

# SPRING PROGRAM

MARCH 2021

**UPDATED on March 1, 2021**



Community House & Information Centre  
カルチャーセンター

# CHIC MEMBERSHIP, POLICIES & INFORMATION

## ABOUT CHIC

Community House & Information Centre (CHIC) is a non-profit community organization committed to meeting the needs of the Kansai community. CHIC is a place for Japanese and foreigners to socialize and connect in a casual and fun atmosphere.

## MEMBERSHIP

CHIC membership allows you, your family, and visitors from outside Kansai to participate in all of CHIC's classes, trips, and events at special member prices. Membership for a year (12 months from signing up) is ¥ 6,000 and ¥ 4,000 for six months. If you have been a CHIC member for five consecutive years, the membership fee is ¥ 3,000 for one year. Please note, payment for any series class and some special events or classes are available strictly to members only.

## SPECIAL MEMBERSHIP

If you only attend the children's classes, the membership fee is ¥ 3,000 for a year and ¥ 2,000 for six months.

## REGISTRATION/CANCELLATION/REFUND POLICY

If you wish to attend a class or a trip, your registration will not be considered confirmed until your payment is made; you will be placed on the waiting list instead. Payment should be made at least seven days prior to a trip.

**Please Note: Bookings for some special events or classes may be available to members only.**

**While we understand sometimes your plans or circumstances change, if you need to cancel less than seven days prior to a class or trip, NO refund can be given.**

## TRIP PARTICIPANTS

Please be aware that during CHIC organized outings, CHIC is not responsible for lost items, personal injury, property damage, and delays due to circumstances beyond our control, such as traffic jams, train delays and weather conditions. The return timings shown are only an approximate indication. Thank you for your understanding!

## CONTACT

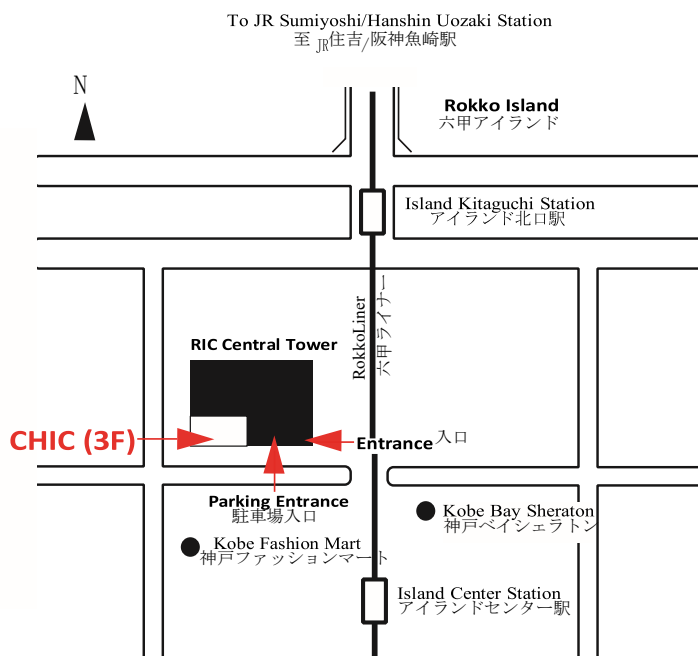
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[www.chickobe.com](http://www.chickobe.com)



## ACTIVITIES & TRIPS

### 21.1 SUPERMARKET SIMPLIFIED

How many times do we wonder what things are, or where things are, or what to do with certain groceries we come across in our daily lives living here in Japan? Let Naomi answer your questions and demystify some of the selections at the local supermarket. This is not just for new-comers, but for anyone who has ever had questions related to in-store products. We will enjoy an optional lunch afterwards.

<b>Trip Leader:</b>	Naomi Nakashima
<b>Date:</b>	Available upon request
<b>Time:</b>	10:00 – 12:00
<b>Meeting Place:</b>	Chic Office
<b>Min / Max:</b>	1 / 6
<b>Members Fee:</b>	¥ 1000
<b>Non-Members Fee:</b>	¥ 2000



### 21.7 ESCAPE ROOM

Come play spy sleuth to discover clues, solve puzzles, unlock doors to escape “The Dame and the Diamond” themed room. We only have 60 minutes to put together all the right clues. There are 6 people max per room. Afterwards we can grab a bite and a drink and share our detective adventure stories.

