

FALL PROGRAM

18th September – 31st October 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

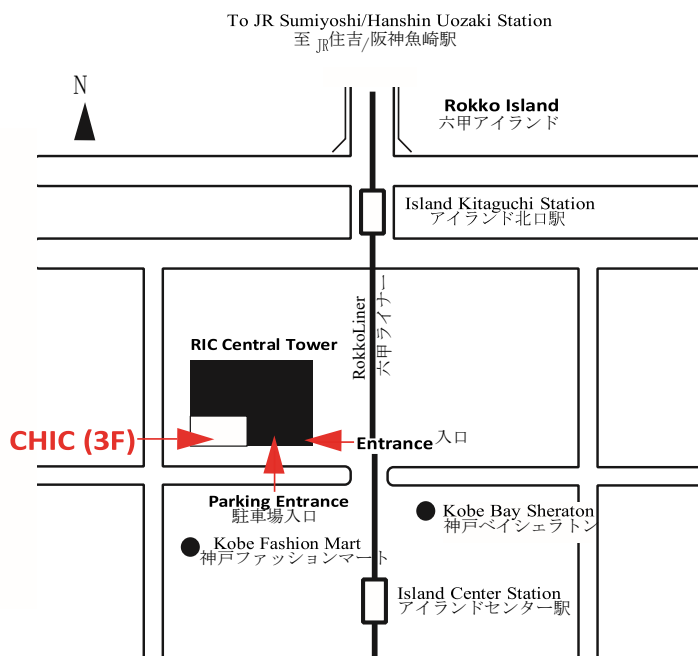
RIC Central Tower, 3F,
5-15 Koyocho-naka
Higashinada-ku Kobe 658-0032

Tel: 078-857 6540

Fax: 078-857 4789



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 lunch afterwards and share information.

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:	Lunch
Additional Information:	We will enjoy an optional lunch together after the tour.



10.1 TANGO TANIMURA - CHASEN ARTIST, IKOMA CITY

We are honored to collaborate with Yuko Sangu of WANOBİ - Beautiful Japan on this fabulous trip to experience a 20th generation CHASEN tea whisk (a Japanese tea ceremony utensil made of bamboo) in Ikoma City, Nara Prefecture. Mr Tanimura is a master-craftsmen who is carrying on his family's 550-year-old tradition. He works the bamboo in order to complete a tea whisk without wasting any material (*mottainai* – the concept of wasting nothing). This is a rare opportunity to witness this master craftsman at work. Afterwards, experience making matcha tea on your own in his grand Chashitsu tea house on the same site.

Trip Leader:	Yuko Sangu
Date:	Thursday 1 st October
Time:	09:00 - 15:00
Meeting Place:	Hanshin Ashiya Station
Min / Max:	7 / 15
Members Fee:	¥ 9500
Non-Members Fee:	¥ 10500
Additional Costs:	Transportation (train & taxi) and lunch



10.2 LUNCH AT DAIZUYA TOFU RESTAURANT, SANNOMIYA

This restaurant is popular not only because of the tasty tofu, but also it's reasonable prices and relaxing atmosphere. "Daizu" means soy and "ya" means shop. They use domestic Ginrei & Fukuyutaka soybeans and Kobe & Nunobiki water. Four different set menu options will be provided. Each set includes three kinds of tofu starters, rice, miso soup and dessert. All you can drink will also be an option for an additional cost.

Trip Leader:	Cinnamon Brown-Green Mimi Durrant
Date:	Monday 5 th October
Time:	11:45 – 14:00
Meeting Place:	JR Sannomiya Station East Gate
Min / Max:	4 / 12
Members Fee:	¥ 1000
Non-Members Fee:	¥ 2000
Additional Costs:	Lunch, drink, transportation
Additional Information:	All you can drink is an option at additional cost



10.3 SUMA TEMPLE AND IMPERIAL VILLA PARK MORNING WALK

Enjoy about a two-hour outside walking tour where will visit Suma temple and expansive Suma Imperial Villa Park. We will also check out a small old shopping street near the temple. We will be finished with the tour before lunch. You are free eat lunch at one of the nice restaurants nearby that Chie will point out, some of the restaurants also offer take out sandwiches.

Trip Leader:	Chie Kase
Date:	Tuesday 6 th October
Time:	10:00 – 12:30
Meeting Place:	JR Suma Station
Min / Max:	3 / 8
Members Fee:	¥ 1000
Non-Members Fee:	¥ 2000
Additional Costs:	Transportation, ¥400 Park Admission, lunch



10.4 CYCLE FUKUSHIMA, OSAKA

Starting in the old alleyways of Fukushima, the Osaka bike tour will visit a variety of landmarks around the local area. We will stop for some local historical information, photo opportunities and also lunch. This tour is 90% flat and can be completed by anyone who can ride a bike!

