

## 広報とうかい 12/25 号

1. 年末および1月の休日診療
2. 1月の健康相談
3. 主な公共施設等の年末年始の休館日
4. 令和5年東海村消防出初式
5. 婦人科検診（集団検診）は予約が必要です！
6. がん検診等の申し込みは令和5年1月21日まで
7. みんなですこやかウォーキング
8. ウォーキング教室
9. 歴史と未来の交流館「冬季展示」
10. グランドピアノを弾いてみませんか
11. トレーニング基礎講座
12. ゴルフ教室
13. 赤ちゃんのためのおはなし会

## Tokai Newsletter 25 Dec. 2022

1. Weekend Medical Services for the End of the Year and Jan. 2023
2. Health Checks and Consultations in Jan.
3. Closing Days for the New Year Holiday Period
4. Fire Brigade New Year Parade 2023
5. Group Gynecological Exam – By Reservation Only
6. Health Check Applications
7. Healthy Walking Group
8. SC Smile Tokai "Walking Class"
9. Winter Displays at Tokai Village Museum
10. Rent a Grand Piano for Private Practice
11. Basic Physical Training Course
12. SC Smile TOKAI "Golf Class"
13. Story-telling for Babies

**In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be canceled or postponed.**

## **1. Weekend Medical Services for the End of the Year and Jan. 2023**

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

Dec. 2022

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

Sat. 31: Ogata Clinic, ph.029-282-4781

Jan. 2023

Sun. 1: Tokai Hospital, ph.029-282-2188

Mon. 2: Muto Pediatric Clinic, ph.029-282-7722

Tue. 3: Tokai Hospital, ph.029-282-2188

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

Mon. 9: Higashihara Clinic, ph.029-283-2301

Sun. 15: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 22: Ogata Clinic, ph.029-282-4781

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

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

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

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

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

## **2. Health Checks and Consultations in Jan.**

### **(1) Health Consultation for Mothers and Children**

**Date:** Fri. 20 Jan.

**Time:** 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

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

**Date:** Fri. 20 Jan.

**Time:** 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

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

#### **1) Infants (babies born in Aug. 2022)**

**Date:** Wed. 11 Jan.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **2) Children - aged 1 year and 6 months old (babies born in Jun. 2021)**

**Date:** Thu. 12 Jan.

**Time:** 12:50 p.m. - 1:50 p.m.

**3) Children - aged 3 years old (babies born in Jul. 2019)**

**Date:** Wed. 18 Jan.

**Time:** 12:50 p.m. - 1:50 p.m.

**(4) Baby Class for babies born in Oct. 2022**

**Date:** Wed. 25 Jan.

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

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

**3. Closing Days for the New Year Holiday Period**

The following public offices and facilities will be closed during the New Year period as indicated below.

**Closed from Wed. 28 Dec. 2022 until Tue. 3 Jan. 2023**

-Tokai Central Community Center: ph.029-282-3329

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

-Tokai Gymnasium: ph. 029-283-0673

-Tokai-mura Sister City Hall: ph.029-282-0535

-Tokai Welfare Center "Kizuna": ph. 029-283-2299

-Children's Center: ph. 029-306-1017

**Closed from Thu. 29 Dec. 2022 until Tue. 3 Jan. 2023**

-Tokai Village Office: ph.029-282-1711

-"Ainori-kun" (a share-ride taxi service) Reservation Center: 029-306-2828

-Consultation Support Center: Ph. 029-287-2525

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

-Tokai Village Museum (Rekishi to Mirai no Koryukan): Ph. 029-287-0851

-Tokai Hospital (except for weekend and holiday hours): ph. 029-282-2188

-Ishigami, Masaki, Funaishikawa, Muramatsu, Shirakata and Nakamaru Community Centers

-Nagahori Sukoyaka House: ph. 029-283-3664

-Tokai Industry and Information Plaza "iVil": Ph. 029-306-1155

**Closed from Sat. 31 Dec. 2022 until Tue. 3 Jan. 2023**

-Tokai Village Clean Center: ph. 029-282-7289

-Hitachinaka-Tokai Clean Center: ph. 029-265-5310

**Closed from Thu. 29 Dec. 2022 until Wed. 4 Jan. 2023**

-Tokai Library: ph. 029-282-3435

#### **4. Fire Brigade New Year Parade 2023**

The Fire Brigade will hold a ceremony and review. The sirens will sound for one minute from 7:00 a.m. Please do not confuse them with a real fire alert.

**Date:** Sun. 8 Jan. 2023

**Time:** 9:30 a.m. – 11:00 a.m.

**Place:** Tokai Culture Center

**Inquiries:** Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1523 \*Contact Tokai Fire Station, ph. 029-282-2038, on the day.

#### **5. Group Gynecological Exam – By Reservation Only**

Group Gynecological Exams will be held only by reservations made in advance.