<b>Trip Leader:</b>	Lorann Halverson
<b>Date:</b>	Monday 8 <sup>th</sup> March
<b>Time:</b>	11:15 – 14:00
<b>Meeting Place:</b>	“The Dame” Escape Room, Osaka
<b>Min / Max:</b>	4 / 6
<b>Members Fee:</b>	¥ 4500
<b>Non-Members Fee:</b>	¥ 5500
<b>Additional Costs:</b>	Transportation, optional lunch



### 21.16 SUMA MOUNTAIN HIKE WITH JENNI

Up for a strenuous hike, join Jenni our outgoing bootcamp teacher for an invigorating hike up and over the Suma alps. **This is quite a hike and not for the faint hearted!**

<b>Trip Leader:</b>	Jenni Reed
<b>Date:</b>	Wednesday 10 <sup>th</sup> March
<b>Time:</b>	09:30 – 13:30
<b>Meeting Place:</b>	JR Shioya station
<b>Min / Max:</b>	3 / 6
<b>Members Fee:</b>	¥ 1000
<b>Non-Members Fee:</b>	¥ 2000
<b>Additional Information:</b>	Wear comfortable shoes & clothing, pack water and a snack if you think you will need one!





## 21.18 FRANK LLOYD HOUSE IN ASHIYA

Visit the Frank Lloyd Wright-designed Yodoko Guest House in Ashiya. Wright, who visited Japan in 1920, was built as a summer villa at the request of Mr. Yamamura of Sakuramasamune Sake Brewery. The architecture that blends with the nature of the light is also demonstrated here. It is said that he wrote more than 200 blueprints during his stay, but there are currently two buildings left in Japan. And what was made as a private house is the Yamamura residence. In March, the Hina dolls of the daughters of the Yamamura family are on display. Join Kimie for an optional lunch afterwards Baan Thai.

<b>Trip Leader:</b>	Kimie Kuroda
<b>Date:</b>	Wednesday 17 <sup>th</sup> March
<b>Time:</b>	10:00 – 11:30
<b>Meeting Place:</b>	JR Ashiya Station
<b>Min / Max:</b>	2 / 8
<b>Members Fee:</b>	¥ 1000
<b>Non-Members Fee:</b>	¥ 2000
<b>Additional Costs:</b>	Transportation, entrance fee ¥500 & optional lunch



## 21.15 YUSAI – TEI CLOTH DYE

Yusai-Tei is owned by the famous dyeing artist, Yusai Okuda. He owns a 150 year old traditional house which is his home, workshop and gallery too! Before creating your own piece of art you will enjoy some matcha tea and a sweet.

<b>Trip Leader:</b>	Jessica Shameela
<b>Date:</b>	Thursday 18 <sup>th</sup> March
<b>Time:</b>	9:00 – 15:30
<b>Place:</b>	JR Ashiya Station
<b>Min / Max:</b>	2 / 6
<b>Members Fee:</b>	¥ 1500
<b>Non-Members Fee:</b>	¥ 2500
<b>Additional costs:</b>	Transportation, entrance fee ¥2000 and cotton dyeing cost ¥3000 (35cm x 65cm)



## COOKING CLASSES - \*Bring your own take-home containers if you prefer to not eat as a group

### 21.45 THAI COOKING

See how Namita creates these delicious Thai classic dishes.

**Menu:** Massaman Curry and Rice, Glass Noodle Salad (yum won sen), Chili Sweet and Sour Tofu

**Instructor:** Namita Wadhwa  
**Date:** Friday 12<sup>th</sup> March  
**Time:** 10:30 – 14:00  
**Place:** CHIC Kitchen  
**Min / Max:** 4 / 12  
**Members Fee:** ¥ 5000  
**Non-Members Fee:** ¥ 6000



### 21.42 FRENCH COOKING

Join Caroline as she explores meals from various regions in France. Each month will be a new region will be chosen and you will make a selection of courses.

