

FALL PROGRAM

19th October – 30th November 2020



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

RIC Central Tower, 3F,
5-15 Koyocho-naka
Higashinada-ku Kobe 658-0032

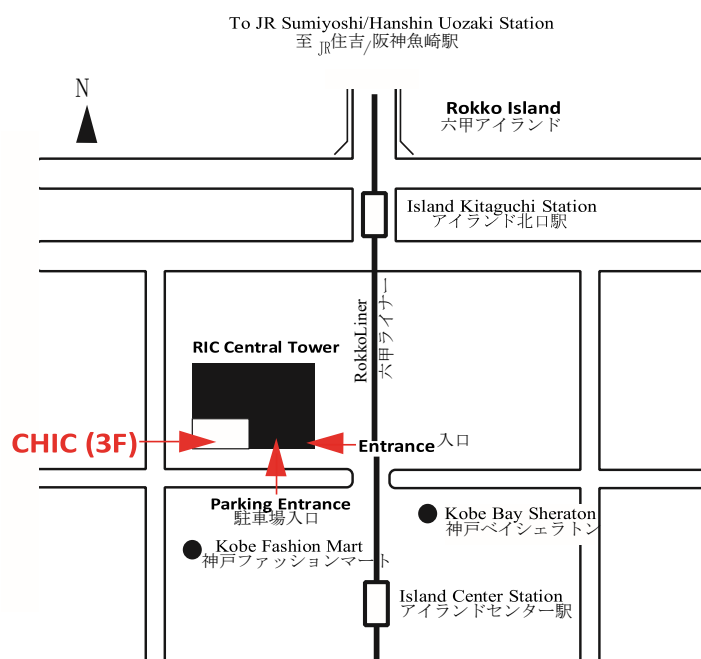
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Email: information@chickobe.com

www.chickobe.com



ACTIVITIES & TRIPS

9.1 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.

Trip Leader:	Naomi Nakashima
Date:	Available upon request
Time:	10:00 – 12:00
Meeting Place:	Chic Office
Min / Max:	2 / 10
Members Fee:	¥ 1000
Non-Members Fee:	¥ 2000
Additional Costs:	Optional lunch



10.7 ESCAPE ROOM

Come play spy sleuth to discover clues, solve puzzles, unlock doors to escape the Dark Zen 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.

Trip Leader:	Lorann Halverson
Date:	Tuesday 20 th October
Time:	11:15 – 14:00
Meeting Place:	Escape Room, Osaka
Min / Max:	3 / 6
Members Fee:	¥ 4500
Non-Members Fee:	¥ 5500
Additional Costs:	Transportation, optional lunch



10.8 ASHIYA TOWN TOUR

We will visit 2 antique shops near JR Ashiya station and then enjoy an outdoor lunch at Italian Café, Bellini

Trip Leader:	Ikuyo Miki
Date:	Wednesday 21 st October
Time:	11:30 – 15:00
Meeting Place:	JR Ashiya Exit
Min / Max:	2 / 5
Members Fee:	¥ 1000
Non-Members Fee:	¥ 2000
Additional Costs:	Transportation and lunch



10.9 LUNCH AT CENTRUM, HILTON OSAKA

Upon arrival we will be greeted with a cocktail or a glass of Champagne at MyPlace bar located at 1F. Following our drink we will move to the 2F for a five course menu including drinks (beer, wine and soft drinks) at Centrum Grill & Wine restaurant which uses the finest ingredients and seasonally inspired produce, offering an exciting, fresh interpretation of grill classics.

Trip Leader:	Renée Fox
Date:	Friday 23 rd October
Time:	11:45 – 14:30
Meeting Place:	Osaka JR Station, Bridge exit
Min / Max:	6 / 12
Members Fee:	¥ 9000
Non-Members Fee:	¥ 10,000
Additional Costs:	Transportation



10.6 KIMONO SHOPPING IN SEMBA WITH YUMI

Join Yumi to find good quality and inexpensive Kimono and Obi shopping in Semba's wholesale building in Honmachi. After shopping we will have lunch in the local area.

