

## 広報とうかい 5/10号

1. 5月の休日診療
2. 窓口業務時間延長
3. 「大空マルシェ」が「大空夜宴」に生まれ変わります！
4. TOKAI まるごとロゲイニング
5. 子育てパパの筋力トレーニング
6. 女性の健康講座
7. ベビーヨガ
8. 紅茶とスコーンとイギリスのお話

## Tokai Newsletter 10 May 2026

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4. TOKAI Rogaining Day
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### 1. Weekend Medical Services in May

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

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

Sun. 17: Higashihara Clinic, ph.029-283-2301

Sun. 24: Ogata Clinic, ph.029-282-4781

Sun. 31: Usui Clinic, ph.029-229-0855

**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. Extension of Administrative Service Time

**Date:** Every 1st and 3rd Thu.

**Time:** 8:30 a.m. - 7:00 p.m.

**Services and Sections:**

**Civil Registration Section;** Resident registration, seal (hanko) registration, My Number Card, passport issuance, and publishing of other certifications and permissions

**Health Insurance Section;** Procedures of National Health Insurance, National Pension Plan, Long Life Medical Care for the Elderly, Medical Welfare Subsidy and Long-term Care Insurance

**Tax Section;** Issuance of certifications, (local) taxpayer assistance (needs reservation)

**Accounting Section;** Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties

**Childcare Support Section;** Procedures for day-care centers and kindergartens, application of child allowance and child-rearing allowance

**Waterworks Section;** Procedures to supply public water, payment of water and sewage bills

**3. Ozora Yaen Music Festival 2026**

This year, "Ozora Marche" is transforming into "Ozora Yaen," a music festival where guests can enjoy food, drink and music in the enchanting atmosphere of the illuminated historic shrine and temple!

**Date:** Sat. 5 Sep.

**Time:** noon - 8:30 p.m.

**Place:** Daijingu Shrine, Muramatsu Kokuzoson Temple

**Application:**

Tickets for Tokai-mura residents only:

Will be sold from Wed. 20 to Sun. 31 May at Tokai Village Tourism Association.

3500 yen per ticket, or 4500 yen for a ticket with parking. Up to four tickets per person. Cash only. ID required.

General Advance Tickets:

Will be available through the electronic ticketing service from 9:00 a.m. on Mon. 1 Jun.

4000 yen per ticket, or 5000 yen for a ticket with parking. Up to four tickets per person.

**Inquiries:** Tokai Village Tourism Association, ph. 029-287-0855

Website <https://tokai-kanko.com/>

**4. TOKAI Rogaining Day**

Rogaining is an orienteering sport involving both route planning and navigation between checkpoints using a map. Teams choose which checkpoints to visit within a time limit to

maximize their score. All participants will receive participation prizes, and winning teams will be awarded prizes.

**Date:** Sat. 6 Jun. (Postponed to Sun. 7 Jun. in case of rain)

**Time:** 9:30 a.m.- 12:45 p.m. (Registration starts at 9:00 a.m.)

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

**Eligible people:** Anyone who either lives, works or goes to school in Tokai Village

\*Elementary school students and younger must be accompanied by a guardian.

**Capacity:** 30 groups of two to five people

**Cost:** Free

**Application and Inquiries:** Apply with the application form to Tokai Gymnasium by email, fax or in person from Fri. 15 May to Fri. 5 Jun., ph. 029-283-0673, fax. 029-287-1905, [sports.zaidan@tokai-cs.or.jp](mailto:sports.zaidan@tokai-cs.or.jp)

For details, see <http://www.tokai-cs.or.jp/post-6815/>

## 5. Fun Strength Training for Dads and Kids

**Dates:** 4 Saturdays – 6, 13, 20 and 27 Jun.

**Time:** 10:00 a.m.- 11:30 a.m.

**Place:** Tokai Welfare Center "Kizuna"

**Eligible people:** Fathers and children in pairs who live in Tokai Village. Children must be from preschool (age 4-5) to 2nd grade (age 7-8).

**Capacity:** 15 pairs

**Cost:** Free

**Other:** Bring indoor shoes, a drink and towel. Also, wear comfortable clothes.

**Application and Inquiries:** Apply to Tokai Health Center, ph. 029-282-2797, or SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001, from Fri. 15 May.

## 6. Women's Health Class

Join us for a workshop where you can learn about women's physical and mental health, nutrition, and engage in yoga and stretching exercises.

**Date:** 4 Thursdays - 2, 9, 16 and 23 Jul.

**Time:** 9:30 a.m. – 11:00 a.m. (Registration starts at 9:00 a.m.)

**Place:** Tokai Welfare Center "Kizuna"

**Eligible people:** Women aged 20–54 who live in Tokai Village

**Capacity:** 15 people

**Cost:** Free

**Other:** Bring a drink, towel, and yoga mat. Also, wear comfortable clothes. Free childcare service is available. (Reservation required)

**Application and Inquiries:** Apply to Tokai Health Center, ph. 029-282-2797, or SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001, from Fri. 15 May.

## 7. Baby Yoga Class

**Date:** Fri. 12 Jun.

**Time:** 10:30 a.m. – 11:30 a.m.

**Place:** Ozora Daycare Center

**Eligible people:** Children from 6 months to 2 years old and their parents

**Capacity:** 10 pairs

**Other:** Bring a baby blanket, towel and drink. Also, wear comfortable clothes.

**Application and Inquiries:** Apply by phone to Ozora Daycare Center by Thu. 11 Jun., ph. 029-287-3535

## 8. "Tea, Scones and Stories From the UK" at Sister City Hall

Join us for a relaxing teatime with stories about British culture from a UK guest. Enjoy tea, British sweets, and cross-cultural conversation at the Tokai-mura Sister City Hall!

**Date:** Sat. 30 May

**Time:** 10:00 a.m. - noon

**Place:** Tokai-mura Sister City Hall

**Eligible people:** Anyone who lives or works in Tokai Village (Junior high school students and older)

**Capacity:** 20 Japanese and foreigners \*If there are too many applicants, a lottery will be held. The results will be notified by Sat. 23 May.

**Cost:** Free

**Application:** Apply by phone or in person between 9:00 a.m. and 9:00 p.m. at the Sister City Hall by Thu. 21 May. Or e-mail your name, telephone number, and whether you have used the Sister City Hall before to Tokai-mura Sister City Hall (koryu@vill.tokai.ibaraki.jp) by Thu. 21 May. \*Up to 2 people may apply together.

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

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