**Dates:**

Wed. 15, Thu. 16, Fri. 17, Sat. 18, Tue. 21, Wed. 22, Mon. 27, Tue. 28 Feb. and Thu. 2. Mar. 2023

**Place:** Tokai Health Center

**Reservation:**

You can make a reservation either by phone or online on Wed. 11 and Thu. 12 Jan. 2023. (See the leaflet enclosed with your voucher for details.)

\*Reservations are taken on a first come, first served basis. If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Tue. 17 Jan.

\*Apply for free childcare service if needed between Tue. 17 and Wed. 25 Jan. (except Sat. and Sun.) to Tokai Health Center.

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

#### **6. Health Check Applications**

Application forms for annual cancer and lifestyle disease health checks (fiscal 2023), provided by Tokai Village, have been sent to eligible residents registered as of 30 Nov.

**Application:** Return the form to Tokai Health Center by Sat. 21 Jan. 2023.

**Other:** If you did not receive an application form and would like to receive these health checks, contact Tokai Health Center.

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

#### **7. Healthy Walking Group**

One-hour walk along the "Akogigaura and Kokuzo-do" course.

**Date:** Fri. 6 Jan. (Canceled in case of rain)

**Time:** 9:30 a.m. (Registration starts at 9:00 a.m.)

**Meeting place:** Muramatsu Community Center

**Eligible People:** Tokai Village residents

**Other:** No reservation is required. Wear a mask. Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

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

### **8. SC Smile Tokai "Walking Class"**

**Date:** Sat. 28 Jan.

**Time:** 1:00 p.m.- 4:00 p.m.

**Place:** Tokai Gymnasium and surrounding area

**Eligible people:** Tokai Village residents from 18 to 74 years old

**Capacity:** 30 people

**Cost:** Free

**Application:** Apply with an application form to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Sun. 22 Jan. (except Mon. 26 Dec., from Wed. 28 Dec. to Tue. 3 Jan., Tue. 10, and Mon. 16 Jan.)

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

### **9. Winter Displays at Tokai Village Museum**

Tokai Village Museum will have displays of "Tokai-mura Kofun Tumulus," "Ancient Festival Stones" and "Human-shaped Haniwa (clay figures)."

**Date:** Until Sun. 5 Mar.

**Place:** Tokai Village Museum (Rekisho To Mirai No Koryukan)

**Inquiries:** Lifelong Learning Section, ph. 029-287-0851

### **10. Rent a Grand Piano for Private Practice**

**Dates:**

Sun. 15, Tue. 17, Tue. 24 Jan.

Sun. 5, Fri. 17, Feb.

**Time:**

1:00 p.m. - 7:50 p.m. on Tue. and Fri.

9:00 a.m. - 7:50 p.m. (except noon - 1:00 p.m.) on Sun.

**Place:** Tokai Culture Center

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

**Cost:** 200 yen per session to be paid on the day (50-minute session for one person only)

\*You can apply up to two practice sessions per term (Jan. to Mar. 2023).

\*Reservations cannot be changed.

\*Please contact Tokai Culture Center about additional use.

**Application and Inquiries:** Apply by phone to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Sat. 7 Jan. You should apply by 5:00 p.m. on the day you want to use the venue (except closed days).

## 11. Basic Physical Training Course for Men

**Date:** Sun. 29 Jan.

**Time:** 10:30 a.m. - noon

**Place:** Tokai Gymnasium

**Eligible people:** Men from 20 to 69 years old

**Capacity:** 10 people (Minimum number is 5.)

**Instructor:** Mr. Yuto Sakai

**Cost:** 600 yen per person

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Thu. 5 to Wed. 25 Jan. (except Tue. 10 and Mon. 16, 23 Jan.)

**Inquiries:** Tokai Gymnasium, ph. 029-283-0673

## 12. SC Smile Tokai "Golf Class"

Both beginners and experienced players are welcome.

**Dates:** 5 Sundays - 22, 29 Jan. and 5, 19, 26 Feb.

**Time:** 1:30 p.m. - 2:30 p.m.

**Place:** Sakaide Golf Center in Naka City

**Eligible people:** Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above

**Capacity:** 4 people

**Instructor:** Mr. Shigeru Nanao (PGA qualified instructor)

**Cost:** 10,000 yen for Smile Tokai members, 12,500 yen for non-members

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from

Wed. 4 Jan. to Thu. 19 Jan. (except Tue. 10 and Mon. 16 Jan.)

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

### **13. Story-telling for Babies**

**Date:** Thu. 19 Jan.

**Time:** 11:00 a.m. – 11:30 a.m.

**Eligible People:** Children up to 3 years of age and their guardians who live in Tokai Village

**Place:** Tokai Library

**Capacity:** 15 pairs

**Application:** Apply by phone or e-mail with the program name, your name, address, and phone number to Tokai Library after Thu. 5 Jan.

**Inquires:** Tokai Library, ph. 029-282-3435, email: [tosyokan@vill.tokai.ibaraki.jp](mailto:tosyokan@vill.tokai.ibaraki.jp)