

## 広報とうかい 2/25 号

1. 3月の休日診療
2. 3月の健康相談
3. みんなですこやかウォーキング
4. 東海村姉妹都市交流協議会「姉妹都市交流の魅力を知ろう！」
5. とうかいまるごと博物館「新芽で落葉樹を区別する」
6. るぴなすをご利用の皆さんへ
7. 東海村吹奏楽団第19回「春の演奏会」

## Tokai Newsletter 25 Feb. 2026

1. Weekend Medical Services in Mar.
2. Health Checks and Consultations in Mar.
3. Healthy Walking Group
4. Experience the Sister City Exchange Activities!
5. Identifying Deciduous Trees by New Buds
6. Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu"
7. Tokai-Mura Wind Orchestra Spring Concert

### 1. Weekend Medical Services in Mar.

**Hours:** 9:00 a.m. - noon

Sun. 1: Usui Clinic, ph.029-229-0855

Sun. 8: Tokai Hospital, ph.029-282-2188

Sun. 15: Ibarakihigashi National Hospital, ph.029-282-1151

Fri. 20: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 22: Tokai Hospital, ph.029-282-2188

Sun. 29: Ogata Clinic, ph.029-282-4781

**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 Mar.

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

**Date:** Thu. 19 Mar.

**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:** Thu. 19 Mar.

**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 (babies born in Oct. 2025)**

**Date:** Wed. 4 Mar.

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

**2) Children - aged 1 year and 6 months old (babies born in Aug. 2024)**

**Date:** Fri. 13 Mar.

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

**3) Children - aged 3 years old (babies born in Sep. 2022)**

**Date:** Wed. 11 Mar.

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

**(4) Baby Class for babies born in Dec. 2025**

**Date:** Mon. 16 Mar.

**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. Healthy Walking Group**

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

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

**Time:** 9:30 a.m. – 11:30 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.

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

For details, see:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/fukushibu/kenkozoshinka/2/1/2/1490.html>

#### **4. Experience the Sister City Exchange Activities!**

Join us for bowling and lunch while discovering what sister city exchange is all about!

**Date:** Sun. 15 Mar.

**Time:** 9:15 a.m. – 1:00 p.m.

**Place:** Katsuta Minami Bowl (2-11-11 Higashi-Oshima, Hitachinaka City)

**Eligible People:** Students from 4th grade of elementary school to university

**Capacity:** 7 students

**Cost:** 500 yen per person

**Application and Inquiries:** Apply to the Policy Promotion Section by email at [koryu@vill.tokai.ibaraki.jp](mailto:koryu@vill.tokai.ibaraki.jp) by Fri. 6 Mar., including your name, grade, phone number, and any food allergies.

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

#### **5. Identifying Deciduous Trees by New Buds!**

**Date:** Sat. 21 Mar.

**Time:** 9:00 a.m. – 11:30 a.m.

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

**Capacity:** 15 people

**Application:** Apply by phone or e-mail (your name/s, phone number, and program name) to Lifelong Learning Section ([maruhaku@vill.tokai.ibaraki.jp](mailto:maruhaku@vill.tokai.ibaraki.jp)) from Tue. 3 to Wed. 18 Mar.

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

#### **6. Tokai-mura Care Center for Sick and Convalescent Children “Rupinasu”**

When parents/guardians cannot take care of a sick/convalescent child at home due to work or other reasons, temporary childcare service is provided at the Care Center for Sick and Convalescent Children “Rupinasu” located next to Tokai Hospital.

Registration in advance is required at the beginning of each fiscal year. You need to submit a registration form on and after Mon. 2 Mar. at Rupinasu from 8:00 a.m. to 5:30 p.m., Mon. to Fri. (except public holidays). The registration form is available at Rupinasu, Tokai Hospital and Childcare Support Section, or can be downloaded from Childcare Support portal website “Nobi-nobi Kosodate Cho” at <https://www.tokai-kosodate.jp/pagecat201/rupinasu>

**Inquiries:** Tokai-mura Care Center for Sick and Convalescent Children “Rupinasu”, ph. 029-283-3522, Tokai Hospital, ph.029-282-2188, Childcare Support Section, ph.029-282-1711 ext.1189

## **7. Tokai-Mura Wind Orchestra Spring Concert**

**Date:** Sun. 8 Mar.

**Time:** 2:00 p.m. (Doors open at 1:15 p.m.)

**Place:** Tokai Culture Center

**Cost:** Free

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

For details, see: <http://tmwo.bitter.jp/>