Trip Leader:	Helen McBain
Date:	Tuesday 13 th October
Time:	10:00 – 14:00
Meeting Place:	Osaka Station, Bridge exit
Min / Max:	4 / 8
Members Fee:	¥ 9000
Non-Members Fee:	¥ 10,000
Additional Costs:	Transportation
Additional Information:	Bikes, food and helmets included



10.5 LA SHOMON LUNCH

La Shomon is located in Tarumi. Lauralee, who married a 4th generation yakiniku family, will guide us through a delicious feast. This is your chance to try Kobe beef at a reasonable price plus learn about various breeds, cuts and locations. An optional drinks package is available ¥2000 for 90 minutes (beer, wine, chuhi, highball, oolong tea, ginger ale, and coke)

Trip Leader:	Renée Fox
Date:	Friday 16 th October
Time:	11:30 – 13:30
Meeting Place:	JR Tarumi Station
Min / Max:	6 / 15
Members Fee:	¥ 7000
Non-Members Fee:	¥ 8000
Additional Costs:	Transportation and drink



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:	Monday 28 th September Thursday 22 nd October
Time:	09:00 – 15:00
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



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 and drinks



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

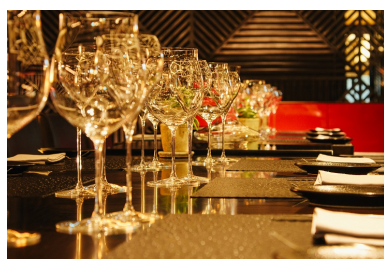
Trip Leader:	Ikuyo Miki
Date:	Wednesday 21 st October
Time:	11:30 – 15:00
Meeting Place:	JR Ashiya Exit
Min / Max:	2 / 5
Members Fee:	¥ 1000
Non-Members Fee:	¥ 2000
Additional Costs:	Transportation and lunch



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



COOKING CLASSES

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: Wed 23rd September
Thursday 8th October
Time: 10:30 – 13:30
Place: CHIC Kitchen
Min / Max: 4 / 10
Members Fee: ¥ 5000
Non-Members Fee: ¥ 6000
Additional Information: Bring an apron



9.5 HEALTHY COOKING WITH HIROKO

Enjoy a wonderful menu of healthy vegetarian meals by Hiroko Sensei.

Instructor: Hiroko Shimada
Dates: 24th September
12th October
Time: 10:30 – 13:30
Place: CHIC Kitchen
Min / Max: 4 / 10
Members Fee: ¥ 5500
Non-Members Fee: ¥ 6500



9.7 INDIAN COOKING @ HARPREET'S HOUSE

You will meet at the CHIC office and travel by car to Harpreet's house for a fun day of cooking.

MENU: Chicken Biryani, Raita, Kabab and Suji halwa all served with salad, tea and coffee plus a welcome drink!

Instructor: Harpreet Sethi
Date: Wednesday 30th September
Time: 09:30 – 14:30
Place: CHIC Office or Harpreet's house
Min / Max: 6 / 10
Members Fee: ¥ 5500
Non-Members Fee: ¥ 6500
Additional Information: Bring an apron and fee includes travel by car



10.10 TO THAI FOR

Join Namita for a fun filled lesson. You will be making: Sichuan chicken salad, Chicken and peanut udon, Spicy miso brasied egg plant and Sago in coconut milk.

Instructor:	Namita Wadhwa
Date:	Wednesday 7 th October
Time:	10:30 – 14:00
Place:	CHIC Kitchen
Min / Max:	4 / 12
Members Fee:	¥ 5000
Non-Members Fee:	¥ 6000
Additional Information:	Bring an apron



10.11 OKONOMIYAKI AND YAKISOBA

Noriko will show you how to make okonomiyaki (Japanese savory pancake) and Yakisoba (Japanese fried soba noodle dish).

Instructor:	Noriko Yano
Date:	Wednesday 14 th October
Time:	10:30 – 14:00
Place:	CHIC Kitchen
Min / Max:	5 / 10
Members Fee:	¥ 4000
Non-Members Fee:	¥ 5000
Additional Information:	Bring an apron



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 / 8
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:	Wednesday 21 st October
Time:	12:00 – 10:00
Place:	CHIC Kitchen
Min / Max:	4 / 10
Members Fee:	¥ 4500
Non-Members Fee:	¥ 5500



10.13 MIDDLE EASTERN COOKING

The Middle East ranges from Egypt in the West, to Turkey in North, to Iran in the East and Yemen in the South. Bhavy & Harpreet will share some of the family recipes which embodies tastes and textures from all these regions. MENU: Easy dip, Chicken Shawarma, Hummus 2-ways, seasonal salad and dessert.

Instructor:	Bhavy & Harpreet Sethi
Date:	Thursday 22 nd October
Time:	10:30 – 14:30
Place:	CHIC Kitchen
Min / Max:	3 / 10
Members Fee:	¥ 5000
Non-Members Fee:	¥ 6000



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 (from October 12 th)
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:	23 rd October
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

9.9 CREATIVE CLAY

Create special handmade plates! Using basic clay hand-building techniques, you will learn to create unique ceramic wares. Explore surface textures, shapes and sizes to inspire fun and personal expressions on your dining table. In three to four weeks they will be glaze-fired and ready to be enjoyed at home.

