

広報とうかい 2/25 号

1. 3月の休日診療
2. 3月の健康体操
3. 3月の健康相談
4. みんなですこやかウォーキング
5. 東海十二景バスツアー
6. 東海村吹奏楽団 第12回「春の演奏会」
7. 陸上自衛隊施設学校音楽隊 第29回「定期演奏会」
8. 第123回「水戸の梅まつり」

Koho Tokai 25 February, 2019

1. Weekend Medical Services in Mar.
2. Calisthenics Class in Mar.
3. Health Checks for Infants and Toddlers in Mar. at Tokai Health Center
4. Sukoyaka Walking
5. Bus Tour to the 12 Vistas of Tokai
6. The 12th Tokai Wind Orchestra Spring Concert
7. The 29th Japan Ground Self-Defense Forces Engineers School Band Concert
8. The 123th Mito Ume Matsuri (Japanese Plum Blossom Festival)

1. Weekend Medical Services in Mar.

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

Sun. 3: Tokai Clinic, ph.029-283-1711

Sun. 10: Tokai Hospital, ph.029-282-2188

Sun. 17: Tokai Hospital, ph.029-282-2188

Thu. 21: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 24: Muto Pediatric Clinic, ph.029-282-7722

Sun. 31: Higashihara Clinic, ph.029-283-2301

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center,

ph. 029-241-4199: Between Mon. and Sat. 9:00 a.m. - 5:30 p.m.

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-5367-2367:
Between Mon. and Sat. 5:30 p.m. - 9:00 a.m. of the following day. Sundays, public holidays, year end, New Year, 9:00 a.m. - 9:00 a.m. of the following day.

Ibaraki Adult's Resource Line, ph. #7119 (for mobile phones), or 03-5367-2365:

Between Mon. and Sat. 5:30 p.m. - 9:00 a.m. of the following day. Sundays, public holidays, year end, New Year, 9:00 a.m. - 9:00 a.m. of the following day.

2. Calisthenics Class in Mar.

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 Mar. except Thu. 21, 28, Sat. 23 and 30.

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 Mar. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 22 Mar.

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

1:00 - 2:00 p.m.

(2) “Genki-up” Health Consultation

Date: Fri. 22 Mar.

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

1:00 - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants born in Oct. 2018

Date: Wed. 6 Mar.

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

2) Children (born in Aug. 2017) aged 1 year and 6 months old

Date: Thu. 7 Mar.

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

3) Children (born in Jan. 2016) aged 3 years old

Date: Wed. 13 Mar.

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

4) Dental Checks for Children (born in Aug. 2016) aged 2 years and 6 months old

Date: Thu. 14 Mar.

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

5) Baby (born in Dec. 2018) class

Date: Fri. 8 Mar.

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

6) “Dental Checkup day” (born in Apr. 2018) class

Date: Wed. 20 Mar.

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

Please make an appointment in advance.

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

4. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road “Shirakata Sakurakaoru Denen” course.

Date: Wed. 6 Mar. (Canceled in case of rain.)

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

Meeting place: Shirakata Community Center

Eligible people: Tokai Village residents

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

5. Bus Tour to the 12 Vistas of Tokai

A bus tour to the 12 Vistas of Tokai will be held. Members of a volunteer group will guide and introduce the history and culture. Children accompanied by a guardian are also welcome.

Date: Wed. 27 and Sat. 30 Mar.

Time: 9:00 a.m. - noon, 1:00 - 4:00 p.m.

Place: Ishigami Castle Ruin, Daijingu Shrine, Muramatsu-san Kokuzo-do Temple, Akogigaura Park

Eligible People: The first 20 applicants for each date and time. Giving priority to Tokai Village residents.

Cost: Free

Application and Inquiries: Apply to Tokai Tourist Association by Sat. 16 Mar., ph. 029-287-0855

6. The 12th Tokai Wind Orchestra Spring Concert

Date: Sun. 10 Mar.

Time: 2:00 p.m. (doors open 1:30 p.m.)

Place: Tokai Culture Center

Conductor: Mr. Susumu Hara (Regular Conductor of Tokai Wind Orchestra)

Program: "Overture Jubiloso", "1812 Festival Overture" and others

Entry fee: Free

Others: Perform with Tokai junior high school and Tokai minami junior high school brass band club

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

For further details, please check the website of Tokai Wind Orchestra. (<http://tmwo.bitter.jp/>)

7. The 29th Japan Ground Self-Defense Forces Engineers School Band Concert

Enjoy a concert by the Japan Ground Self-Defense Forces Engineers School Band and a guest performance by the wind orchestra club of National Institute of Technology, Ibaraki College.

Date: Sat. 9 Mar.

Time: 2:00 - 4:00 p.m. (doors open 1:00 p.m.)

Place: Hitachinaka City Hall (Aoba-cho 1-1, Hitachinaka City)

Program: La Marche Lorraine, Chitty Chitty Bang Bang, and more.

Entry fee: Free

Please note that seats are limited.

Inquiries: Public Relations, JGSDF Katsuta, ph. 029-274-3211

8. The 123th Mito Ume Festival (Japanese Plum Blossom Festival)

Mito Ume Festival will be held in Kairakuen Garden and Kodokan Mito Han School.

Term: until Sun. 31 Mar.

Place: Kairakuen Garden and Kodokan Mito Han School

Contents:

-Umeshu Festival

Term: Fri. 1 - Sun. 3 Mar.

Time: 10:00 a.m. - 4:00 p.m. (until 3:00 p.m. on Sun. 3 Mar.)

Place: Tokiwa-jinja Shrine

- Plum worship at night 2019

Date: Sat. 2, 9 Mar.

Time: 6:00 - 9:00 p.m.

Place: Kodokan Mito Han School for Sat. 2, Kairakuen Garden for Sat. 9

Inquiries: Mito Tourist Association, ph. 029-224-0441