

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. 健康相談
4. 平成30年度「東海村広域避難訓練」を実施します
5. とうかい環境フェスタ 2018 with キャンドルナイト
6. 東海スイミングプラザがオープンします
7. 久慈川一斉クリーン作戦
8. みんなですこやかウォーキング
9. 英語で遊ぼう
10. 親子で Let's ダンス
11. 百塚保育所「こあらひろば」
12. スマイルTOKAI 「霧降高原ハイキング」
13. グランドピアノを弾いてみませんか（第2期）

Koho Tokai 25 Jun., 2018

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. Nuclear Disaster Evacuation Drill for a Widespread Area
5. Tokai Environmental Festival 2018 with Candle Night
6. Tokai Swimming Pool Opening
7. Kuji River Cleanup
8. Sukoyaka Walking
9. Learning English for Children
10. Dance Class for Children and Parents
11. Venue for Parents and Children to Receive Assistance with Childcare
12. Hiking Tour to Kirifuri Highland
13. Rent a Grand Piano for Private Practice

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. 1: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 8: Tokai Clinic, ph.029-283-1711

Sun. 15: Tokai Hospital, ph.029-282-2188

Mon. 16: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 22: Tokai Hospital, ph.029-282-2188

Sun. 29: Muto Pediatric Clinic, ph.029-282-7722

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. 6:30p.m.-8:00a.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: Every Thursdays and Saturdays in Jul. except Thu.26, Sat. 7 and 28.

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. 13 Jul.

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

1:00 - 2:00 p.m.

(2) "Genki-up" Health Consultation

Date: Fri. 13 Jul.

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

1:00 - 5:00 p.m.

Please make an appointment in advance.

(3) Health Check for Babies

1) Infants born in Feb. 2018

Date: Wed. 11 Jul.

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

2) Children (born in Dec. 2016) aged 1 year and 6 months old

Date: Thu. 12 Jul.

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

3) Children (born in May 2015) aged 3 years old

Date: Wed. 18 Jul.

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

4) Dental Checks for Children (born in Dec. 2015) aged 2 years and 6 months old

Date: Fri. 6 Jul.

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

5) Baby (born in Apr. 2018) class

Date: Thu. 5 Jul.

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

6) “Dental Checkup day” (born in Aug. 2017) class

Date: Thu. 26 Jul.

Time: 9:30 - 10:00 a.m.

Please make an appointment in advance.

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

4. Nuclear Disaster Evacuation Drill for a Widespread Area

Nuclear disaster evacuation drill will be held in a widespread area on Mon. 16 Jul.. Participants are residents in Tokai Village who have applied for the drill beforehand. In the drill, we will give some information about disaster prevention through the disaster prevention administrative radio, emergency alert e-mail, and social networking service. Traffic jams will be expected around the venues.

Thank you for your understanding and cooperation.

Date: Mon. 16 Jul.(public holiday) *postponed to Sun. 5 Aug. in case of natural disasters

Time: 8:00 a.m. - 3:30 p.m. (estimated)

Place: Tokai Village Office, Tokai Welfare Center “Kizuna”, Fujishiro General Office in Toride City, Fujishiro Minami Junior High School

Other: If you want to take part in the drill, please contact Disaster Prevention and Nuclear Energy Safety Section by Fri.6 Jul..

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext.1524

5. Tokai Environmental Festival 2018 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. 21 Jul.

Time: 3:00 - 8:30 p.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) Study Materials Reuse Project organized by Girl Scouts Ibaraki

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

What we accept: Musical instruments, Stationary, Sports goods and other study materials. *Even if a name is written on it, it will be accepted.

2) 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.

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

Eligible items:

Baby/Child clothes; Washed clothes without damage or stains. 160 cm or under will be accepted.

Books; Clean books without damage, blurs and scribbles.

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

6. Tokai Swimming Pool Opening

Term: Sun. 1 Jul. - Mon. 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 Fri. 20 Jul. to Mon. 20 Aug.)

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

7. Kuji River Cleanup

A cleanup of the Kuji River area will be held. Your help to clean up the riverside would be greatly appreciated.

Date: Sun. 1 Jul. (postponed to Sun. 8 Jul. in case of heavy rain)

The presence or absence of implementation will be announced by 6:10 a.m. through Disaster prevention administrative radio on the day.

Time: 7:00 - 8:00 a.m.

Place: Kuji Riverbed Sports Ground (Ishigami Tojuku and Ishigami Uchijuku), Takegawara Bridge, Kameshita Dike, and Toyooka drainage pump vicinity.

Others: Garbage bags will be distributed. Bring work gloves.

Inquiries: Urban Development Section, ph. 029-282-1711 ext.1243

8. Sukoyaka Walking

One hour of walk along the Ibaraki Health Road, Ishigami historical street course.

Date: Wed. 4 Jul. (Canceled in case of rain.)

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

Meeting place: Ishigami Community Center

Eligible people: Tokai Village residents

Cost: Free

Others: Bring a drink and a small towel, and wear comfortable clothes. Please share cars due to the limited space in the parking lot.

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

9. Learning English for Children

Let's learn English through games with NLT (Native Language Teacher).

Date: Tue. 10 Jul.

Time: 9:45 - 10:30 a.m.

Place: Tokai Muramatsu-syuku Kodomoen

Eligible people: Children between one and a half years old and pre-school age children with a guardian.

Capacity: The first 10 pairs will be accepted.

Cost: Free

Application and Inquiries: Apply on the phone to Tokai Muramatsu-syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. on Thu. 28 Jun., ph. 029-282-7390

10. Dance Class for Children and Parents

Date: Thu. 12 Jul.

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

Place: Tokai Muramatsu-syuku Kodomoen

Eligible People: Children aged between 6 months old and pre-school age children with a guardian who is a resident of Tokai Village. (Attendance of only a guardian will be also accepted.)

Instructor: Ms. Kanon Kubo (Dance instructor)

Cost: Free

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

Inquiries: Tokai Muramatsu-syuku Kodomoen, ph. 029-282-3700

Reservations are not required.

11. Venue for Parents and Children to Receive Assistance with Childcare

Date: Wed. 4 and 18 Jul.

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

Place: Hyakutsuka Daycare Center

Eligible People: Children aged one and a half years old or under accompanied by a guardian who is a resident of Tokai Village.

Contents: Playing freely, 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 required.

12. Hiking Tour to Kirifuri Highland

Date: Sat. 14 Jul.

Time: Meeting at Fureaino-mori Park at 6:50 a.m.

Departure time: 7:00 a.m.

Place: Kirifuri Highland in Nikko City, Tochigi pref.

Eligible people: Anyone who lives or works 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.

Courses: You can choose one from two courses below.

1) Oyama Course; After seeing Kirifuri waterfall, climb to the top of Mt. Oyama. The course takes approximately four hours.

2) Maruyama Course; Hiking around Maruyama. The course takes approximately three hours. It is the best time to see Nikko Kisuge.

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 with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Thu. 28 Jun. to Tue. 10 Jul. (except Mondays).

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

13. Rent a Grand Piano for Private Practice

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

Date:

Tue. 10, 31 and Wed.18 Jul.

Wed.15, 29 and Sun.12 Aug.

Wed. 5, Mon. 17 (public holiday) and Sun.30 Sep.

Time:

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

9:00 a.m.- 8:00 p.m. (except noon -1:00 p.m.) on Sun. and Public 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. 2018).

*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. 1 Jul. at Tokai Culture Center. And you should apply by 5:00 p.m. on the day before each available date (expect closed days).

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

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