Trip Leader:	Yumi Ayama
Date:	Thursday 5 th November
Time:	10:00 – 13:00
Meeting Place:	Osaka JR Station (Starbucks in Lucua Osaka)
Min / Max:	1 / 5
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Transportation and lunch



11.3 GIRLS NIGHT OUT

WE'RE BACK.....This is a chance for the ladies to leave the family at home and join our friends for some fun time-out! Keep posted on the latest information by subscribing to our newsletter and watching our Facebook page. We will enjoy a delicious dinner at an undisclosed restaurant including free flow drinks.

Dates:	Thursday 5 th November
Time:	19:00 – 22:00
Trip Leader:	Naomi Nakashima
Min / Max:	4 / 12
Members Fee:	¥ 5500
Non-Members Fee:	¥ 6500
Additional Costs:	Transportation



11.13 KYOTO STATE GUEST HOUSE & KYOTO IMPERIAL PALACE

The **Kyoto State Guest House** officially opened in 2005 and welcomes international guests and foreign dignitaries in its beautiful Japanese-style reception spaces. It was built to deepen the understanding of Japan's history and culture and help build stronger relationships with other Nations.

The **Kyoto Imperial Palace** (京都御所, *Kyōto-gosho*) is the former ruling palace of the [Emperor of Japan](#). Since the [Meiji Restoration](#) in 1869, the Emperors have resided at the [Tokyo Imperial Palace](#), while the preservation of the Kyoto Imperial Palace was ordered in 1877.^[1] Today, the grounds are open to the public, and the [Imperial Household Agency](#) hosts public tours of the buildings several times a day.

Trip Leader: Izumi Nagai
Date: Friday 6th November
Time: 9:40 – 12:00
Meeting Place: Kyoto Station, JR Central
Min / Max: 3 / 7
Members Fee: ¥ 1500
Non-Members Fee: ¥ 2500
Additional Costs: Transportation and admission fees.
Izumi will point out some lunch options after the tour.



11.4 GION WALKING TOUR, LUNCH WITH A MAIKO

This is an **incredibly rare opportunity** to have lunch with a maiko and our guide, Peter MacIntosh, the only westerner to spend most of his life living, studying and being entertained by the geisha. He was director of the 2009 documentary "[Real Geisha Real Women](#)" and a location scout for Hollywood's "Memoirs of a Geisha". You will enjoy a guided walking tour and **tempura lunch at Kikuya**, with 100-year history in Gion, and one maiko attending. Participants can explore Kyoto by themselves before the tour or after the lunch. The program will take 120 minutes. This opportunity has been exclusively planned for CHIC, arranged by WANOB!

Trip Leader: Yuko Sangu
Date: Thursday 12th November **FULL**
Additional date added:
Monday 7th December
Time: 11:30 – 13:30
Meeting Place: Kyoto Minamiza Theater
Min / Max: 8 / 15
Members fee: ¥ 18,500 **MEMBERS ONLY**
Additional Costs: Transportation



11.5 SHICHI-GO-SAN 7-5-3 WITH KIDS

The Shichi-Go-San Festival celebrates children's coming of age at 3, 5 and 7 years old. Join the celebration at Ikuta Shrine (the Shrine will lend the kimonos and dress the children) for a special ceremony for children of the foreign community. **NOTE: WE ARE STILL AWAITING DETAILS TO SEE IF THIS WILL GO AHEAD**

Trip Leader:	Keiko Tamura
Date:	Saturday 14 th November TBC
Time:	08:45 – 11:00
Meeting Place:	Ikuta Shrine, Sannomiya
Members Fee:	¥ 3500
Non-Members Fee:	¥ 4500
Additional Information:	Date subject to change by the Shrine



11.14 POTTERY SHOPPING AT SHIRAGAKI

Shigaraki, as one of Japan's Six Ancient Kilns, is one of the oldest pottery producing places in Japan. Shigaraki ware is known for the special quality of its clay. By firing in anagama or noborigama wood-firing kilns, effects such as warm, reddish hiirō flashing, deep green natural ash biidoro, or burnt black koge can be achieved. Since the Muromachi (1338-1573) and Momoyama periods (1573-1603), Shigaraki tea ware evolved along with the tea ceremony, and was prized by tea masters.

