and remind us of the resilience that sustains our culture.

.....

October 9 - *Unreachable*

In a dreamlike Tokyo tale, three young women (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) bound by a mysterious 12-year secret face the unraveling of their makeshift sisterhood when unrequited love threatens their fragile harmony, in Yuji Sakamoto's delicately crafted and emotionally resonant drama.

.....

November 12 - Kyohei Sorita in Concert

Internationally acclaimed pianist Kyohei Sorita returns to Toronto for an evening of breathtaking artistry. Known for his expressive interpretations and technical brilliance, Sorita's performance promises an unforgettable night for classical music lovers. Tickets are on sale now!

.....

December 6 - *Keep the Lantern Lit*

Our year-end fundraising event returns for 2025, bringing together gourmet food, film, and community spirit to help sustain the JCCC for the year ahead. It's an evening where generosity, friendship, and culture illuminate the long winter nights. Limited edition packages are on sale from September 1.

SEE HER BE HER

SCREENING FOLLOWED BY A MEET AND GREET WITH AYAMI SATO



Thursday September 18, 2025 at 7:00pm

The documentary follows the lives of seven women baseball stars from around the globe, showcasing their dedication and competition in the Women's Baseball World Cup including Japan's Ayami Sato, star pitcher of the Toronto Maple Leafs professional men's team. The film explores the historical context of women's baseball and aims to raise awareness about the growth of women's baseball to inspire future generations of female athletes. The film also includes support from baseball legends like Cal Ripken Jr., Ichiro Suzuki, and Billie Jean King, who recognize the importance of women in the game.

Partner:



Admission:

FREE or Pay What You Want
Reserve Your Spot Today!

RSVP



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Issei Day 2025

A Tribute to the Seniors of our Community

The Board of Directors of the Japanese Canadian Cultural Centre extends an invitation to Issei Day on Sunday October 5, 2025, and would like to welcome all who are 70 years of age and older.



This year will be the 63rd year of celebrating Issei Day!

We are so excited to welcome you back with a day full of activities, with entertainment of songs and odori. As usual there will be a wonderful and tasty bento served during intermission. The program begins at 2pm and concludes around 4:30pm.

To accommodate everyone with seating and a bento, we require that **everyone pre-register**.

Registration will open on Monday, September 1 and the deadline will be Monday, September 22. It is wonderful to see so many of our seniors come to this event but there is a maximum capacity to ensure everyone can sit, relax and enjoy the afternoon, so don't delay - register today! We look forward to seeing you.

Scan the QR code at the right corner or visit our website for registration.

一世デー 2025

シニアの皆さまへの感謝を込めて

カナダ日系文化会館（JCCC）より、2025年10月5日（日）に開催される「一世の日」へのご案内を申し上げます。今年は70歳以上の方を対象に、皆さまを心よりお迎えいたします。

今年で第63回目を迎える一世の日！歌や踊りのエンターテインメントなど楽しいプログラムをご用意しております。例年通り、美味しいお弁当もお楽しみいただけます。プログラムは午後2時に開始し、午後4時30分頃終了予定です。

座席とお弁当のご用意のため、事前登録をお願いしております。

登録受付：9月1日(月)～9月22日(月)

人数に上限がございます。どうぞお早めにお申し込みください。皆さまにお会いできるのを楽しみにしております！

登録は右上にあるQRコードをスキャン、または当館ウェブサイトからお願いいたします。



Keep the Lantern Lit Returns for 2025

Save the Date! Saturday, December 6, 2025 at 2:00pm



The Japanese Canadian Cultural Centre's signature fundraising event returns this winter! On December 6, 2025, join us for a night of friendship, culture, and connection — whether in the comfort of your own home or gathered together at the JCCC.

This year's Keep the Lantern Lit will once again feature gourmet Japanese cuisine, special gifts, and unique cultural experiences that warm the season and help the JCCC shine bright all year.

Mark your calendar now, and watch for full event details and ticket information coming soon.

Packages are available from September 1, 2025 and only 350 are produced so make sure to grab one fast! Go to our website (www.jccc.on.ca) to find out more or to order yours.

Keep the Lantern Lit — celebrating community, sustaining our future.



