

広報とうかい 11/25号

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2. 12月の健康相談
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5. みんなですこやかウォーキング
6. 母子家庭親子クリスマス会
7. ひとり親世帯のお子さんへ入学祝い品を差し上げます
8. 「にこにこクラブ」「びよんびよんサークル」会員募集
9. 第34回「茨城県少年少女合唱祭」
10. 東海村子ども芸術祭
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Tokai Newsletter 25 Nov. 2023

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10. Children's Art Festival
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1. Weekend Medical Services in Dec.

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

Sun. 3: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

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

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

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

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

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

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 Dec.

(1) Health Consultation for Mothers and Children

Date: Fri. 15 Dec.

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. 15 Dec.

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 Jul. 2023)

Date: Wed. 6 Dec.

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

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

Date: Thu. 7 Dec.

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

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

Date: Wed. 13 Dec.

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

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

Date: Thu. 14 Dec.

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

(5) Dental Checkup Class for babies born in May & Jun. 2023

Date: Tue. 19 Dec.

Time: 9:30 a.m. - 9:45 a.m. Please make an appointment.

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

3. Health Checks for Residents in Jan.

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease

prevention health checks will be held as listed below. The health checks will be held only by reservation. Please note that a limited number of people will be accepted.

Dates: Thu. 25 and Fri. 26 Jan. 2024

Reception Time:

Choose from the following.

- ①9:30 a.m. – 9:45 a.m. ②10:00 a.m. – 10:15 a.m. ③10:30 a.m. – 10:45 a.m.
④11:00 a.m. – 11:15 a.m. ⑤1:00 p.m. – 1:15 p.m. ⑥1:30 p.m. – 1:45 p.m.
⑦2:00 p.m. – 2:15 p.m. ⑧2:30 p.m. – 2:45 p.m.

Place: Tokai Health Center in Tokai Welfare Center "Kizuna"

Cost: Free

Reservation:

-By Phone: Call Health Check Call Center, ph. 0570-066-722, between 9:00 a.m. – 6:00 p.m. on Wed. 6 Dec.

-Online: Book through Health Checks Reservation Website between 7:30 a.m. and 11:00 p.m. on Wed. 6 Dec. (See the leaflet enclosed with your checkup 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 after Mon. 11 Dec.

For those who take colon cancer test only:

No reservation is required. Please bring your sample to Health Center during the reception hours on the checkup day.

Notes:

*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

*You cannot take a health check if you are unwell or without a reservation on the day.

Inquiries:

About specific health checks and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

4. TOKAI "make a wish" ILLUMINATION 2023

Date: Sat. 9 Dec. to Fri. 16 Feb. 2024

Time: 5:00 p.m. – midnight

Place: West exit of JR Tokai Station

Other: The lighting ceremony will be held on Sat. 9 Dec. at 4:30 p.m.

Inquiries: Tokai Village Society of Commerce and Industry, ph. 029-282-3238

5. Healthy Walking Group

One-hour walk along the Ibaraki Health Road "Oshinobe/Tenjinyama" course.

Date: Fri. 1 Dec. (Canceled in case of rain)

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

Meeting place: Tokai Welfare Center "Kizuna"

Eligible People: Tokai Village residents

Other: No reservation is required. 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. Christmas Party for Single-mother Families

Date: Sun. 24 Dec.

Time: 10:30 a.m. - noon

Place: Ishigami Community Center

Eligible People: Single-mother households living in Tokai Village with a child up to junior high school

Capacity: 40 people *If there are too many applicants, a lottery will be held.

Other: Lunch will be served.

Cost: 500 yen per family

Application and Inquiries: Apply to Sakai san, Tokai-mura Mothers and Children Welfare Association, ph.029-282-4817, by Wed. 6 Dec.

7. School Supplies Donation to New Students

Free school supplies will be offered to children in single-parent families.

Eligible people: Single-parent households living in Tokai Village with a child who will enter elementary school in April 2024

Application: Apply to Childcare Support Section, ph.029-282-1711 ext.1182, by Wed. 20 Dec.

Inquiries: Ibaraki Prefecture Mothers and Children Welfare Association, ph. 029-221-7505

8. Nikoniko Club and Pyonpyon Circle (Winter)

Let's enjoy rhythm activities, crafts and social play together!

(1) Nikoniko Club

Date: 8 Tuesdays – 19, 26 Dec., 16, 23, 30 Jan., 13, 20, 27 Feb.

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. 2020 and 1 Apr. 2021 accompanied by a guardian who is a resident of Tokai Village

Capacity: 10 pairs

Cost: Free

Application and Inquiries: Apply by phone to Tokai Muramatsu-Syuku Kodomoen Childcare Support Center between 9:00 a.m. and 4:00 p.m. from Wed. 6 Dec., ph. 029-282-7390.

(2) Pyonpyon Circle

Date: 8 Fridays – 5, 12, 19, 26 Jan., 2, 9, 16 Feb., 1 Mar.

Time: 9:45 a.m. - 11:15 a.m.

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 1 Dec. 2021 and 30 Jun. 2022 accompanied by a guardian who lives in Tokai Village

Capacity: 10 pairs

Cost: Free

Application and Inquiries: Apply by phone to Tokai Muramatsu-Syuku Kodomoen Childcare Support Center between 9:00 a.m. and 4:00 p.m. from Wed. 13 Dec., ph. 029-282-7390.

9. Ibaraki Prefecture Boys and Girls Choir Concert

Date: Sun. 10 Dec.

Time: 1:00 p.m. – 3:30 p.m. (Doors open at 0:30 p.m.)

Place: Tokai Culture Center

Cost: Free

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

10. Children's Art Festival

Calligraphy & Painting Exhibition:

Sat. 2 Dec. 1:00 p.m. – 5:00 p.m. and Sun. 3 Dec. 9:00 a.m. – 5:00 p.m.

Stage Performances:

Sun. 3 Dec. 0:50 p.m. – 4:30 p.m.

Place: Tokai Culture Center

Cost: Free

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

11. "IKEBANA Class" at Sister City Hall

Ikebana is the Japanese art of flower arrangement. Japanese and foreign people will learn together the essence of Ikebana and create an arrangement for the New Year. You can take home the finished work.

Date: Sat. 16 Dec.

Time: 2:00 p.m. - 4:00 p.m.

Place: Tokai-mura Sister City Hall

Eligible people: Japanese and foreigners who live or work in Tokai Village (elementary school students and older)

Capacity: 10 foreigners, 10 Japanese

Cost: Free

Application: Email your name, phone number and program name to Tokai-mura Sister City Hall (tokai.sch@net1.jway.ne.jp) by Tue. 5 Dec.

Inquiries: Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.)

Facebook <https://www.facebook.com/tokai.sch/>