Trip Leader:	Renée Fox
Date:	Monday 16 th November
Time:	8:45 – 16:00
Meeting Place:	CHIC Office
Min / Max:	5 / 10
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Lunch
Additional Information:	We will travel by car, transport fee included above If we take 2 x cars, one car will return earlier



11.6 SHINICHI OHKURA LACQUERWARE

In collaboration with Yuko Sangu and WANOBI-Beautiful Japan, we are excited to visit Shinichi Ohkura, a lacquerware artist. As Shinichi designs, he pictures the kinds of elaborate traditional Japanese dishes that his wife, a professional Kaiseki chef, prepares which are presented on this tableware. This is an exciting opportunity to visit the Ohkura family and enjoy a **mini Kaiseki lunch** served on original lacquerware.

Trip Leader:	Yuko Sangu
Date:	Thursday 19 th November
Time:	10:30 – 14:00
Place:	JR Shin-Sanda Station
Min / Max:	4 / 8
Members Fee:	¥ 4500
Non-Members Fee:	¥ 5500
Additional Costs:	Transportation



11.15 EIKANDO TEMPLE

Eikando, formally known as Zenrinji Temple, is located in the eastern hill of Kyoto. It is best known for autumn colored leaves and a magnificent 30 inch high statue known as the Turning Amida (Mikaeri Amida) in the Amida-do Hall. Please wear comfortable shoes and bring water.

Trip Leader:	Chie Kase
Date:	Friday 20 th November
Time:	12:00 – 17:30
Place:	JR Ashiya Entrance
Min / Max:	3 / 6
Members Fee:	¥ 1500
Non-Members Fee:	¥ 2500
Additional Costs:	Entrance fee & Transportation



11.8 TAISANJI TEMPLE AND UONOTANA FISH MARKET, KOBE

Taisanji temple is located in Nishi-ku, in the countryside surrounding Kobe. The main building of the temple is a national treasure. There are onsens in the area and a restaurant where we will have lunch after enjoying the fall colors. After lunch we will visit the Uonotana Fish Market, one of the largest fish markets in the area and famous for its selection of freshly caught fish.

Trip Leader:	Kayoko Nagamachi
Date:	Tuesday 24 th November
Time:	09:30 – 15:30
Place:	JR Akashi
Min / Max:	3 / 6
Members Fee:	¥ 1500
Non-Members Fee:	¥ 2500
Additional Costs:	Transportation, admission fees and lunch.



11.12 PHILOSOPER'S PATH

The Philosopher's Path (哲学の道, Tetsugaku no michi) is a pleasant stone path through the northern part of [Kyoto](#)'s Higashiyama district. Approximately two kilometers long, the path begins around [Ginkakuji](#) (Silver Pavilion) and ends in the neighborhood of [Nanzenji](#). The path gets its name due to Nishida Kitaro, one of Japan's most famous philosophers, who was said to practice meditation while walking this route on his daily commute to Kyoto University.

Trip Leader:	Jessica Shameela Devi
Date:	Thursday 26 th November
Time:	09:15 – 16:00
Place:	JR Ashiya
Min / Max:	3 / 6
Members Fee:	¥ 1500
Non-Members Fee:	¥ 2500
Additional Costs:	Transportation, optional lunch.



11.9 MAPLE LEAVES AND POTTERY MAKING, ARASHIYAMA

Enjoy a leisurely stroll through Arashiyama to enjoy the stunning colors of the autumn leaves. We will also have the opportunity to create an original piece of pottery to take home.

