

広報とうかい 7/25 号

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Tokai Newsletter 25 Jul. 2025

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1. Weekend Medical Services in Aug.

Hours: 9:00 a.m. - noon

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

Sun. 10: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Mon. 11: I Tokai Hospital, ph.029-282-2188

Sun. 17: Ogata Clinic, ph.029-282-4781

Sun. 24: Tokai Hospital, ph.029-282-2188

Sun. 31: Ibarakihigashi National Hospital, ph.029-282-1151

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 Aug.

(1) Health Consultation for Mothers and Children

Date: Fri. 8 Aug.

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. 8 Aug.

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 (born in Mar. 2025)

Date: Wed. 6 Aug.

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

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

Date: Fri. 22 Aug.

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

3) Children - aged 3 years old (born in Feb. 2022)

Date: Wed. 20 Aug.

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

(4) Baby Class for babies born in May 2025

Date: Thu. 7 Aug.

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

(5) Dental Checkup Class for babies born in Jan. & Feb. 2025

Date: Tur. 28 Aug.

Time: 1:15 p.m. - 1:30 p.m.

Please make an appointment.

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

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

3. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

Date and Content:

(1) Fri. 5 Sep., 9:15 a.m. - noon (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 6 Sep, 9:15 a.m. - 11:50 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' crying / how to bathe a newborn / pregnancy experience for fathers / useful services for before and after childbirth. Bring an apron for each attendee. No childcare service will be provided.

Place: Tokai Health Center

Capacity: (1) 12 people, (2) 16 pairs

Other: Bring your Maternal and Child Health Handbook (Boshi Kenko Techo), the supplementary handbook, pen and notebook.

Applications: Apply from Tue. 12 to Sun. 24 Aug. at: <https://tokai-vill.city-ca.jp/>

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

4. Admissions Information of Migiwa Kindergarten for 2026

(1) Children for kindergarten

Eligible people:

3-year-old children born between 2 Apr. 2022 and 1 Apr. 2023

4-year-old children born between 2 Apr. 2021 and 1 Apr. 2022

Orientation: 10:30 a.m. - 11:30 a.m. on Fri. 19 Sep. *No reservation required.

(2) 3-year-old children

Eligible people:

Children born between 2 Apr. 2023 and 1 Apr. 2024 who have turned 3 years old

Orientation: 10:30 a.m. - 11:30 a.m. on Fri. 12 Sep. *No reservation required.

(3) 2-year-old children for nursery (Usagi-gumi)

Eligible people:

Children born between 2 Apr. 2023 and 1 Apr. 2024

Orientation: 10:30 a.m. - 11:30 a.m. on Fri. 12 Sep. *No reservation required.

Visit Day (for all classes): 10:30 a.m. - 11:15 a.m. Fri. 3 Oct. *No reservation required.

Application and Inquiries: Fill out the application form which will be distributed from Thu. 4 Sep. and apply in person from 9:00 a.m. on Fri. 17 Oct. at Migiwa Kindergarten, ph. 029-282-9155. For more details, see Migiwa Kindergarten website at <http://migiwa-y.com/>

5. Aikido Class

Aikido is a Japanese martial art practiced by a wide range of people, regardless of age and gender. You can learn manners, basic skills and demonstration.

Dates: 6 Saturdays – 13, 20 Sep., 4, 11, 18, 25 Oct.

Time: 4:15 p.m. - 5:45 p.m. (You can practice until 6:15 p.m. if you want.)

Place: Tokai Gymnasium

Eligible people: Elementary school students and older who either live, work or go to school in Tokai Village (including family living together)

Capacity: 20 people (Minimum number is 4.)

Cost: 500 yen per person

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Fri. 1 Aug. to Tue. 2 Sep.

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

6. SC Smile Tokai “Golf Class”

Dates: 5 Sundays – 24, 31 Aug., 7, 21, 28 Sep.

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: 12,500 yen for Smile Tokai members, 15,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Wed. 30 Jul. to Sun. 17 Aug.

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