

## 広報とうかい 6/25 号

1. 7月の休日診療
2. 7月の健康体操
3. 7月の健康相談
4. 今年もイモゾーポロシャツを販売します
5. とうかい環境フェスタ 2017with キャンドルナイト
6. みんなですこやかウォーキング
7. ハッピーランド
8. 「百塚保育所」こあらひろば
9. 東海スイミングプラザがオープンします
10. グランドピアノを弾いてみませんか
11. スマイルTOKAI 「日和田山ハイキング」
12. 夏場に気を付けたい感染症

## Koho Tokai 25 June 2017

1. Weekend Medical Services in Jul.
2. Calisthenics Class in Jul.
3. Health Checks for Infants and Toddlers in Jul. at Tokai Health Center
4. Imozo polo shirts continue on sale this year
5. Tokai Environmental Festival 2017 with Candle Night
6. Sukoyaka Walking
7. Happy Land for Children and Parents
8. Venue for Parents and Children to Receive Assistance with Childcare
9. Tokai Swimming Pool Opening
10. Rent a Grand Piano for Private Practice
11. Hiking Tour to Mt.Hiwada
12. Beware of infectious diseases during Summer Season

### 1. Weekend Medical Services in Jul.

**Hours:** 9:30 a.m. - 2:00 p.m., except noon-1:00 p.m. (Hours are available for all locations.)

Sun. 2: Tokai Hospital, ph.029-282-2188

Sun. 9: Muto Pediatric Clinic, ph.029-282-7722

Sun. 16: Tokai Clinic, ph.029-283-1711

Mon. 17: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 23: Tokai Hospital, ph.029-282-2188

Sun. 30: Ogata Clinic, ph.029-282-4781

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center,  
ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 029-254-9900:  
Between Mon. and Fri. 6:30 p.m.-8:00 a.m. of the following day, Sundays, public  
holidays, 8:00 a.m.-8:00 a.m. of the following day.

## **2. Calisthenics Class in Jul.**

Stretch and yoga exercise classes will be held at Tokai Welfare Center "Kizuna".

**Eligible people:** Residents aged 30- 64 years old.

**Date:** Thu.13, 20, 27 Jul.

**Time:** 9:30~11:00 a.m.

**Others:** First-time attendees need to apply.

**Inquiries:** SC Smile Tokai Secretariat, Tokai Gymnasium, ph. 029-283-1001

## **3. Health Checks for Infants and Toddlers in Jul. at Tokai Health Center**

### **(1) Mother and Child Health Consultation**

**Date:** Fri. 14 Jul.

**Time:** 9:30- 11:00 a.m.

1:00- 2:00 p.m.

\*In coming August, this will be held on Fri. 4 Aug..

### **(2) "Genki-up" Health Consultation**

Please make an appointment.

### **(3) Health Check for Babies**

#### **1) Infants born in Feb. 2017**

**Date:** Wed. 5 Jul. 2017

**Time:** 1:00-1:45 p.m.

#### **2) Children (born in Dec. 2015) aged 1 year and 6 months old**

**Date:** Thu. 6 Jul. 2017

**Time:** 1:00-1:45 p.m.

#### **3) Children (born in May. 2014) aged 3 years old**

**Date:** Wed. 12 Jul. 2017

**Time:** 1:00-1:45 p.m.

#### **4) Dental Checks for Children (born in Dec. 2014) aged 2 years and 6 months old**

**Date:** Thu. 13 Jul. 2017

**Time:** 1:00-1:45 p.m.

**5) Baby (born in Apr. 2017) class**

**Date:** Wed. 26 Jul. 2017

**Time:** 1:00-1:20 p.m.

**6) “Dental Checkup day” (born in Jul. 2016) class**

**Date:** Fri. 7 Jul. 2017

**Time:** 9:00-9:30 a.m.

Please make an appointment in advance.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

**4. Imozo polo shirts continue on sale this year.**

• **T-shirt:** price/ 1,300yen; size/ S, M, L, LL, etc.

• **Polo shirt:** price/ 1,600yen; size/ S, M, L, LL, etc.

• **Button-down polo shirt:** price/ 1,800yen; size/ S, M, L, LL, etc.

**How to order:** You can choose 1 from 8 characters of Imozo families to be embroidered on the chest part. It is possible to embroider a name of company or group on the shoulder part. (additional cost)

**Application and Inquiries:**

Apply to Tokai Village Tourism Association from Wed. to Mon., ph. 029-287-0855

See more details on the official website. (<https://tokai-kanko.com/>)

**5. Tokai Environmental Festival 2017 with Candle Night**

The Tokai Kankyo Festa (Environmental Festival) will be held at the Tokai Village Office.

There will be exhibitions of companies and groups, test drive of new generation cars and stage shows, etc..

**Date:** Sat. 22 Jul.

**Time:** 3:00- 8:30p.m.

**Place:** Courtyard and parking area of the Tokai Village Office

**Inquiries:** Environmental Policy Section, ph. 029-282-1711 ext.1454

Collection of Unwanted Items for the Reuse

**1) Food Drive organized by Food Bank Ibaraki**

Please bring your food donations for Food Bank IBARAKI that distributes food to those in need.

**What we accept:** Rice, Noodle, Seasoning, Snacks, Beverages except alcohol, Canned food and Retort food etc.. \*Food items that are unopened, non-perishable and whose shelf life remains more than two weeks will only be accepted.

## **2) Study Materials Reuse Project organized by Girl Scouts Ibaraki**

Please bring unnecessary study materials for sending Children in Asian countries.

**What we accept:** Musical instruments (keyboard harmonica, recorder and castanet), Stationary, Sports goods (ball, glove and bat) and other study materials (sewing kit and calligraphy set etc..) \*Even if what a name is written will be accepted. \*\*Randoseru (Japanese school bag for elementary school students) will not be accepted.

