

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. 民間学童クラブを紹介します！
4. 令和6年東海村消防出初式
5. みんなですこやかウォーキング
6. トレーニング基礎講座
7. 赤ちゃんのためのおはなし会
8. 鹿島神宮への初詣バスツアー
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Tokai Newsletter 25 Dec. 2023

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2. Health Checks and Consultations in Jan.
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1. Weekend Medical Services for the End of the Year and Jan. 2024

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

Dec. 2023

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

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

Jan. 2024

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

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

Wed. 3: Kuji Pediatric Clinic, ph.029-219-7303

Sun. 7: Tokai Clinic, ph.029-283-1711

Mon. 8: Higashihara Clinic, ph.029-283-2301

Sun. 14: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 21: Tokai Clinic, ph.029-283-1711

Sun. 28: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

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. 19 Jan.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) “Genki-up” Health Consultation for Adults

Date: Fri. 19 Jan.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:30 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants (babies born in Aug. 2023)

Date: Wed. 10 Jan.

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

2) Children - aged 1 year and 6 months old (babies born in Jun. 2022)

Date: Thu. 11 Jan.

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

3) Children - aged 3 years old (babies born in Jul. 2020)

Date: Wed. 17 Jan.

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

(4) Baby Class for babies born in Oct. 2023

Date: Mon. 22 Jan.

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

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

3. Private After-school Children’s Clubs

There are five private after-school children’s clubs in the village in addition to the six public clubs. Please contact each facility or see the Childcare Support Portal Website “Nobi-nobi Kosodate Cho” for more information:

<https://www.tokai-kosodate.jp/pagecat301/gakudoclub03>

- Tulip After-school Children's Club, Ph. 029-287-7725
 - Jolly Boat, Ph. 029-229-0778
 - Oaks Funaba After-school Children's Club, Ph. 029-352-3680
 - Wonder Rafu, Ph. 029-277-0586
 - Murakko Gakudo, Ph. 080-4926-6197
- Inquiries:** Childcare Support Section, ph.029-282-1711 ext.1183

4. Fire Brigade New Year Parade 2024

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. 7 Jan.

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. Healthy Walking Group

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

Date: Fri. 12 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

6. Basic Physical Training Course

Date: Sun. 28 Jan.

Time: 10:00 a.m. – 11:45 a.m.

Place: Tokai Gymnasium

Eligible people: Anyone from 40 to 79 years old

Capacity: 10 people (Minimum number is 5.)

Instructor: Mr. Yuto Sakai

Cost: 700 yen per person

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Fri. 5 to Thu. 25 Jan. (except Tue. 9 and Mon. 15, 22 Jan.)

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

7. Story-telling for Babies

Date: Thu. 18 Jan.

Time: 11:00 a.m. – 11:30 a.m. (Registration starts at 10:45 a.m.)

Place: Tokai Library

Eligible People: Children up to 3 years of age and their guardians

Capacity: 15 pairs

Application: Apply by phone or e-mail (the program name, your name, phone number and the number of participants) to Tokai Library after Fri. 5 Jan.

Inquires: Tokai Library, ph. 029-282-3435, email: tosyokan@vill.tokai.ibaraki.jp

8. First Visit of the New Year to Kashima Jingu Grand Shrine

One-day bus tour to Kashima Jingu Grand Shrine for Japanese and foreigners.

Date: Sat. 27 Jan.

Time: 8:15 a.m. – 4:00 p.m.

Meeting Place: In front of Tokai Village Office

Capacity: 40 people

Cost: 1,500 yen for members, 3,000 yen for non-members (lunch included)

Application: Apply by phone or e-mail (your name, address, phone number and age) to Tokai-mura International Association from Fri. 5 to Thu. 11 Jan.

Inquiries: The Tokai-mura International Association (TIA) Secretariat, ph. 029-279-1814 (9:00 a.m.- 5:00 p.m.), e-mail: tia2020@net1.jway.ne.jp

9. Garbage Disposal for the New Year's Holiday

(1) Collection days for burnable trash over the New Year period

Collection day Monday and Thursday area:

-The last collection; Thu. 28 Dec. 2023

-The first collection; Thu. 4 Jan. 2024

Collection day Tuesday and Friday area:

-The last collection; Fri. 29 Dec. 2023

-The first collection; Fri. 5 Jan. 2024

*Be sure to take burnable trash in a designated bag to the collection site by 8:30 a.m.

(2) Direct carry-in to Clean Centers

In case you take the trash directly to either of the clean centers in Tokai or Hitachinaka, the centers will be closed from Sun. 31 Dec. 2023 to Wed. 3 Jan. 2024.

As it is usually very crowded during the year-end and New Year holidays, it is recommended to avoid those busy periods. The trash accepted at each clean center is as follows, and neither center will accept any trash in other categories.

-Hitachinaka Tokai Clean Center: burnable trash

Open from 8:30 a.m. to 4:30 p.m. on Mon. to Fri., from 8:30 a.m. to 11:30 a.m. on Sat.

*From 8:30 a.m. to 4:30 p.m. only on Sat. 30 Dec.

-Tokai Village Clean Center: unburnable trash, bulky trash, recyclables, pruned branches and leaves

Open from 8:30 a.m. to 4:30 p.m. (except noon - 1:00 p.m.) on Mon. to Fri., from 8:30 to noon on 2nd & 4th Sat.

*From 8:30 a.m. to 4:30 p.m. (except noon - 1:00 p.m.) only on Sat. 30 Dec.

(3) Reservation required for taking trash directly to Clean Center on Sat. and during the New Year's Holiday

You need to make a reservation online or by phone if you want to take burnable trash directly to the Hitachinaka Tokai Clean Center on Sat. and during New Year's holiday (Sat. 30 Dec. and Thu. 4 Jan.) to avoid congestion. Reservations for the New Year's holiday will be accepted from 8:30 a.m. on Mon. 18 Dec. Thank you for your understanding and cooperation.

Application:

Online: <https://gomiyoyaku.jp/> (24H)

By phone: 029-219-5553 (8:30 a.m. – 4:30 p.m., Mon. – Fri.)

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

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

“Refuse Disposal Handbook”:

<https://www.vill.tokai.ibaraki.jp/material/files/group/1/20201224.pdf>

Trash collection schedule:

https://www.vill.tokai.ibaraki.jp/material/files/group/8/r5_hiwarihyou_english.pdf