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JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2024 Annual General Meeting on Monday, September 22, 2025 at 7:30pm at the JCCC, 6 Sakura Way, Toronto ON M3C 1Z5.

This meeting will be in person. Any member who is unable to be present in person can sign a Proxy Form (included in this Newsletter). Members may only vote in person or by completing the Proxy Form.

The Agenda and Proxy on-line form can be found in the JCCC website (jccc.on.ca), or by following the QR code.



For any questions, please contact JCCC Board Secretary Sharon Marubashi at sharon.marubashi@jccc.on.ca

September Film: Onde as Ondas Quebram (Where the Waves Break)



Portuguese and Japanese with English subtitles

Brazil is home to the largest Nikkei diaspora in the world — sharing similarities with other Japanese diasporas, with key differences. In the essay film “Where the Waves Break”, the Japanese Brazilian documentary filmmaker Inara Chayamiti investigates her fragmented identity by gluing together pieces of her family’s story and the Japanese Brazilian saga, marked by two diasporas between opposite sides of the world: Brazil and Japan.

In this first feature-length documentary directed by a Japanese-Brazilian woman, she builds generational and cultural bridges from an authentic point of view and a curious and affective quest. And by revisiting the past from erased angles, she tells invisible stories from her community. It is historical and current, personal and universal.

A panel discussion will take place directly after the film.
Please see JCCC website for more details and to purchase tickets!



Thursday, September 11, 2025 at 7:00pm

.....

October Film: Unreachable | 片思い世界 | NORTH AMERICAN PREMIERE



“A delicate, dreamlike fantasy built around luminous performances from three of Japanese top young actresses” – Nikkei Voice

Misaki, Yuka and Sakura (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) live together in a rambling old house in a corner of Tokyo. They have the rapport of siblings: sleeping in the same bedroom, sharing confidences and brushing their teeth together in front of the mirror each morning but they are not sisters. The secret bond that has held them together in this strange isolation for 12 years is about to be challenged by unrequited love. To its credit Yuji

Sakamoto’s script delivers a “big reveal” in its opening 30 minutes that would be the closing note in most other films, then goes on to explore the implications of their situation. It is a delicate, dreamlike fantasy built around luminous performances from three of Japanese top young actresses (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) with Ryusei Yokohama (Kokuho, Faceless) thrown in to the beguiling mix.

Directed by Nobuhiro Doi and starring Suzu Hirose, Hana Sugisaki, Kaya Kiyohara, Ryusei Yokohama, Karin Ono.

Thursday, October 9, 2025 at 7:00pm



Classes & Courses Registration

The JCCC Programs Team is working on registration processes to make it easier for our members and new participants.

The JCCC has updated the registration process for Cultural, Recreational and Martial Arts classes and courses.

1.

Registration will open a minimum of 4 weeks prior to the first class.
2.

Priority Registration will be offered to currently enrolled participants for the first 2 weeks of a registration period
3.

General Registration will be opened to all participants, including new participants, after Priority Registration.
4.

Registration will close 1 week after the first class or when all spaces are filled.

Currently enrolled participants will still be able to register during General Registration and right up until Registration closes. However, currently enrolled participants will no longer have priority space in the program and registrations will be processed on a “first come-first serve” basis after the priority period ends.

Registrants are encouraged to use the [JCCC Portal](#) for all registrations. The JCCC Reception Desk and the Programs Team are available to assist participants with any registration challenges and can be reached by visiting in-person, calling 416-441-2345, or by sending an email to registration@jccc.on.ca for any martial art, cultural or recreational class registration.



The Japanese Language will not be included in the transition to the JCCC Registration Portal for the Fall Term 2025 and will continue to follow the same process as in the Spring Term. However the priority and general registration periods will still apply to Japanese Language enrollments.

Please visit our website for direct registration links <https://jccc.on.ca/programs/cultural-classes/japanese-language>.



Martial Arts News

September is the Registration month for Judo and Kendo. Please see the chart below for registration dates and deadlines

	Priority Registration for current participants	General Registration (if the program is not at capacity)	Registration Close
Judo	September 1-14	September 15-October 9	October 9
Kendo	September 1-14	September 15-October 9	October 9

Cooking for Active Seniors

September 18: Let's Make Japanese Curry!

