

# APRIL NEWSLETTER



## April General Meeting

Join us for a relaxing and engaging gathering where we'll explore simple ways to care for our bodies and unwind together. This month's meeting will feature two special mini-workshops led by guest instructors. In the first session, we'll learn how to create our own bath salts—perfect for relaxation at home. Participants who would like to make bath salts can join this hands-on activity for a materials fee of 1000 JPY and by RSVPing by April 4th.

In our second session, we'll enjoy a gentle introduction to ear massage. Our instructor will guide us through techniques that highlight the connection between different points on the ears and the body, offering a simple method for relaxation and self-care. To help you follow along during the demonstration, please bring a small mirror so you can easily see your ears while practicing the techniques. We hope you'll join us for these fun and informative activities.

**General Meeting**  
**April 10th 2026**  
**Aichi International Plaza:**  
**10:30am**

1st Floor Large Meeting Room

2 Chome-6-1 Sannomaru, Naka Ward, Nagoya,  
Aichi 460-0001

5-minute walk from Nagoyajo Station, Exit 5  
(Purple / Meijo Line)



# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Day Trip	3	4
5	6 Book Club	7 Kimekomi	8	9 Yamato-e	10 CCEA General Meeting	11
12	13 Interest Group Collaboration Art Club- Photography- Restaurant Hunters	14 Zumba	15	16 Language Exchange	17 CCEA Board Meeting	18
19	20 Pilates	21 Zumba	22 Hiking & Walking	23 Global Bites	24 Yamato-e	25 Ikebana & Calligraphy
26	27 Porcelain Painting	28	29	30		

Flower lovers can visit the Tulip Festival at Akebono-yama Agricultural Park or enjoy seasonal blooms at Higashiyama Botanical Garden. For a unique spring outing, Inuyama Festival (April 5–6) features beautifully decorated floats and traditional performances in the historic castle town. Families and day-trippers may also enjoy strolling through Nabana no Sato, where spring flowers and evening light displays create a magical atmosphere. April is the perfect month to get outside and experience the beauty and culture of the region.



## Upcoming General Meetings

May 8th

Discover the beauty and calm of kanafude calligraphy, where each brushstroke becomes a mindful expression of creativity. This timeless art encourages focus, patience, and a deeper appreciation for the simple elegance of written form. All levels are welcome



Shannon Young- April 3rd  
 Lekshmi Sushama Babu- April 4th  
 Oluwakemi Temitope Abiodun- April 10th  
 Fumika Kusano- April 20th  
 Sakiko Kato- April 22nd  
 Arushi Singh- April 25th  
 Kuniko Mori- April 30th

## Member Spotlight



**Cholponai Kyrgyzbaeva**

Hi! I'm a 42-year-old, just a humble teacher from Kyrgyzstan (Central Asia) — a proud global nomad and lifelong explorer 🌍

I'm a mom of two teenage boys and a little daughter who came along after a 7-year break — so life is definitely full of energy, surprises, and a bit of beautiful chaos! In this fast-moving, ever-flowing life, I feel like I'm constantly learning and growing. I grew up in a multicultural environment, which made me naturally curious about different cultures and ways of life. I've had the chance to travel to many countries, and I also spent three unforgettable years living in Mongolia — one of the most unique chapters of my journey.

I love traveling, reading, and embracing this ever-changing, "nomadic" life.

Still learning, still exploring, and very happy to be part of this community 😊

Are you ready to launch an impactful new group? Contact us for more details on turning your ideas into action!  
Email: [Nagoyacce@gmail.com](mailto:Nagoyacce@gmail.com)

## Interest Group Directory

### Art Club

Kaori Yamaguchi  
[kawori.y.220@gmail.com](mailto:kawori.y.220@gmail.com)

### Day Trips

Manisha Kundu-Nagata  
[manisha.kundu@gmail.com](mailto:manisha.kundu@gmail.com)

Shannon Young  
[shannonlowe0403@gmail.com](mailto:shannonlowe0403@gmail.com)

### Hiking & Walking

Yenling Chou Sato  
[kenvachou321@gmail.com](mailto:kenvachou321@gmail.com)

Sofie Franzén  
[saefranzen@gmail.com](mailto:saefranzen@gmail.com)

### Language Exchange

Chihiro Okuno  
[stepupchihiro@gmail.com](mailto:stepupchihiro@gmail.com)

Sofie Franzén  
[saefranzen@gmail.com](mailto:saefranzen@gmail.com)

### Porcelain Painting

Yukiko Ochiai  
[yukikoochiai1209@gmail.com](mailto:yukikoochiai1209@gmail.com)

### Zumba

Ashley Conner  
[ashleyvalencia\\_3@yahoo.com](mailto:ashleyvalencia_3@yahoo.com)

### Arts & Craft

Natasha Medella  
[natashamedella@gmail.com](mailto:natashamedella@gmail.com)

### Global Bites

Samantha Brunner  
[Samnkoon@gmail.com](mailto:Samnkoon@gmail.com)

### Ikebana & Calligraphy

Mia Kojima  
[mia.kojima@icloud.com](mailto:mia.kojima@icloud.com)

### Photography

Chihiro Okuno  
[stepupchihiro@gmail.com](mailto:stepupchihiro@gmail.com)

### Restaurant Hunters

Samantha Brunner  
[Samnkoon@gmail.com](mailto:Samnkoon@gmail.com)

### Book Club

Helen Saito  
[lanisaito@gmail.com](mailto:lanisaito@gmail.com)

Shuuko Adachi  
[shuukosaku@gmail.com](mailto:shuukosaku@gmail.com)

### Happy Hour Hunters

Gwyn Wilson  
[shadow.frau@gmail.com](mailto:shadow.frau@gmail.com)

### Kimekomi

Courteney Woods  
[cwoods319@gmail.com](mailto:cwoods319@gmail.com)

### Pilates

Misako Tamimoto  
[lodgemigreens@hotmail.com](mailto:lodgemigreens@hotmail.com)

### Yamato-e

Yoko Kodera  
[yokoyamatoe@i.softbank.jp](mailto:yokoyamatoe@i.softbank.jp)



## 2026 Board Members

**President:**  
Manisha Kundu-Nagata

**Vice President:**  
Chihiro Okuno

**Program Coordinators:**  
Shannon Young  
Anglai Jimenez  
Mutsumi Ishii

**Membership Coordinators:**  
Takeno Matsuda  
Gwyn Wilson

**Financial Coordinators:**  
Sakiko Kato  
Kimberly Trevino

**Catering Coordinators:**  
Naomi Hasegawa  
Cholponai Kyrgyzbaeva

**Marketing Coordinator:**  
Samantha Brunner

**Administrator:**  
Gwyn Wilson

**Recruitment Coordinator:**  
Wetty Tokuhisa

Are you interested in becoming a board member? Please contact us for more information!

[nagoyacce@gmail.com](mailto:nagoyacce@gmail.com)