Trip Leader:	Ikuyo Miki
Date:	Friday 27 th November
Time:	09:20 – 17:00
Place:	JR Ashiya
Min / Max:	3 / 6
Members Fee:	¥ 1500
Non-Members Fee:	¥ 2500
Additional Costs:	Transportation, Pottery making (approx. ¥1500)
Additional Information:	Bring your own lunch and wear comfortable shoes



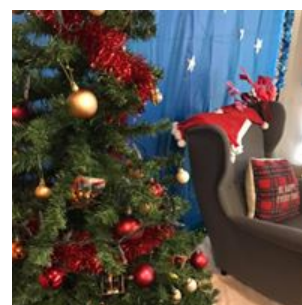
11.10 HOLIDAY BAZAAR WITH KIDS' EVENTS

Always a favorite on the CHIC calendar! Bring your friends and family to enjoy this fun day out. There will be loads of special goodies to buy for yourself or as gifts for the holidays and get some tasty food and drinks!

Cookie decoration will be held in the CHIC kitchen from 10:30am to 11:30am. Young children will need adult supervision and assistance. 10 spaces are available at the cost of ¥2000 per child. Only one parent per child in the kitchen please.

Please sign up at the office before Wednesday 25th November.

Date:	Saturday 28 th November
Time:	10:00 – 14:00
Place:	RIC Banquet Hall (3 rd floor)



11.7 KYOTO BIKE TOUR

This Kyoto trip is tailor made just for us by Sam and his team! We will visit some of the less touristy but trendy places where the cool kids of Kyoto hang out. Bike hire, helmets and lunch are all included in the price.

Trip Leader:	Helen McBain
Date:	Monday 30 th November
Time:	09:00 – 14:00
Place:	JR Ashiya
Min / Max:	5 / 15
Members Fee:	¥ 9000
Non-Members Fee:	¥ 10,000
Additional Costs:	Transportation and drinks.



COOKING CLASSES

10.12 PUMPKIN SEASON!

Join Shawna in her apartment to cook with pumpkin! You will be making tasty pumpkin soup, pumpkin pie cupcakes and pumpkin chocolate chip muffins.

Instructor:	Shawna Wallis
Date:	Tuesday 20 th October
Time:	11:00 – 13:30
Place:	Shawna's Apartment
Min / Max:	4 / 10
Members Fee:	¥ 3000
Non-Members Fee:	¥ 4000



9.3 SUSHI ROLLS AND TEMPURA

Join Noriko as she shows you how to make a variety of sushi rolls and deliciously crunchy tempura with a special Temtsuyu sauce.

Instructor:	Noriko Yano
Date:	Friday 6 th November
Time:	11:30 – 13:30
Place:	CHIC Kitchen
Min / Max:	4 / 10
Members Fee:	¥ 4500
Non-Members Fee:	¥ 5500



11.11 SPECIAL DIWALI LUNCH

Come and join Namita to create this special lunch for Diwali, a Hindu festival of lights. Namita will start the lunch with a prayer for Diwali and also explain how it is celebrated by millions across the world. Diwali also coincides with harvest and new year celebrations, it's a festival of new beginnings and the triumph of good over evil and light over darkness.

Menu: Channa Masala, Bhatura (puffed fried bread), Dahi Wale Aloo (potatoes in yoghurt curry) and Suji Halwa (semolina dessert).

Instructor:	Namita Wadhwa
Date:	Wednesday 11 th November
Time:	10:30 – 14:00
Place:	CHIC Kitchen
Min / Max:	4 / 12
Members Fee:	¥ 5000
Non-Members Fee:	¥ 6000



9.5 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.

Instructor:	Hiroko Shimada
Dates:	18 th November
Time:	10:30 – 13:30
Place:	CHIC Kitchen
Min / Max:	4 / 10
Members Fee:	¥ 5500
Non-Members Fee:	¥ 6500



9.4 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.