Participants will make homestyle Japanese Curry, a quick and easy meal well loved in Japan, and Instant Hakusai Nappa Tsukemono, a great accompaniment to the warm broth of curry.

November 20: Korean Dishes

Now for something a bit different – Korean Braised Short Ribs and Japchae. Two favourite Korean dishes enjoyed in many of our restaurants and easy to make at home

Classes are limited to 16 participants. Registration for each class date closes the Thursday prior to the class and can be done online or at Reception (416-441-2345).

Cost is: JCCC members \$25.00 plus HST, non-members \$30.00 plus HST.



Sedai Corner

REGISTER FOR OUR NEXT SEDAI WORKSHOP!



Our first online Sedai workshop was a huge success, with Japanese Canadians and researchers from across the country sharing and learning about oral histories.

Our next Sedai Oral History Workshop will be in person at Shintani Gallery at 700 Lansdowne Ave, Toronto, ON.



Photo courtesy of Will Shintani - first public exhibit at Shintani Gallery, The Red and White Show, March 2023

Join us on September 28th at 2:30 to learn about interview skills, equipment set up and discussions around consent.

About [Shintani Gallery](#): Shintani Gallery opened in March 2023, holding multiple shows platforming Japanese Canadian artists. The gallery also hosts workshops, events, and other programming. The focus on Japanese Canadian artists and creatives, particularly from younger generations, encourages visitors to be in community and discuss identity and artistic practice.

Light refreshments will be provided. Free to attend.

Please note that this workshop will be limited to participants who self-identify as Japanese Canadian or Nikkei.

To register: <https://forms.gle/YBGw1mvnx1NHgAXs8>

Nuit Blanche + Louise Noguchi Show

On view in the JCCC Gallery from October 4 to January 23, 2026

Nuit Blanche Performance: October 4, at 7:00pm to October 5, at 7:00am

**NUIT
BLANCHE
TORONTO**

Renowned Japanese Canadian artist Louise Noguchi's *The Shape of Loss* 'translates' intangible losses of Japanese Canadian livelihood, property, and dignity during WWII into tangible, life-sized drawings of confiscated fishing boats through a co-created, live performance during the all-night Nuit Blanche festival on October 4, beginning at 7pm.



Out of public and political pressure fueled by racism and suspicion that Nikkei fishermen might be a threat to national security, the Canadian government began impounding their fishing boats the day after the Pearl Harbor attack on December 7, 1941. Fishermen from across BC were ordered to deliver their boats to a designated port, where they were immobilized and later towed to Steveston. In total, 1,137 Nikkei boats were impounded.

During Nuit Blanche night, Noguchi, in collaboration with other artists, will create a visual representation of the physical magnitude of the fishing boat loss.

Throughout the evening, the artists will create life-sized line drawings of the 1,137 Nikkei fishing boats (hulls only). As the hulls, measuring from 25 feet to 68 feet in length are drawn, descendants of boat owners will read aloud the owner's name and boat information.

Louise Noguchi is a Toronto-based artist whose work has been exhibited nationally and internationally, including at the Embassy of Canada Prince Takamado Gallery, Tokyo and most recently at the Art Gallery of Ontario, Toronto.

The drawn hulls and a time-lapse video of the performance will remain in the gallery until the show closes on January 23, 2026.

An artist talk will take place on November 20 at 7:00pm at the JCCC!



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Wynford Senior's Club Hosts Book Reading Event with Suzanne Hartmann

Wynford Seniors' Club hosts a Book Reading Event with author Suzanne Elki Yoko Hartmann on Wednesday, September 17 at 10:30 am in the JCCC Heritage Lounge.

As part of the National Public Readings Program with funding support from the Canada Council for the Arts through The Writers' Union of Canada, Hartmann will read from her book, *The Nail That Sticks Out: Reflections on the Postwar Japanese Canadian Community*. A Q&A session will follow.

The book has been featured in CBC's "54 Works of Canadian nonfiction to check out this fall," Vancouver's *The Bulletin*, the *Toronto Star*, *Nikkei Voice* and the Japanese American National Museum's *Discover Nikkei*.