**Menu:** La vraie soupe à l'oignon (the traditional oignon soup), Chou farci (stuffed cabbage), mousse au chocolat (chocolate mousse)

**Instructor:** Caroline Gras  
**Date:** Tuesday 16<sup>th</sup> March  
**Time:** 10:30 – 13:00  
**Place:** CHIC Kitchen  
**Min / Max:** 4 / 10  
**Members Fee:** ¥ 5000  
**Non-Members Fee:** ¥ 6000  
**Additional Information:** Bring an apron



### 21.46 INDIAN COOKING @ HARPREET'S HOUSE

Join Harpreet at home for a fun day of cooking. Harpreet will pick you up and drop you off at the Minotani bus station

**Menu:** Keema Matar, Corn fritters, Mughlai paneer, parantha (fried dough) and date & nut kheer, all served with salad, tea and coffee plus a welcome drink.

**Instructor:** Harpreet Sethi  
**Date:** Friday 19<sup>th</sup> March  
**Time:** 10:00 – 14:30  
**Place:** Harpreet's house  
**Min / Max:** 6 / 10  
**Members Fee:** ¥ 5000  
**Non-Members Fee:** ¥ 6000  
**Additional Information:** Bring an apron  
Pick up from Minotani bus station



## 21.40 HEALTHY COOKING WITH HIROKO

Enjoy a wonderful menu of healthy vegetarian meals by Hiroko Sensei. Hiroko is a trained nutritionist so not only do you get some new delicious recipe inspiration she always has some food health information to share too.

<b>Instructor:</b>	Hiroko Shimada
<b>Dates:</b>	Tuesday 30 <sup>th</sup> March
<b>Time:</b>	10:30 – 13:30
<b>Place:</b>	CHIC Kitchen
<b>Min / Max:</b>	4 / 10
<b>Members Fee:</b>	¥ 5500
<b>Non-Members Fee:</b>	¥ 6500
<b>Additional Information:</b>	Bring an apron



## CHILDREN'S CLASSES

### 21.60 TINY TOT TIME

Make learning fun! Join Mandy as we explore learning through music and movement, stories, poems, structured and unstructured free play. This class is for all children from 1-4 years old to enjoy and participate in activities accompanied by a parent or caregiver. This is a wonderful opportunity for parents and little ones to make friends and share in the joy of learning. This class will be conducted in English.

学ぶことを楽しみましょう！ マンディーと音楽や動き、お話や詩、そして自由な遊びを通じて学びを開拓しましょう。

このクラスは1歳から4歳までの全ての子供を対象としており、お父様、お母様や介護人が一緒になってアクティビティーに参加し、楽しんで頂けます。

この時間をご両親と小さな子供達にとって友達を作ったり、学びの喜びを分かち合う素晴らしい機会となります。尚、このクラスは英語で行われます。

<b>Instructor:</b>	Mandy Dillon
<b>Days:</b>	Mondays
<b>Time:</b>	10:00 – 11:00
<b>Place:</b>	Banquet Hall
<b>Min / Max:</b>	4 / 20
<b>Members Fee:</b>	¥ 1000
<b>Non-Members Fee</b>	¥ 1500
<b>Additional Information:</b>	2nd child 50% discount



### 21.61 HAPPY HANDS ART ACTIVITIES

Ideal for little ones (preschoolers) to explore, get creative and messy, and enjoy the love of art. Activities will be organized to meet the needs of small children that are structured “hands-on” and fun! Different activities and themes each session. Child must be accompanied by an adult

**Please book and pay three days in advance as materials need to be purchased.**

幼児（未就学児）が芸術への愛を探求し、創造し、めちゃくちゃになって楽しむのに最適です。

アクティビティーは体系的な“hands-on”（実際に行うこと）で幼児の必要とするものを満たすように、そして楽しく行われます。また、毎回異なるアクティビティーとテーマで行われます。子供達は1名の大人の付き添いが必須です。

材料の購入が必要となるので、3日前までにご予約とお支払いをお願いしております。尚、このクラスは英語で行われます。

<b>Instructor:</b>	Mandy Dillon
<b>Dates:</b>	26 <sup>th</sup> February 2 <sup>nd</sup> April 28 <sup>th</sup> May
<b>Time:</b>	10:00 – 11:00
<b>Place:</b>	CHIC Kitchen
<b>Min / Max:</b>	2 / 10
<b>Members Fee:</b>	¥ 2000
<b>Non-Members Fee:</b>	¥ 2500
<b>Additional Information:</b>	Second child 50% discount Please wear old clothes or Painting shirts and bring wipes





## ART & CRAFT CLASSES

### 21.62 IKEBANA IKENOBO

Ikenobo is a style of Ikebana (Japanese floral art). Ikenobo was founded in Kyoto by a Buddhist monk in the 15<sup>th</sup> century. It is a style of placing flowers in a purposeful and meaningful way, as opposed to simply placing them in a vase informally. Ikenobo has strong symbolic and philosophical overtones, which combined with beautiful flowers and natural elements, leads to a beautiful and satisfying flower arrangement.