Instructor:	Caroline Gras
Date:	Wednesday 25 th November
Time:	10:30 – 13:30
Place:	CHIC Kitchen
Min / Max:	4 / 10
Members Fee:	¥ 5000
Non-Members Fee:	¥ 6000
Additional Information:	Bring an apron



CHILDREN'S CLASSES

10.14 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.

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



10.15 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 two days in advance as materials need to be purchased.

Instructor:	Mandy Dillon
Dates:	13 th & 27 th November
Time:	10:00 – 11:00
Place:	CHIC Kitchen
Min / Max:	2 / 10
Members Fee:	¥ 2000
Non-Members Fee:	¥ 2500
Additional Information:	Second child 50% discount Please wear old clothes or Painting shirts and bring wipes



ART & CRAFT CLASSES

10.16 IKEBANA IKENOBO

Ikenobo is a style of Ikebana (Japanese floral art). Ikenobo was founded in Kyoto by a Buddhist monk in the 15th 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.

Instructor:	Etsuko Hanai
Days:	Fridays
Dates:	16 th October 6 th and 20 th November
Time:	11:00 -13:30
Meeting Place:	CHIC Craft Room
Min/Max:	1 / 8
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Flowers approx. ¥2000 / class to be paid directly to the teacher.



9.8 DECOUPAGE CLASS

Decoupage is the art of decorating objects with paper cut-outs in combination with special paint effects. You will decoupage a broken roof tile.

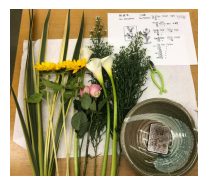
Instructor:	Mariko Shimosaka
Dates:	Thursday 22 nd October Wednesday 11 th November
Time:	10:00 - 13:30
Meeting Place:	CHIC Kitchen
Min/Max:	3 / 6
Members Fee:	¥ 22000
Non-Members Fee:	¥ 24000
Additional Information:	Both dates are included in the cost and you have to attend both classes



9.11 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.

Instructor: Kayo Fukayama
Dates: 22nd October
5th, 12th & 25th November
Time: 10:00 -12:30
Meeting Place: Craft Room
Min/Max: 1 / 8
Members Fee: ¥ 2500
Non-Members Fee: ¥ 3500
Additional Costs: Flowers approx. ¥2000 / class to be paid directly to the teacher.



9.12 IKEBANA SOGETSU

Ikebana Sogetsu was founded by Sofu Teshigahara in 1927 who began to question the traditional ikdebana art of arranging flowers in a routine fashion. Iliya is a certified instructor (1st grade, Somu) based in Ashiya. He started his studies in 2003 when he first moved to Japan. He has participated in a number of Ikebana exhibitions. Come and be wowed by this modern, abstract style Ikebana.

Instructor: Iliya Baibikov
Date: 19th November
Time: 11:00 -12:30
Meeting Place: CHIC Craft Room
Min/Max: 1 / 10
Members Fee: ¥ 2500
Non-Members Fee: ¥ 3500
Additional Costs: Flowers approx. ¥2000 / class to be paid directly to the teacher.



9.13 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.

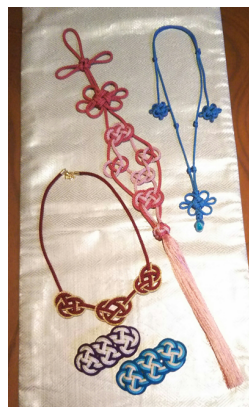
Instructor: Kazuko Okawa
Dates: 21st October
4th & 18th November
Time: 11:00 -12:30
Meeting Place: Craft Room
Min/Max: 1 / 8
Members Fee: ¥ 2500
Non-Members Fee: ¥ 3500
Additional Costs: Flowers approx. ¥ 2500 / class to be paid directly to the teacher.



