

広報とうかい 3/25号

1. 4月の休日診療
2. 4月の健康体操
3. 4月の健康相談
4. 姉妹都市・米国アイダホフォールズ市への学生訪問団員を募集します
5. 成人歯科検診のお知らせ
6. みんなですこやかウォーキング
7. 「かるがもサークル」春コース会員募集
8. 「にこにこクラブ」春コース会員募集
9. 東海村少年少女合唱団の体験会
10. 真崎コミュニティセンター駐車場整備工事

Koho Tokai 25 March, 2019

1. Weekend Medical Services in Apr.
2. Calisthenics Class in Apr.
3. Health Checkups for Infants and Toddlers in Apr. at Tokai Health Center
4. Sister City Delegation Members Wanted
5. Dental Checkups for Adults and Pregnant Women
6. Sukoyaka Walking
7. Karugamo Circle (Spring)
8. Nikoniko Club (Spring)
9. Tokai Junior Chorus group Members Wanted and A Trial Lesson
10. Masaki Community Center Construction Notice

1. Weekend Medical Services in Apr.

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

Sun. 7: Ogata Clinic, ph.029-282-4781

Sun. 14: Tokai Hospital, ph.029-282-2188

Sun. 21: Higashihara Clinic, ph.029-283-2301

Sun. 28: Ogata Clinic, ph.029-282-4781

Mon. 29: Tokai Clinic, ph.029-283-1711

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-5367-2367:

Hours: open 24 hours a day, every day of the year (including emergency medical information)

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

Hours: open 24 hours a day, every day of the year (including emergency medical information)

* Information by Ibaraki Emergency Medical Information Control Center is not available after 31 Mar. 2019.

2. Calisthenics Class in Apr.

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 Apr. except Thu. 4, Sat.13 and 27

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 Checkups for Infants and Toddlers in Apr. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 26. Apr.

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

1:00 - 2:00 p.m.

(2) “Genki-up” Health Consultation

Date: Fri. 26. Apr.

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 Nov. 2018

Date: Wed. 10 Apr.

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

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

Date: Thu. 11 Apr.

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

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

Date: Wed. 17 Apr.

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

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

Date: Thu. 25 Apr.

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

5) Baby (born in Jan. 2019) class

Date: Thu. 4 Apr.

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

6) “Dental Checkup day” (born in May and Jun. 2018) class

Date: Mon. 15 Apr.

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

Please make an appointment in advance.

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

4. Sister City Delegation Members Wanted

A youth delegation from Tokai Village will visit our sister city, Idaho Falls, Idaho in the U.S. this summer. Delegation members will stay with host families, interact with students in Idaho Falls, and learn about different culture. We look forward to your application.

Date: Thu. 25 Jul. - Tue. 6 Aug.

Eligible people: Student who meet all of the conditions below.

- Resident of Tokai Village (or non- residents who have been a host family for a youth delegation from Idaho Falls in the past.)
- Student who is a junior high or a high school student (as of Apr. 2019)
- Student who is available to participate in the activities of the sister cities exchange and international exchange after getting back from Idaho Falls.

Capacity: 15 students

If there are too many applicants, priority will be given to novices, Tokai residents, students who have been a host family for a youth delegation from Idaho Falls in the past, students who are able to be a host family for a youth delegation from Idaho Falls next summer (in 2020), older applicants and Tokai youth group members.

Cost:

-250,000 yen (including designated travel insurance fee) per student

*Subject to change depending on the air fare and fuel surcharge.

-Residents will be subsidized half of the cost (maximum 100,000 yen)

Others: Enrolling in the designated travel insurance by Tokai Village Sister Cities Association is necessary.

Application: To apply, fill out the form available from the Secretarial and Public Relations Section or Sister City Hall and bring directly or send it by Wed. 17 Apr..

* For more details and the application form are also available on the Tokai Village Sister Cities Association website.

Inquiries:

Secretarial and Public Relations Section (3F of Village Office), ph. 029-282-1711 ext.1303

Tokai Sister City Hall, ph.029-282-0535

5. Dental Checkups for Adults and Pregnant Women

Free dental checkups are available to adults and women who are pregnant to prevent gum disease. These checkups are available at designated dental clinics.

Term: Mon. 1 Apr. 2019 - Tue. 31 Mar. 2020

Eligible people:

Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2020) and pregnant women.

Cost: Free

Others: Voucher forms will be sent in Mar. 2019 for eligible people. Pregnant women will receive a voucher form when their Mother and Child Health Handbook (boshi kenko techo) is issued. Please contact Tokai Health Center if you moved to Tokai Village and don't have a voucher form.

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

6. Sukoyaka Walking

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

Date: Fri. 5 Apr. (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

7. Karugamo Circle (Spring)

Karugamo Circle is a support group for parents and babies.

Date: Every Tuesday from 16 Apr. to 18 Jun. except 30 Apr. and 7 May. (eight classes)

Time: 10:00 - 11:15 a.m.

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between Oct. 2017 and Mar. 2018 accompanied by a guardian who lives in Tokai Village.

Capacity: The first 12 pairs will be accepted.

Contents: Playing together, Hand craft activity

Cost: Free

Application and Inquiries: Apply in person on Tue. 2 Apr. from 9:00 a.m. to 5:00 p.m. at Tokai Muramatsu-Syuku Kodomoen Parenting Support Center., ph. 029-282-7390

8. Nikoniko Club (Spring)

Date: Every Friday from 19 Apr. to 21 Jun. except 3 and 10 May. (eight classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. 2016 and 1 Apr. 2017 accompanied by a guardian who lives in Tokai Village.

Capacity: The first 10 pairs will be accepted.

Contents: Rhythm activities, Crafts

Cost: Free

Application and Inquiries: Apply in person on Fri. 5 Apr. from 9:00 a.m. to 5:00 p.m. at Tokai Muramatsu-Syuku Kodomoen Parenting Support Center., ph. 029-282-7390

9. Tokai Children's Chorus Members Wanted and a Trial Lesson

Date: Sat. 13 Apr.

Time: 5:00 - 6:30 p.m.

Place: Nakamaru Community Center

Eligible people: Anyone who will be in the first grade of elementary school in Apr. 2020 or above up to high school student.

Fee: Free

Application and Inquiries: Lifelong Learning Section, ph. 029-282-1711 ext.1422

*Reservation is not required.

10. Masaki Community Center Construction Notice

Please be informed that Masaki Community Center scheduled for parking lot construction. The BBQ area and gate ball ground will not be available and are used as a temporary parking lot between Apr. and Aug. Thank you for your understanding and cooperation.

Construction Period: From Mar. through the end of Aug.

Inquiries: Community Development Promotion Section, ph. 029-282-1711 ext. 1462