<b>Instructor:</b>	Etsuko Hanai
<b>Dates:</b>	Friday 19 <sup>th</sup> March
<b>Time:</b>	11:00 -13:30
<b>Meeting Place:</b>	CHIC Craft Room
<b>Min/Max:</b>	1 / 8
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3500
<b>Additional Costs:</b>	Flowers approx. ¥2000 / class to be paid directly to the teacher.



### 21.63 IKEBANA MISHORYU NAKAYAMA BUNPO

Mishoryu Nakayama Bunpo uses seasonal and mainly indigenous flora in natural style arrangements used mainly to complement the other traditional Japanese arts.

<b>Instructor:</b>	Kayo Fukayama
<b>Dates:</b>	Thursdays 11 <sup>th</sup> , 18 <sup>th</sup> March
<b>Time:</b>	10:00 -12:30
<b>Meeting Place:</b>	Craft Room
<b>Min/Max:</b>	1 / 8
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3500
<b>Additional Costs:</b>	Flowers approx. ¥2000 / class to be paid directly to the teacher.



### 21.65 SEASONAL FLORAL ART

Kazuko is a florist at “Flower Ken’s’ in The Entente. She is sharing various ways of flower decorations as follows: Fresh Flower Arrangement; Hand Tied Bouquet; Dried Flower Wreath; Sway & Frame; Aroma Wax Bar and Herbarium.

<b>Instructor:</b>	Kazuko Okawa
<b>Dates:</b>	Wednesdays 10 <sup>th</sup> & 31 <sup>st</sup> March
<b>Time:</b>	11:00 -12:30
<b>Meeting Place:</b>	Craft Room
<b>Min/Max:</b>	1 / 8
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3500
<b>Additional Costs:</b>	Flowers approx. ¥ 2500 / class to be paid directly to the teacher.





## 21.70 SHODO

Shodo is the Japanese word for calligraphy, the method of writing with a Japanese brush and sumi (ink stick). In the class, you can create your own works to decorate your home.

Beginners are welcome in all classes as students work at their own pace.

Shodo is said to be calming so you can focus on expressing your emotions in the process of creating.

Samples on display at CHIC.

<b>Instructor:</b>	Noriko Ukita
<b>Meeting Place:</b>	CHIC Room 3
<b>Min/Max:</b>	2 / 6
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3500
<b>Additional Costs:</b>	Shodo kit ¥4800
<b>Additional Information:</b>	A trial class for 1 <sup>st</sup> time is available without buying a Shodo kit

### WEDNESDAY MORNINGS

<b>Dates:</b>	10 <sup>th</sup> & 31 <sup>st</sup> March
<b>Time:</b>	10:30-12:00

### FRIDAY MORNINGS

<b>Dates:</b>	12 <sup>th</sup> & 19 <sup>th</sup> March
<b>Time:</b>	10:30-12:00

### THURSDAY EVENINGS

<b>Dates:</b>	11 <sup>th</sup> & 18 <sup>th</sup> March
<b>Time:</b>	18:30 - 20:00



## 21.68 TEMARI BALLS – BEGINNERS

Temari balls are highly valued and cherished gifts, symbolizing deep friendship and loyalty. Also, the shiny colors and threads used are symbolic of wishing the recipient a happy life.