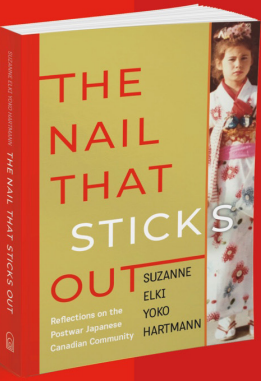
Published by Dundurn Press in October 2024, *The Nail That Sticks Out* explores an evolving community and tackles issues of identity, belonging and racism. Steeped in history and cultural arts, it includes portraits of family and community members.

Copies of the book can be purchased prior to the event at the JCCC gift shop. Admission is free.



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健やかな老後をめざして その86 ～シニアの夢!～

人はいつ自身の老いを自覚し始めるのでしょうか?

20代後半の頃、リレー徒競走に出場しました。全速力で走っていた時、気持ちが焦って両脚がからまり、転倒しそうになりました。「え～、いったいどうしたの!」と思った瞬間を鮮明に覚えています。私にとってあの瞬間が(身体の)老いを感じた最初かもしれません。次に30代半ばのある日、耳の横に1本のグレイヘアを見つけました。その当時、美しい黒髪を保っていた66歳の母は「染めているの?」と尋ねられることもしょっちゅう! それもあって「グレイヘアはずっ～と先のこと」と勝手に思っていた私……ショックでした。これも老いを強く実感した出来事です。

30代後半から50歳にかけては、大学院へ進学・アメリカへ留学・看護学士&大学院課程の創設に心血を注ぐ日々が続き、心身の老いなど感じている暇がありませんでした。「更年期はいつ?」と思い返してもわからないくらいです。とは言っても、否が応でも生物としての老化は迫ってきます。50代後半には母の介護による体調不良(逆流性食道炎と血圧変動)、視力の低下と老眼、膝と股関節の痛みを経験しました。74歳の今、それらが進行していない、あるいは回復しているのは、これまでお伝えしてきた諸々の対策(健康行動)のお陰でしょうか。特に、毎日の「水素水&食生活」と「ちょこっと運動」の効果と考えています。日々の継続こそが何よりも大切、と実感しています。

しかし、それらの努力も老いのスピードには敵わない日がやってきます。現に、カナダ移住がきっかけで生じた環境への適応障害(血液自己免疫疾患:低気温により赤血球破壊)は年齢と共に進行し、テキスト通りに様々な症状が臓器に生じています。感染症罹患(インフルエンザ、新型コロナウイルスなど)による急激な悪化を現実的に経験し「人々と接して生きる暮らしが私の生命を脅かす」ことを覚悟せざるをえません。

シニアの皆さま、あなたも「抱える健康問題とどう付き合っていけばよいか」と思案し、悩み、苦しみ、対処しながら、毎日を暮らしているのではないのでしょうか。私は、どのような状況下にあっても「今を生きる」ことに感謝し「夢(希望)を燃やし続けたい」と思っています。年齢と共に失われていくことが多くなるのは必然。それならば「まだ残されている力をどう使い切るか」と考える・挑戦するほうが、明日を生きるための糧になるのではないのでしょうか。

私は生きること欲張りなので、健康問題と付き合う日々の中でもついつい楽しいことに目を向けます。この年になると、楽しいと思えないことは切り捨てます。案外と若者にはできない、シニアの良さかもしれませんね。子どもが、親が、同僚が、上司が、親せきが……などにはもう縛られない自由さがあります。

長い間、医療職として教育や研究に携わってきました。ところが、54歳の時に日系文化会館(トロント)で開催されたトロント紅白歌合戦に出演し、様々な舞台を経験するうちに「子供の頃から舞台で歌い、踊ることが好きだった!」と気づきました。この気づきに導かれて68歳でプロ歌手デビュー(東京)。コロナ禍で中止となっていたリサイタルを2025年10月にふるさと大分で主催します。遅咲き歌手EIKOをどうぞ応援してください。

夢(希望)をもつことは、シニアになればなるほど生きる力(いきがい)につながります。身体は確実に老いていきます。でも、人としての老いは魂が萎えたときではないのでしょうか。大きくても小さくても、その夢を大事に歩いていきたいものです。いつか皆さまの夢をお聴かせくださいね。

マーナ豊澤英子
(医学博士 老年看護スペシャリスト
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JSS プログラム:2025年9月 | JSS Programs September 2025