9.15 KAZARI MUSUBI – KNOT DECORATION

Kazari musubi (decorative knots) is the traditional knot work of Japan. It wards off evil, brings good fortune and has been used to decorate Shinto and Buddhist materials. In the Fall program, we will make a shuyu bag decorated with kazari musubi. Shuyu bag is a flower arrangement using chrysanthemum flower (artificial), which represents eternal youth and long life. In Japan, it is displayed from choyo-no-sekku (chongyang festival, Sep. 9) to tango-no-sekku (Boy's Day, May 5). Let's make a Japanese-style flower arrangement that will brighten your room.

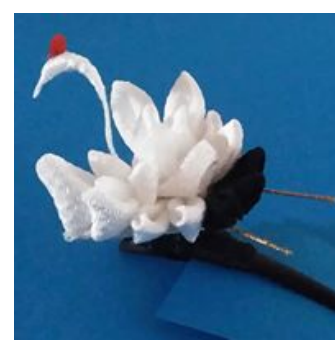
Instructor:	Keiko Ishii
Dates:	19 th October
Time:	10:00 -12:00
Meeting Place:	Craft Room
Min/Max:	3 / 12
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Additional material fee to be paid directly to the teacher.
Additional Information:	Please bring scissors, a ruler and scotch tape to each class.



9.16 TSUMAMI ZAIKU

Tsumami Zaiku is a traditional Japanese craft that dates back more than 200 years to the Edo Period and has been used by Japanese women for hair accessories (Kanzashi). In this workshop, you will learn step-by-step how to make tsumami zaiku by folding small square pieces of rayon crepe fabric (Chirimen) and combining them.

Instructor:	Kotoe Hata
Date:	6 th November
Time:	11:00 – 13:00
Place:	CHIC Classroom
Min/Max:	2 / 6
Members Fee:	¥ 1500
Non-Members Fee:	¥ 2500
Additional Costs:	Material cost depends on the project, paid to teacher.
Additional Information:	Bring your own tweezers.



9.17 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.

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



WEDNESDAY MORNINGS

Dates: 21th October
4th & 18th November

Time: 10:30-12:00

FRIDAY MORNINGS

Dates: 16th October
13th & 27th November

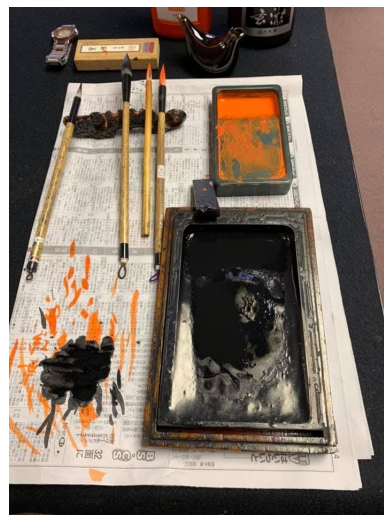
Time: 10:30-12:00



THURSDAY EVENINGS

Dates: 15th October
12th & 26th November

Time: 18:30 - 20:00



VARIOUS CLASSES

9.18 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:

Instructor:	Angela Levesque
Days:	Mondays
Dates:	9 th November Book: The Nickel Boys: A Novel by Colson Whitehead 7 th December Book: The Book of Longings by Sue Monk Kid
Time:	10:30 – 12:00
Place:	CHIC Office
Min / Max:	2 / Unlimited
Members Fee:	¥ 2000 for the program
Non-Members Fee:	¥ 3000 for the program



9.19 MINDFUL LIVING

Join us for a bi-monthly drop-in class on mindful living and personal growth. Each class we will explore topics and tools to help you get the most from your time living in Japan. This hands-on class is a blend of learning, group discussion, and a short mindfulness/meditation exercise.

Instructor:	Angela Levesque
Dates:	21 st October 5 th & 19 th November
Time:	13:00 – 14:15
Place:	CHIC Classroom
Min / Max:	2 / Unlimited
Members Fee:	¥ 1500
Non-Members:	¥ 2500



9.20 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.

Instructor:	Yumi Ayama
Dates:	11 th November
Time:	10:00 – 11:30
Place:	CHIC Classroom
Min / Max	1 / 2
Members:	¥ 2500
Non-Members Fee:	¥ 3500



Zoom lessons online are available with Yumi upon request (for experienced members only).