<b>Instructor:</b>	Shawna Wallis
<b>Day:</b>	Tuesdays
<b>Dates:</b>	9 <sup>th</sup> March
<b>Time:</b>	10:00 – 12:00
<b>Day:</b>	Wednesdays
	17 <sup>th</sup> March
	15:00 – 17:00
<b>Place:</b>	CHIC Craft Room
<b>Min/Max:</b>	2 / 4
<b>Members Fee:</b>	¥ 2500 Members only

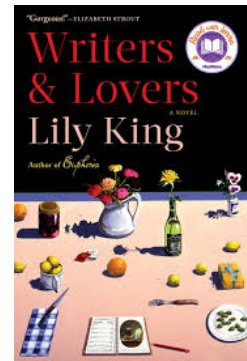


## VARIOUS CLASSES

### 21.80 BOOK CLUB

Looking for some lively and vibrant literary discussion? Once a month, Book Club will gather to discuss books from different genres and cultures:

<b>Instructor:</b>	Angela Levesque
<b>Days:</b>	Mondays
<b>Dates:</b>	15 <sup>th</sup> March
	Book: Writers and Lovers by Lily King
<b>Time:</b>	10:30 – 12:00
<b>Place:</b>	CHIC Office
<b>Min / Max:</b>	2 / Unlimited
<b>Members Fee:</b>	¥ 2000 for the program
<b>Non-Members Fee:</b>	¥ 3000 for the program



### 21.82 CULTURE OF KIMONO

An independent introductory course designed for everyone who wants to learn about the culture and skills required for of Kimono. Anyone interested in 'Kimono' are welcome to join.

<b>Instructor:</b>	Yumi Ayama
<b>Dates:</b>	31 <sup>st</sup> March
<b>Time:</b>	10:00 – 12:00
<b>Place:</b>	CHIC Classroom
<b>Min / Max</b>	1 / 2
<b>Members:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3000
<b>Additional Information:</b>	Private & extra lessons available upon request.
<b>Zoom</b>	lessons online are available with Yumi upon request (for experienced members only).



### 21.83 KIMONO DRESSING

This course is designed for students who have some experience of Kimono dressing practice (Intermediate and advanced).

<b>Instructor:</b>	Yumi Ayama
<b>Place:</b>	CHIC Classroom
<b>Min / Max:</b>	1 / 2
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee</b>	¥ 3500
<b>Day:</b>	Wednesday
<b>Dates:</b>	31 <sup>st</sup> March
<b>Time:</b>	12:30 - 14:30
<b>Additional Information:</b>	Private & extra lessons available upon request.



## 21.84 CULTURE TALKS

Yumi, our fabulous and incredibly knowledgeable kimono teacher, can host various informative talks with question-and-answer sessions. Grab a friend and book a time to make your next trip even more meaningful. Yumi can share information on the following topics:

### **Temple and Shrines**

**Let's decode the patterns of Kimono**

**Story of Geisha**

<b>Trip Leader:</b>	Yumi Ayama
<b>Date:</b>	Available upon request
<b>Meeting Place:</b>	CHIC Office or online
<b>Min / Max:</b>	2 / 10
<b>Members Fee:</b>	¥ 2500
<b>Non-Members Fee:</b>	¥ 3500

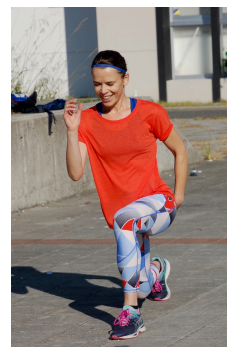


## FITNESS CLASSES

### 21.90 JENNI'S BOOTCAMP

This is an all-over-body workout for all levels of fitness done to motivating music. We do a variety of exercises working on strength and cardiovascular fitness, but most of all we have fun getting fit together. Jenni is a qualified physiotherapist and takes inspiration from experiences in fitness, boxing, dance, and yoga! This class is taken outside unless it's raining.

<b>Instructor:</b>	Jenni Reed
<b>Days:</b>	Tuesdays
<b>Time:</b>	09:00 – 10:00
<b>Place:</b>	Outside Tully's Rokko Island
<b>Min/Max:</b>	3 / Unlimited
<b>Members Fee</b>	¥ 1500
<b>Non-Members:</b>	¥ 2500
<b>Additional Information:</b>	Bring a yoga mat and a bottle of water. Buy a pack of 10 lessons for ¥10,000 or 15 lesson for ¥15,000 (to be used from January to June 2021 program).



### 21.91 YOGA FOR BEAUTY

This yoga class comprises many asanas aimed at the formation of a beautiful and healthy body. It will focus on harmony of body and soul. At the end of each lesson, there will be asanas for both relaxation and meditation, providing everyone with a positive mood.