以下は2025年9月に予定されている、JSSのプログラムです。詳細やお申込みはJSS ウェブサイト、または416-385-9200 / PROGRAMS@JSS.CA まで。

Check out our upcoming September 2025 programs! *Pre-registration required. Visit our website and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

1. モミジ&JSS オンライン講座シリーズ 2025年9月(水曜3時～)

1. e-Learning Series

登録可能な講座・過去の講座一覧などシリーズ情報は、JSSウェブサイト:モミジ・JSS:オンライン講座シリーズをご覧ください。

*Visit JSS website for the list of seminars & past recordings

「住まいの安全対策と転倒予防」9月10日(水)15時(日本語&英語)

5月のバスルームの安全対策セミナーに引き続き、今回もVHAのチームとタッグを組み、転倒リスクを減らすための環境的・身体的対策に関するセミナーを行います。お家でのアクシデントのリスクを減らすためにもぜひご参加ください。

Home Safety and Falls Prevention: Wed. Aug 13, 3pm (English & Japanese)

Following our Bathroom Safety Seminar in May, we're once again teaming up with the VHA team to offer an information session on environmental and physical strategies to reduce the risk of falls. Join us to learn how to minimize the risk of accidents at home.

「カナダで見かける『不思議な野菜』入門～知らない野菜を、知って、使って、美味しく食べよう～」9月24日(水)15時(日本語&英語)

カナダのスーパーで見かける、ルバーブ、フェネル、ビーツなどのちょっと馴染みのない野菜たち。調理法や保存方法がわからず手が出せない…そんな方に向けたオンラインセミナーを開催します。栄養価や特徴、日本人の味覚に合うアレンジを紹介。さらに、日本の調味料の代用品や、簡単レシピもご提案します。料理初心者も大歓迎! 野菜の新たな魅力を発見し、毎日の食卓をもっと楽しく豊かにしませんか?

Cooking Webinar : Unfamiliar Vegetables Found in Canadian Supermarkets – Discover, Cook, and Enjoy!: Wed. Aug 13, 3pm (English & Japanese)

Have you seen vegetables like rhubarb, fennel, or beets at Canadian supermarkets but weren't sure how to use them? This online seminar is for you! We'll introduce some vegetables that are uncommon in Japan, covering how to store, their health benefits, and easy ways to enjoy them with flavors familiar to the Japanese palate. You'll also learn how to substitute Japanese seasonings with local alternatives and get simple original recipes. Perfect for beginners and anyone curious about new foods—let's make everyday meals more fun and flavorful!

※詳細・お申込みはJSSウェブサイトまたはPROGRAMS@JSS.CAまで

*Visit our website or contact programs@jss.ca to register

2. JSS家族支援プログラム

2. JSS Family Support Programs

1. かけはしの会オンライン交流会: KAKEHASHINOKAI@JSS.CA

発達障がいのお子さん(年齢不問)を持つ保護者の方のためのサポートグループです。

1. Kakehashi no Kai : Contact kakehashinokai@jss.ca

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse.

2. シングルマザーサポートグループ: MSG@JSS.CA

シングルマザーおよびシングルマザーになることを視野に入れている方々を対象としたサポートグループです。

2. Single Mother Support Group : *Contact msg@jss.ca

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences.

3. レギュラーJSSプログラム(日本語)

3. JSS Regular Programs

1. クラフトクラブ交流会 : 第1・3水曜日、10時半～正午

お問合せは CRAFTCLUB@JSS.CA へ

1. **Craft Club Social** : Twice a month on the 1st and 3rd Wednesday, 10:30 am – noon *RVSP at craftclub@jss.ca

2. やさしいシニアヨガ : (第25期:9/15～10/27 毎週月曜日)

お問合せは SENIOR.YOGA@JSS.CA へ

2. **Easy Yoga for Seniors** (Term 25 : Sep 15 – Oct 27, Mondays, 10:00 - 11:30am) *Contact senior.yoga@jss.ca

2. 懐かしい日本の歌を歌う会 : 第2・4月曜日、13時半～15時

お問合せは UTANOKAI_B@JSS.CA へ

3. **Nostalgic Japanese Song Singing Group** : Twice a month on the 2nd and 4th Monday, 1:30-3:00 pm. *Contact utanokai_b@jss.ca

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