

広報とうかい 12/25 号

1. 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. みんなですこやかウォーキング
5. ジュニア体操体験会
6. 令和8年東海村消防出初式

Tokai Newsletter 25 Dec. 2025

1. Weekend Medical Services in Jan.
2. Health Checks and Consultations in Jan.
3. Private After-school Children's Clubs
4. Healthy Walking Group
5. Kids Exercise Class
6. Fire Brigade New Year Parade 2026

1. Weekend Medical Services in Jan.

Hours: 9:00 a.m. - noon

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

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

Sat. 3: Higashihara Clinic, ph.029-283-2301

Sun. 4: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 11: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Mon. 12: Usui Clinic, ph.029-229-0855

Sun. 18: Ogata Clinic, ph.029-282-4781

Sun. 25: Tokai Hospital, ph.029-282-2188

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

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

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

Hours: Open 24 hours, 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. 9 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. 9 Jan.

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

Please make an appointment.

(3) Health Check for Babies

1) Infants for babies born in Aug. 2025

Date: Wed. 7 Jan.

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

2) Children - aged 1 year and 6 months old for babies born in Jun. 2024

Date: Fri. 16 Jan.

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

3) Children - aged 3 years old for babies born in Jul. 2022

Date: Wed. 14 Jan.

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

(4) Baby Class for babies born in Oct. 2025

Date: Thu. 8 Jan.

Time: 1:30 p.m. - 1:50 p.m.

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

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

3. Private After-school Children’s Clubs

There are 5 private after-school children’s clubs in the village in addition to the 7 public clubs.

Please contact each club or see the Childcare Support Portal Website “Nobi-nobi Kosodate Cho” for more information: <https://www.tokai-kosodate.jp/pagecat301/gakudoclub04>

- 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.1187

4. Healthy Walking Group

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

Date: Fri. 16 Jan. (Canceled in case of rain)

Time: 9:30 a.m.

Meeting place: Muramatsu Community Center

Eligible People: Tokai Village residents

Other: No reservation is required. Bring a drink, a towel, and wear comfortable clothes.

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

5. Kids Exercise Class

Date: Thu. 19 Feb.

Time: Children in preschool through kindergarten: 3:00 p.m. – 4:00 p.m.

Children in 1st and 2nd grade of elementary school: 4:10 p.m. – 5:10 p.m.

Place: Tokai Gymnasium

Eligible people: Children in preschool to 2nd grade of elementary school who live or go to school in Tokai Village or belong to SC Smile Tokai

Capacity: 15 people

Cost: 600 yen for Smile Tokai members, 1,200 yen for non-members

Application: Apply with the fee at Tokai Gymnasium from Wed. 14 Jan. to Sun. 15 Feb.

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

6. Fire Brigade New Year Parade 2026

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

Date: Sun. 11 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. Tokai Fire Station, ph. 029-282-2038.