<b>Instructor:</b>	Elena Angelovska
<b>Days:</b>	Tuesdays
<b>Time:</b>	10:00 – 11:15
<b>Place:</b>	Banquet Hall
<b>Min/Max:</b>	3 / 20
<b>Members Fee</b>	¥ 1500
<b>Non-Members:</b>	¥ 2500
<b>Additional Information:</b>	Bring a yoga mat



### 21.92 BHANGRA FUSION

A celebratory update dance of farmers as they harvest their crops has now turned into one of the most popular music and dance from India. This class includes fun dance moves inspired by Bollywood movies.

<b>Instructor:</b>	Raveen Gulati
<b>Days:</b>	Wednesdays
<b>Time:</b>	10:00 – 11:15
<b>Place:</b>	Banquet Hall
<b>Min/Max:</b>	3 / 20
<b>Members Fee</b>	¥ 1500
<b>Non-Members:</b>	¥ 2500



## 21.93 TAI CHI

Tai Chi is a form of “moving meditation” practiced with slow, relaxed, and flowing movements. Join Sensei Yukari Agarihama, who came in fourth place in the Single Event of “All Japan Wushu Taijiquan Competition” in 2018.

<b>Instructor:</b>	Yukari Agarihama
<b>Days:</b>	Wednesdays
<b>Time:</b>	15:30 – 16:30
<b>Meeting Place:</b>	Banquet Hall
<b>Min / Max:</b>	1 / 20
<b>Members Fee:</b>	¥ 2000
<b>Non-Members:</b>	¥ 2500
<b>Additional Information:</b>	Free trial class



## 21.94 ZUMBA

Join Victoria, a trained Zumba instructor, for an awesome workout. Dance to great music with great people and burn a ton of calories without even realizing it.

<b>Instructor:</b>	Victoria Gabriadze
<b>Days:</b>	Fridays
<b>Time:</b>	09:30 – 10:30
<b>Place:</b>	Banquet Hall
<b>Min/Max:</b>	4 / Unlimited
<b>Members Fee</b>	¥ 1500
<b>Non-Members:</b>	¥ 2500
<b>Additional Information:</b>	Bring water



## LANGUAGE CLASSES

### 21.95 FRENCH

Learn this romantic language with Oxana Morineau. Oxana lived in France for 15 years. She holds a Masters' Degree in Foreign Language as well as a Masters' Degree in Teaching Language. She is happy to share the French language and culture!

<b>Teacher:</b>	Oxana Morineau
<b>Place:</b>	CHIC Classroom
<b>Days:</b>	Mondays
<b>Time:</b>	10:00 – 11:30 Advanced 11:40 – 13:10 Beginner 13:30 – 15:00 Intermediate
<b>Min / Max:</b>	1 / 5
<b>Members Fee:</b>	¥ 3000
<b>Non-Members Fee:</b>	¥ 3500



### 21.96 ENGLISH FOR BEGINNERS

Come and learn the basics of conversational English in a relaxed environment.

<b>Teacher:</b>	Kristi Keoughan
<b>Place:</b>	CHIC Classroom
<b>Days:</b>	Upon request
<b>Time:</b>	10:30 – 12:00
<b>Min / Max:</b>	1 / 8
<b>Members Fee:</b>	¥ 3000
<b>Non-members:</b>	¥ 3500



### 21.97 JAPANESE

Teacher Keiko Tamura has life-long experience teaching in international schools in Kobe. Learn Japanese from Keiko in a relaxed and fun environment. Lessons also available upon request.

<b>Teacher:</b>	Keiko Tamura
<b>Place:</b>	CHIC Classroom
<b>Min / Max:</b>	2 / 5
<b>Members Fee:</b>	¥ 3000
<b>Non-Members Fee:</b>	¥ 3500
<b>a. Beginner Japanese</b>	
<b>Days:</b>	Tuesdays
<b>Time:</b>	10:00 – 11:30
<b>b. Intermediate Japanese</b>	
<b>Days:</b>	Tuesdays
<b>Time:</b>	11:45 – 13:15





## DATES TO DIARIES

CLOSED:

Monday 22<sup>nd</sup> March  
Tuesday 23<sup>rd</sup> March  
Wednesday 24<sup>th</sup> March  
Thursday 25<sup>th</sup> March  
Friday 26<sup>th</sup> March



Community House & Information Centre