

広報とうかい 5/25 号

1. 6月の休日診療
2. 6月の健康相談
3. 東海村春のクリーン作戦
4. 女性の健康講座
5. シェリーのネイチャーラボ「海岸の漂着物くらべ」
6. 乗馬少年団員を募集します！
7. 「東海村芸術祭 2025 芸能部門」発表会を開催します！
8. 鬼ヶ城山ハイキング
9. 初・中級者テニス教室

Tokai Newsletter 25 May 2025

1. Weekend Medical Services in Jun.
2. Health Checks and Consultations in Jun.
3. Spring Cleanup Day
4. Women's Health Class
5. Shelly's Nature Lab: Comparing Washed-up Debris Found at the Beach
6. Horse Riding Youth Club Members Wanted
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8. Hiking Tour to Mt. Onigajo
9. Tennis Class for Beginners and Intermediates

1. Weekend Medical Services in Jun.

Hours: 9:00 a.m. – noon

Sun. 1: Ogata Clinic, ph.029-282-4781

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

Sun. 15: Usui Clinic, ph.029-229-0855

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

Sun. 29: 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 Jun.

(1) Health Consultation for Mothers and Children

Date: Fri. 13 Jun.

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. 13 Jun.

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 Jan. 2025)

Date: Wed. 4 Jun.

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

2) Children - aged 1 year and 6 months old (babies born in Nov. 2023)

Date: Fri. 20 Jun.

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

3) Children - aged 3 years old (babies born in Dec. 2021)

Date: Wed. 18 Jun.

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

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

Date: Thu. 12 Jun.

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

(5) Dental Checkup Class for babies born in Nov. & Dec. 2024

Date: Thu. 19 Jun.

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

Please make an appointment.

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

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

3. Spring Cleanup Day

Date: Sat. 14 Jun.

*In case of rain, notification will be given through the community radio system at 6:30 a.m., and the cleanup day will be postponed to Sun. 15 Jun.

Time: 7:00 a.m. – 8:00 a.m.

Place: All areas of Tokai Village

Inquiries: Environmental Policy Section, ph. 029-282-1711 ext. 1452

4. 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 - 3, 10, 17 and 24 Jul.

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

Location: Tokai Welfare Center "Kizuna"

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

Capacity: 15 people

Cost: Free

Other: Bring writing materials, indoor shoes, a drink and a towel. Also, wear comfortable clothes. Free childcare services are 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, between Fri. 30 May and Wed. 18 Jun.

5. Shelly's Nature Lab: Comparing Washed-up Debris Found at the Beach

Date: Sat. 14 Jun.

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

Place: Tokai Village Museum (Rekishu To Mirai No Koryukan)

Other: Wear clothes you don't mind getting them dirty.

Application: Apply online by Fri. 6 Jun. at:

https://apply.e-tumo.jp/vill-tokai-ibaraki-u/offer/offerDetail_initDisplay?tempSeq=71738&accessFrom=

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

6. Horse Riding Youth Club Members Wanted

Date: Sat. and Sun.

Time: 9:00 a.m. - noon

Place: Tokai Riding Park (Bajien), 845- 4 Funaishikawa, Tokai Village

Eligible people: Students from 3rd grade of elementary school up to 1st grade of junior high school who can practice more than 4 times a month

Cost: 1,000 yen per month *Additional fee will be charged for an event.

Inquiries: Mr. Ozaki, Tokai Bajien, ph. 029-282-7056

7. Art Festival Performances 2025

Date: Sun. 8 Jun.

Time: 10:30 a.m. (Doors open at 10:00 a.m.)

Place: Tokai Culture Center

Contents: Morning - Chorus, Flute, Yosakoi soran, Ballet

Afternoon -Koto (Japanese harp), Taiko (Japanese drum), Japanese performing arts, Jazz dance, Pop songs, Hula

Inquiries: Tokai Village Cultural Association at Tokai Culture Center, ph. 029-282-8511

8. Hiking Tour to Mt. Onigajo

Date: Sat. 28 Jun.

Time: Meeting at Fureaino-mori Park at 7:20 a.m.

Departure time: 7:30 a.m.

Place: Mt. Onigajo, Iwaki City, Fukushima pref.

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: 15 people

Cost: 10,000 yen for Smile Tokai members, 13,000 yen per person who lives together with a Smile Tokai member, 15,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium from Sat. 7 to Thu. 26 Jun.

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

9. Tennis Class for Beginners and Intermediates

Date: 8 Sundays from 13 Jul. to 7 Sep.

Time: 7:00 a.m. - 9:00 a.m.

Place: Tokai Tennis Court

Eligible people: Any junior high school student or older, who lives, works, or goes to school in Tokai Village, or any member of Tokai Village Tennis Federation (including family living together).

Capacity: About 50 people

Cost: 3,000 yen per person

Application: Apply with the application to Tokai Tennis Court Club House by 5:00 p.m. on Sun. 29 Jun.

Inquiries: Kishimoto san, Tokai Village Tennis Federation, ph. 090-7421-4679