



Community House & Information Centre

カルチャーセンター

NOVEMBER

2021



CLASSES

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. Annual membership is ¥ 6,000. Please note that some series classes and special events are available strictly to members only. These are specifically mentioned in the program.

SPECIAL MEMBERSHIP

If you only attend the children's classes, the annual membership fee is ¥ 3,000.

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 may change, please note that refunds are not given within seven days prior to a class, trip or activity.

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

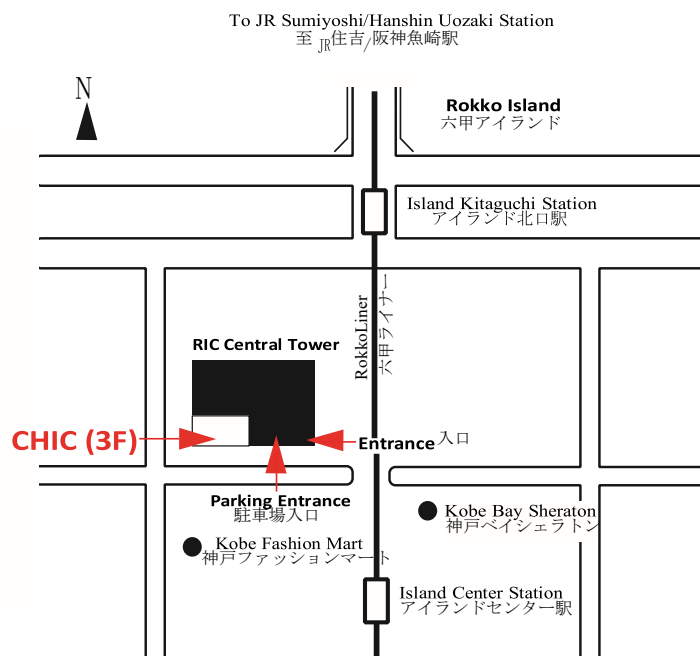
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Higashinada-ku Kobe 658-0032

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www.chickobe.com



COOKING CLASSES

All the ingredients would be supplied - PLEASE BRING AN APRON

CK01 - 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: Tuesday 2nd November
Time: 10:30 – 13:30
Place: CHIC Kitchen
Min / Max: 4 / 10
Members Fee: ¥ 5500
Non-Members Fee: ¥ 6500

CK02 - FRENCH COOKING

Join Caroline as she explores meals from various regions in France.

Instructor: Caroline Gras
Date: Tuesday 9th November
Time: 10:30 – 14:00
Place: CHIC Kitchen
Min / Max: 4 / 6
Members Fee: ¥ 5000
Non-Members Fee: ¥ 6000



CK05 - INDONESIAN COOKING WITH NAMITA

Join Namita to demystify Indonesian cuisine. You will be using fresh ingredients to create delicious aromatic dishes.

Instructor: Namita Wadhwa
Date: Monday 8th November
Time: 10:30 – 14:00
Place: CHIC Kitchen
Min / Max: 4 / 10
Members Fee: ¥ 5000
Non-Members Fee: ¥ 6000



CK06 – ITALIAN COOKING WITH DANIELA

Instructor: Daniela Frau
Date: Thursday 18th November
Time: 10:30 – 14:00
Place: CHIC Kitchen
Min / Max: 6 / 10
Members Fee: ¥ 9000
Non-Members Fee: ¥ 10000

CHILDREN'S CLASSES

KC01 - 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。この時間は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。 **This class will be conducted in English.**

Instructor:	Mandy Dillon
Days:	Mondays
Time:	10:00 – 11:00
Place:	Banquet Hall
Min / Max:	4 / 12
Members Fee:	¥ 1000
Non-Members Fee	¥ 1500
Additional Information:	2nd child 50% discount



KC02 - 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）が芸術への愛を探究し、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。

Instructor:	Mandy Dillon
Dates:	Friday 5 th November
Time:	10:00 – 11:00
Place:	CHIC Kitchen
Min / Max:	2 / 8
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

CL01 - 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.

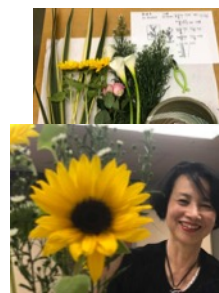
Instructor:	Etsuko Hanai
Dates:	5 th and 19 th November
Time:	11:00 -13:30
Meeting Place:	CHIC Craft Room
Min/Max:	1 / 8
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Flowers approx. ¥2000 / class to be paid directly to the teacher.



CL02 - 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:	4 th , 11 th , 18 th , and 25 th 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.



CL03 - IKEBANA SOGETSU

Ikebana Sogetsu was founded by Sofu Teshigahara in 1927 who began to question the traditional ikebana 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
Dates:	30 th November
Time:	11:00 -12:30
Meeting Place:	CHIC Craft Room
Min/Max:	2 / 10
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Flowers approx. ¥2000 / class to be paid directly to the teacher.



CL04 - 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.

