

Koho Tokai 25 Apr., 2014

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A. The Ibaraki Bar Association has started a Legal Consultation Service

1. Medical Services on Weekends and Public Holidays in May

Attention hours: 9:30 a.m.-noon, 1:00-2:00 p.m. (At any clinic and hospital mentioned bellow)

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

Sun. 4 May: Tokai Clinic, ph. 029-283-1711

Mon. 5 May: Tokai Village Hospital, ph. 029-282-2188

Tue. 6 May: Muto Pediatric Clinic, ph. 029-282-7722

Sun. 11 May: Tokai Village Hospital, ph. 029-282-2188

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

Sun. 25 May: Ibarakihigashi National Hospital, ph. 029-282-1151

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center, ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (touch-tone phones and mobile phones) or 029-254-9900: everyday 6:30a.m.-00:30 p.m., Sundays and public holidays, 9:00 a.m.-5:00 p.m.

2. Calisthenics Class in May

Stretch and yoga exercise class will be held at Kizuna Healthcare Center.

Eligible people: Residents aged 40 -64 years old.

Date: Thursdays 8, 15, 22, 29 May, 2014

Time: 9:30~11:00 a.m.

Other: People coming for first time need to apply

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

3. The Takegawara-bashi Bridge has been open to Vehicle Traffic

The traffic regulation which had been running every morning of the Takegawara-bashi Bridge has been opened to traffic.

Inquiries: Road Management Division ph. 029-282-1711(ext. 1234)

4. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road from Fureainomori Park.

Date: Wed. 7 May, 2014. Canceled in case of rain.

Time: 10:00 a.m. (register from 9:30 a.m.)

Meeting place: Fureainomori Park (west side of Tokai-mura Library)

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and small towel, and wear comfortable clothing.

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

5. Breast Cancer and Pap smear Checks

Women living in Tokai-mura are entitled to receive free examination for breast and cervical cancer at designated clinics and hospitals.

Eligible people:

Breast cancer checks: Women 30 years and over.

Pap smear checks: Women 20 years and over.

Term: Thu. 1 May - Fri. 26 Dec., 2014

Application: Vouchers for national government sponsored cancer checks will be sent by mail to those who are eligible by the end of May. If you have recently moved to Tokai-mura, apply at Kizuna Public Health Center.

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

6. Health Checks for Infants and toddlers in May at Kizuna Public Health Center

Eligible people: Infants born Dec. 2013

Date: Wed. 14 May, 2014

Time: 1:00-1:45p.m.

Eligible people: Children(born Oct. 2012) aged 1 year and 6 months old

Date: Thu. 15 May, 2014

Time: 1:00-1:45p.m.

Eligible people: Children(born Mar. 2011) aged 3 years old

Date: Wed. 21 May , 2014

Time: 1:00-1:45p.m.

Dental Checks for Children(born Oct. 2011) aged 2 years and 6 months old

Date: Thu. 8 May, 2014

Time: 1:00-1:45 p.m.

Baby class

Eligible people: Children born Feb. 2014

Date: Tue. 27 May, 2014

Time: 1:00-1:20p.m.

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

7. Happy Land for Children and Parents

1. Rhythm activities

Date: Thu. 8 May, 2014

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

Place: Shirakata Community Center

2. Walk

Date: Thu. 22 May, 2014

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

Place: Kasamatsu Sports Park, cancelled in case of rain.

Eligible people: Preschool age children accompanied by a parent who is a resident of

Tokai-mura.

Cost: Free

Application: No reservations are required

Others: Bring a drink, towel and spare clothes

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

8. A room for parents and children to support their childcare

Hyakutsuka Daycare Center opens a room for parents and children to support their childcare.

Date: Thursdays 15 and 29 May, 2014

Time: 9:30-11:30 a.m.

Place: Hyakutsuka Daycare Center

Eligible people: Preschool age children accompanied by a parent who is a resident of Tokai-mura.

Cost: Free

Others: Do eurhythmics and storytelling. Bring a drink, towel and spare clothes.

Reservations are not necessary.

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

9. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, child care, and share with us your concerns and your experience as a future mother.

Date and Content:

1. Wed. 7 May, 9:30a.m.-1:00p.m.

Discussion with a midwife about nutrition during pregnancy and cooking hints. Bring an apron and headscarf to cover hair. You need to make reservation for childcare if needed on that day.

2. Fri. 9 May, 1:30-3:30p.m.

Delivery process and life after childbirth/ dental checkups and brushing guidance/ children chair for cars. There is a reservation only childcare services.

3. Sat. 10 May, 9:20a.m.-noon

Talk about baby / how to bath a new born/ pregnancy experience for fathers. Bring

an apron. There is no childcare services.

Place: Tokai-mura Health Center

Cost: Free

Others: Bring your Mother and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Inquiries and applications: To register for the childcare services and the class on Wed. 7 May, call Tokai-mura Health Center by Wed. 30 April. No registration is necessary for Fri. 9 May and Sat. 10 May.

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

10. Let's sing with Bonny Jacks!

A concert of the Bonny Jacks, a singer quartet group, will be held at Tokai Culture Center.

Date: Sat. 12 July, 2014

Time: 2:00p.m.(doors open at 1:30p.m.)

Place: Tokai Culture Center

Program: Part1 Bonny Jacks mini concert, Part2 Let's sing with Bonny Jacks

Cost: 2,500yen (reserved seat only)

Tickets will go on-sale date of the tickets: Starts from 9:00 a.m. on Sat. 17 May, 2014 at Tokai Culture Center. Reservation by phone is allowed from 1:00p.m. Depending on tickets availability.

Others: Pre-school children cannot attend this event, but a childcare service will be offered(1,000yen per child). To register for the childcare services call Tokai Culture Center by Sat. 5 July, 2014.

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

11. Hiking Tour to Mt. Nakimushiyama

The course takes approximately 4 hours to reach the top of the mountain. As you walk you can observe rhododendron kaempferi and filipendula ulmaria.

Date: Sat. 17 May, 2014

Time: 4:50a.m. at Fureaino-mori Park

Departure time: 5:00a.m.

Eligible people: Who is living or working in Tokai-mura or belonging to Smile Tokai, and be over 18 years old. The first 40 applicants will be accepted.

Cost: 4,500yen for Smile Tokai members, 5,500yen for the family of the Smile Tokai

member, 7,500yen for non-members.

Application: Tue. 29 April-Tue. 13 May, 2014(except Wed. 7 May and 12 Mon., 2014)

Register for the tour and pay at Tokai Gymnasium.

Inquiries: Tokai Gymnasium ph.029-283-1001

12. Japanese Archery Classes

A series of ten classes for any level of Japanese archers, including beginners, will be held.

Date: Saturdays and Sundays from 31 May to 29 June, 2014

Time: 4:15-6:15 p.m.

Place: Tokai Gymnasium

Cost: 2,000 yen per person

Eligible people: Anyone of junior high school age or above, who either lives, works, or goes to school in Tokai-mura, or is a family member of anyone in these categories.

Applicants are limited to 30 (15 adults and 15 junior or senior high school students).

Application: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Thur. 8 May to Sun. 25 May (except Mondays).

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

A. The Ibaraki Bar Association has started a Legal Consultation Service

Tsuchiura Branch of the Ibaraki Association will introduce to you a legal consultant, who heed your request.

Inquiries: Community Development Promotion Division ph. 029-287-0925