9.21 KIMONO DRESSING

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

Instructor:	Yumi Ayama
Place:	CHIC Classroom
Min / Max:	1 / 2
Members Fee:	¥ 2500
Non-Members Fee	¥ 3500
Day:	Wednesday
Dates:	11 th November
Time:	12:30 - 14:30
Day:	Thursday
Dates:	19 th November
Time:	10:00 - 11:30 & 12:30 - 14:30



9.22 CULTURE TALK – MAIKO AND GEISHA

Yumi will give an in-depth talk about the towns where Maiko and Geisha live and work. She will also discuss other aspects of their life, training, dressing rules and daily activities.

Trip Leader:	Yumi Ayama
Date:	Tuesday 17 th November
Time:	12:30 – 14:00
Meeting Place:	CHIC Office
Min / Max:	4 / 20
Members Fee:	¥ 2000
Non-Members Fee:	¥ 3000



FITNESS CLASSES

9.23 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.

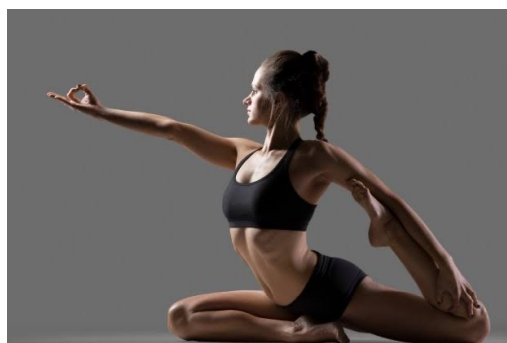
Instructor:	Jenni Reed
Days:	Tuesdays
Time:	09:00 – 10:00
Place:	Outside Tully's Rokko Island
Min/Max:	3 / Unlimited
Members Fee	¥ 1500
Non-Members:	¥ 2500
Additional Information:	Bring a yoga mat and a bottle of water



9.24 YOGA FOR HEALTH AND 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.

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



9.25 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.

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



9.27 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.

Instructor:	Victoria Gabriadze
Days:	Fridays
Time:	9:30 – 10:30
Place:	Banquet Hall
Min/Max:	4 / Unlimited
Members Fee	¥ 1500
Non-Members:	¥ 2500
Additional Information:	Bring water



LANGUAGE CLASSES

9.28 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!

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



9.29 ITALIAN

Learn how to speak one of the most beautiful languages in the world with Viviana Di Blasi.

Teacher:	Viviana Di Blasi
Place:	CHIC Classroom
Day	Tuesdays
Date:	20 th October 10 th & 24 th November
Time:	10:00 – 11:30
Min / Max:	2 / 8
Members Fee:	¥ 3000 per class
Non-Members Fee	¥ 3500 per class



9.30 ENGLISH FOR BEGINNERS

Angela is a writer, podcaster and adult community education instructor. She has been teaching various subjects for over ten years. Come and learn the basics of conversational English in a relaxed environment.

Teacher:	Angela Levesque
Place:	CHIC Classroom
Days:	Tuesdays
Time:	12:00 – 13:30
Min / Max:	2 / 8
Members Fee:	¥ 3000
Non-members:	¥ 3500



9.31 JAPANESE

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

Teacher:	Keiko Tamura
Place:	CHIC Classroom
Min / Max:	2 / 5
Members Fee:	¥ 3000
Non-Members Fee:	¥ 3500



a. Beginner Japanese

Days:	Tuesdays
Time:	10:00 – 11:30

b. Intermediate Japanese

Days:	Tuesdays
Time:	11:45 – 13:15

DATES TO DIARISE

CLOSED:

Monday 26th October
Tuesday 27th October
Wednesday 28th October
Thursday 29th October
Friday 30th October
Monday 2nd November
Tuesday 3rd November
Monday 23rd November



Community House & Information Centre