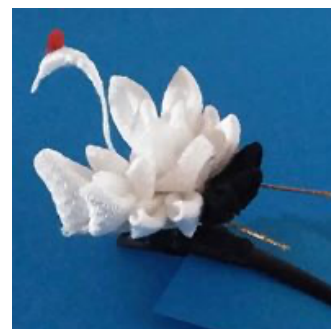
Instructor:	Kazuko Okawa
Day:	Wednesdays
Dates:	10 th and 24 th November
Time:	11:00 -12:30
Meeting Place:	Craft Room
Min/Max:	1 / 8
Members Fee:	¥ 2500
Non-Members Fee:	¥ 3500
Additional Costs:	Flowers approx. ¥ 2500 / class to be paid directly to the teacher.



CL05 - 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
Day:	Friday
Date:	12 th November
Time:	10:30 – 12:30
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.



CL06 - 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.

Instructor:	Yoshie Fujisaki
Day:	Mondays
Dates:	15 th November
Time:	10:00 – 12:00
Place:	CHIC Craft Room
Min/Max:	2 / 5
Members Fee:	¥ 2500 Members only



CL08 - 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

WEDNESDAY MORNINGS

Dates: 10th and 24th November

Time: 10:30 - 12:00

FRIDAY MORNINGS

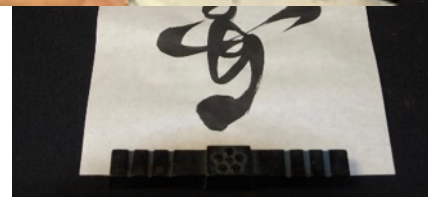
Dates: 5th and 19th November

Time: 10:30 - 12:00

THURSDAY EVENINGS

Dates: 4th and 18th November

Time: 18:30 - 20:00

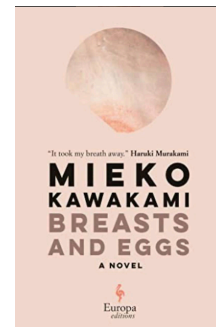


VARIOUS CLASSES

OT01 - BOOK CLUB

Looking for a fun way to enjoy books and meet new people? Join Kristi once a month for a casual conversation. We will be reading a different book each month. At our first meeting, we decide what books we would like to read, so come with some ideas. Feel free to bring friends, all levels of English are welcome.

Instructor:	Kristi Keoughan
Days:	Mondays
Dates:	8th November: Breast and eggs by Mieko Kawakami
Time:	10:30 – 12:00
Place:	CHIC Office
Min / Max:	2 / Unlimited
Members Fee:	Free
Non-Members Fee:	¥ 2000 for the term



OT03 - 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:	Wednesdays
Dates:	17 th November
Time:	12:30 - 14:30
Day:	Thursdays (2 sessions available)
Dates:	18 th November
Time:	10:00 - 12:00 & 12:30 - 14:30
Additional Information:	Private & extra lessons available upon request.

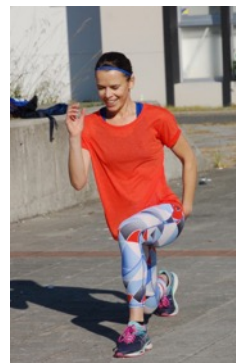


FITNESS CLASSES

FI01 - 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.

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 water.



Buy a pack of 10 lessons for ¥10,000
(to be used from August to December 2021 program).

FI02 - 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.

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

FI03 - SKY JUMP

Sky jump with Claudia is an aerobic dance workout that promotes overall fitness by wearing jump boots that greatly reduce the burden on the body. You will dance to rhythmic music. Jump boots are swiss made with special springs that can reduce the strain on your body by up to 80% when dancing. Sky jump is attracting attention all over the world in the wake of the boom among celebrities in Brazil, a health powerhouse!

Instructor:	Claudia
Days:	Mondays
Time:	08:50 – 09:50
Place:	Banquet Hall
Min/Max:	4 / 10
Members Fee	¥ 1500
Non-Members:	¥ 2500
Additional Information:	Boot hire ¥ 500 per class Boot weight limit is 80kg and under



FI04 - 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:	8:45 – 9:45
Place:	Banquet Hall
Min/Max:	4 / Unlimited
Members Fee	¥ 1500
Non-Members:	¥ 2500
Additional Information:	Bring water



FI05 - 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:	Wednesday 10 th November
Time:	13:00 – 14:00
Meeting Place:	Banquet Hall
Min / Max:	1 / 20
Members Fee:	¥ 2000
Non-Members:	¥ 2500
Additional Information:	Free trial class



LANGUAGE CLASSES

LG01 - 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



LG02 - ENGLISH CONVERSATION

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

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



LG03 - 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.

Teacher:	Keiko Tamura
Place:	CHIC Classroom
Days:	Tuesdays
Time:	10:00 – 11:30 Beginner 11:45 – 13:15 Intermediate
Min / Max:	1 / 5
Members Fee:	¥ 3000
Non-Members Fee:	¥ 3500



DATES TO DIARIES

CLOSED:

Wednesday 3rd November

Monday 22nd November

Tuesday 23rd November



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