Instructor:	Sumi Maeshima
Dates:	Wednesday 30 th September (plates) Tuesday 14 th October (cups)
Time:	10:00 - 12:30
Meeting Place:	Hanshin Uozaki Station
Min/Max:	2 / 3
Members Fee:	¥ 4500
Non-Members Fee:	¥ 5500
Additional Information:	Bring an apron



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:	2 nd & 16 th October
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
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



9.14 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. This is a monthly class only open to existing students.

Instructor:	Shawna Wallis
Days:	Tuesdays
Dates:	13 th October
Time:	10:00 – 12:00
Place:	CHIC Craft Room
Min/Max:	2 / 5
Members Fee:	¥ 2500 Members only



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:	24 th September 8 th , 13 th & 22 nd October
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:	Thursday 1 st October
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:	7 th & 21 st October
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 – DECORATIVE KNOTS

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 October class, you can choose one of the following to make: barretta, necklace, wall-decoration, shuyu bag. 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:	1 / 6
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Material fee approx. ¥1000 up to ¥3000 to be paid directly to the teacher.
Additional Information:	Please bring scissors and tweezers



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:	2 nd October
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: 7th & 21th October

Time: 10:30-12:00

FRIDAY MORNINGS

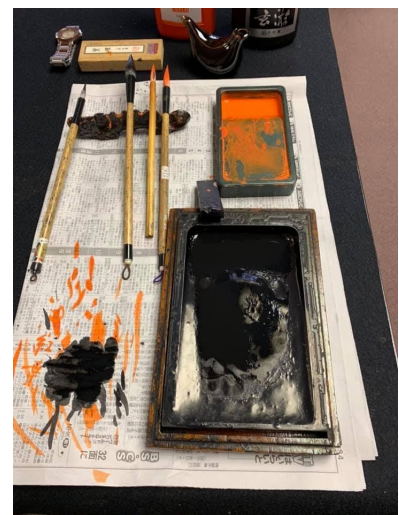
Dates: 25th September
2nd & 16th October

Time: 10:30-12:00

THURSDAY EVENINGS

Dates: 24th September
1st & 15th October

Time: 18:30 - 20:00

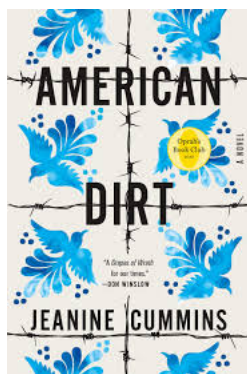


VARIOUS CLASSES

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:	5 th October Book: American Dirt by Jeanine Cummins 9 th November Book: The Nickel Boys: A Novel by Colson Whitehead
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 MEDITATION & 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:	8 th & 22 nd October
e:	13:00 – 14:15
Place:	CHIC Classroom
Min / Max:	2 / Unlimited
Members Fee:	¥ 1500
Non-Members:	¥ 2500



9.22 CULTURE TALK - THINGS YOU SHOULD KNOW BEFORE VISITING A TEMPLE / SHRINE

Yumi will be hosting this very meaningful informational talk on Japanese religion that will make your Temple / Shrine trip very exciting and interesting. This talk emphasizes on the meaningful things that are located throughout the temple/shrine but quite often not given any attention to.

Trip Leader:	Yumi Ayama
Date:	Friday 18 th September
Time:	10:00 – 12:30
Meeting Place:	CHIC Office
Min / Max:	4 / 10
Members Fee:	¥ 2000
Non-Members Fee:	¥ 3000



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:	14 th October
Time:	10:00 – 11:30
Place:	CHIC Classroom
Min / Max	1 / 2
Members:	¥ 2000
Non-Members Fee:	¥ 3000



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:	14 th October
Time:	12:30 - 14:30
Day:	Thursday
Dates:	15 th October
Time:	10:00 - 11:30 & 12:30 - 14:30



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 Buy a pack of 10 lessons for ¥10,000 (to be used in the Fall 2020 program) and save! PLEASE NOTE: No refunds will be given if all classes are not used by December 2020.



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



9.26 BOXERCISE – PERSONAL TRAINING SESSIONS

Boxercise is a great way to be fit and strong. It is a dance-based fitness class with boxing choreography and is perfect for people of all ages and fitness levels. There is no physical contact so come, have fun and release all your stress! Taiki will walk you through an energetic routine and get you sweating. Book your personal training session now!

Instructor:	Taiki Matsui
Days:	Monday - 5 th Oct & 19 th Oct
Time:	9:00am to 12:00pm (1 hour time slot per booking)
Meeting Place:	Banquet Hall, The Entente
Min / Max:	1 / 2
Members Fee:	¥3000pp one on one with Taiki ¥2000pp two people with Taiki
Additional Information:	Bring water also additional ¥1000pp for non-members



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:	6 th and 20 th October
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 21st September
Tuesday 22nd September

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



Community House & Information Centre