## **3) Bazaar for Exchanging Used Items for Baby and Child organized by Tokai**

### **Kankyou Sonminkaigi**

Please bring used items for babies or children you don't need any more but they can still be used.

**Time to bring things in:** 3:00-5:00 p.m.

Cloths and books up to 10 each will be accepted per person.

### **Eligible items:**

Baby/Child cloth; Washed cloth without damage and stain. 160 cm or under will be accepted. \* Underwear, shoes, bags, uniforms and any damaged cloth will not be accepted.

Books; Clean books without damage, blurs and scribbles.

**Opening and closing time:** 4:00-6:00 p.m.

**Attention:** All items are free. Please bring your own bag to put your items. No quality guarantee. Question about items and information of previous owner will not be possible.

## **6. Sukoyaka Walking**

One-hour walk along the Ibaraki Health Road.

**Date:** Wed. 5 Jul. (Cancelled in case of rain)

**Time:** 9:30 a.m. (register from 9:00 a.m.)

**Meeting place:** Funaishikawa Community Center

**Eligible people:** Tokai Village residents

**Cost:** Free

**Others:** Bring a drink and a towel, and wear comfortable clothes.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **7. Happy Land for Children and Parents**

**Date and Contents:**

1) Thu. 13 Jul. : Rhythm Activities

2) Thu. 27 Jul. : Play in the water

**Time:** 10:00-11:00 a.m.

**Place:** Nakamaru Community Center

**Eligible people:** Pre-school age children accompanied by a guardian who is a Resident of Tokai Village.

**Cost:** Free

**Others:** Bring a drink, towel and spare clothes.

**Inquiries:** Parenting Support Center at Hyakutsuka Daycare Center,  
ph.029-270-5660 Reservations are not necessary.

## **8. Venue for Parents and Children to Receive Assistance with Childcare**

**Date:** Fri. 7 and Thu. 20 Jul.

**Time:** 9:30-11:30 a.m.

**Place:** Hyakutsuka Daycare Center

**Eligible People:** Pre-school age children accompanied by a guardian who is a resident of Tokai Village.

**Contents:** Playing freely and Storytelling

**Cost:** Free

**Others:** Bring a drink and spare clothes.

**Inquiries:** Parenting Support Center at Hyakutsuka Daycare Center,  
ph.029-270-5660 Reservations are not necessary.

## **9. Tokai Swimming Pool Opening**

**Term:** Sat. 1 Jul. - Sun. 10 Sep. The pool may close in case of bad weather.

**Time:** 1. 9:00 a.m. - noon

2. 1:00- 4:00 p.m.

3. 5:00- 7:00 p.m. (No.3 is from Thu. 20 Jul. to Sun. 20 Aug.)

**Entry fee:** 200 yen for junior high school students and above, 100 yen for elementary school students, and free for pre-school children.

**Other:** Babies should wear swimming suits and swim diapers, and be accompanied by a guardian wearing a swimming suit. No food is allowed at the pool side.

**Inquiries:** Tokai Swimming Plaza, ph. 029-287-0807

## 10. Rent a Grand Piano for Private Practice

The stage Yamaha grand piano(Yamaha CFIII-S) can be rented for private piano practice.

**Date:**

Wed. 12, 19 and Mon. 17(National holiday) Jul.

Tue. 15, 22 and Fri.18 Aug.

Tue. 5, 26 and Sun.10 Sep.

**Time:**

1:00-8:00 p.m. on Tue., Wed. and Fri.

9:00 a.m.-8:00 p.m. (except noon -1:00 p.m.) on Sun. and National holiday.

**Place:** Tokai Culture Center

**Eligible people:** Anyone who lives, works or goes to school in Tokai Village.

**Cost:** 200 yen per hour (one hour session for one person only)

\*You can apply to two practice sessions per term (from Jul. to Sep. 2017).

\*Reservations cannot be changed and the rental cost cannot be returned.

\*Please contact Tokai Cultural Center about additional use.

**Application:** You can apply from 9:00 a.m. on Sun. 2 Jul. at Tokai Culture Center.

And you should apply by 5:00 p.m. on the day before each available date (except closed days).

Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m. on Sun. 2 Jul.

**Inquiries:** Tokai Cultural Center, ph.029-282-8511

## 11.Hiking Tour to Mt.Hiwada

**Date:** Sat. 29 Jul.

**Time:** Meeting at Fureaino-mori Park at 6:20 a.m.

**Departure time:** 6:30 a.m.

**Place:** Mt.Hiwada in Hidaka City, Saitama prf.

**Eligible people:** Anyone who live or work in Tokai Village (including family living together) or belong to SC Smile Tokai and are 18 years old or over.

**Capacity:** The first 25 applicants will be accepted.

**Contents:** The trail starts from Musashi Yokote Station to reach the top of Mt. Hiwada.(about 4 hours required) Gojou Waterfall, Mt. Monomi and Mt. Takasashi are along the way.

**Cost:** 7,500 yen for Smile Tokai members, 9,500 yen for the family of the Smile Tokai members, 11,000 yen for non-members.

**Application:** Apply and pay at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m. from Fri. 7 to Sun.23 Jul. (except Mon.10 and Tue.18 Jul.).

**Inquiries:** Tokai Gymnasium, ph.029-283-1001

## **12. Beware of Infectious Diseases during Summer Season**

There are many different infectious diseases in Summer season such as below.

- enterohemorrhagic Escherichia coli (O-157)
- Herpangina
- Fifth Disease
- Adenovirus
- Hand, foot and mouth disease

Important things for prevention against infectious disease are washing hands, gargling, balanced meal and sleeping enough. Please get a check up at the hospital when you feel sick.