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Gold medal skater visits seniors



SUBMITTED BY GUS NODAL

Olympic gold medalist and Hayward-native (and Mission

San Jose HS, Fremont alumna) Kristi Yamaguchi visited On Lok Lifeways' Peralta PACE Center in Fremont on October 26 to meet

with local seniors. Kristi also surprised her mother Carole Yamaguchi, who along with ten other seniors from the

Union City and Castro Valley Senior Centers, performed Hawaiian Hula dance routines for the On Lok Lifeways senior

participants. Kristi's sister Lori Yamaguchi, who is executive director of Kristi's Always Dream Foundation was also in attendance.

On Lok Lifeways, a comprehensive health plan that provides long-term care for eligible seniors living in Fremont and other parts of the San Francisco Bay Area, features a year-round calendar of recreational, social and cultural activities. Additionally, the program offers full medical care and support services with the goal of helping seniors live at home and in the community for as long as possible.



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