

Koho Tokai 25 June, 2014

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1. Medical Services on Weekends in July

Hours: 9:30a.m.- 2:00p.m., except noon-1:00p.m.(Hours are available for all locations.)

Sun. 6: Tokai Village Hospital, ph. 029-282-2188

Sun. 13: Ibarakihigashi National Hospital, ph. 029-282-1151

Sun. 20: Muto Pediatric Clinic, ph. 029-282-7722

Mon. 21: Ishi Orthopedics (Seikeigeka) Clinic, ph. 029-270-5141

Sun. 27: Tokai Village Hospital, ph. 029-282-2188

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 6:30p.m.-00:30a.m., Sundays, public holidays, Monday 29 December, 2014- Saturday 3 January, 2015 9:00 a.m.- 5:00 p.m.

2. Calisthenics Class in July

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

Eligible people: Residents aged 40- 64 years old.

Date: 17, 24 July, 2014

Thu. 3 Nakamaru Community Center

Thu. 10 Kizuna Healthcare Center

Thu. 17 Kizuna Healthcare Center

Thu. 24 Nakamaru Community Center

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

Other: First-time attender needs to apply.

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

3. Health Checks for Infants and Toddlers in July at Kizuna Public Health Center

(1) Mother and Child Health Consultation

Date: Fri 18

Time: 9:30- 11:00 am, 1:00- 2:00 pm.

(2) 'Genki-up' Health Consultation

Please make an appointment.

(3)Health Check for Babies

①Infant born in February, 2014

Date: Wed. 9

Time: 1:00- 1:45 pm.

②Children (born in December, 2012) aged 1 and a half years old

Date: Thu. 10

Time: 1:00- 1:45 pm.

③Children (born in May, 2011) aged 3 years old

Date: Wed. 16

Time: 1:00- 1:45 pm.

④Dental Checks for Children (born in December, 2011) aged 2 and a half years

Date: Thu. 17

Time: 1:00 to 1:45 pm.

(4) A Class for Babies born in April, 2014

Date: Tue. 29

Time: 1:00 to 1:20 pm.

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

4. Sukoyaka Walking

A one-hour walk along the Ibaraki Health Road around Funai-shikawa and Funaba

area.

Date: Wed. 2 Jul. 2014 (Canceled in case of rain.)

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

Meeting place: Funaishikawa Community Center, at the parking area.

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and small towel.

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

5. Happy Land for Children and Parents

Date: Thursdays 10 and 24, Jul. 2014

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

Place: Nakamaru Community Center

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

Cost: Free

Others: On 10 July, we will do the rhythm activities and on 24 July, we will play in the water.

Bring a drink, hat, towel and spare clothes.

Reservations are not necessary.

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

6. 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 mother.

Date and Content:

1. Tue. 22 July, 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. 25 July, 1:30-4:00p.m.

Delivery process and life after childbirth/ children chair for cars/ dental checkups and brushing guidance. Reservation for childcare services must be made

beforehand.

3. Sat. 26 July, 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.

Applications: To register for the childcare services and the class on Tuesday 22 July, call Tokai-mura Health Center by Tuesday 8 July.

No registration is necessary for Fri. 25 and Sat. 26 July.

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

7. “Koara Hiroba”, a Room for Parents and Children to Support their Childcare
Hyakutsuka Daycare Center opens a room for parents and children to support their childcare, through doing eurythmics and listening storytelling.

Date: Thu. 3 and Fri. 18 Jul. 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: Bring a drink, towel and spare clothes.

Reservations are not necessary.

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

8. Learning Child Care

Let's enjoy doing eurhythmic with your kids.

Date: Thu. 17 Jul. 2014

Time: 10:00-11:00 a.m. (doors open at 9:45 a.m.)

Place: Nakamaru Community Center

Eligible people: Children between 18 months and 6 years old accompanied by a guardian who is a resident of Tokai-mura.

The first 25 families are accepted.

Instructor: Ms. Mitsuko Ota (Eurhythmics instructor)

Cost: Free

Others: Bring a drink , a bag to put shoes in, slippers and wear comfortable clothes that allow your movement.

Application: Please make a reservation from Monday 30 June through Thursday 3 July, from 1:00 to 4:00p.m. by phone.

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

9. Tokai Swimming Pool Opening

The Tokai Swimming Plaza (next to the gymnasium) will open from Tuesday 1 July to Wednesday 10 September. The pool opens every day from 9:00a.m. to noon, and 1:00 to 4:00 p.m. From Sunday 20 July to Wednesday 20 August it also opens in the evening from 5:00 to 7:00 p.m. (except noon- 1:00p.m., 4:00- 5:00p.m.). The pool may close in case of bad weather. Entry is 200 yen for junior high students and above, 100 yen for elementary students, and free for preschool children. Babies should wear swimming suits, swim diapers and be accompanied by a guardian wearing a swimming suit.

No food is allowed at the pool side.

Inquiries: Tokai Swimming Plaza, ph. 029-287-0807.

10. Summer Holiday's Workshops for the Children

The member of the Tokai-mura Cultural Association will give elementary children lectures of painting and calligraphy.

Date: Painting class; Sat. 2 Aug.

Calligraphy class; Sun. 3 Aug.

Time: ① 9:20a.m. ② 1:20p.m. Choose one of the time alternatives.

Place: Tokai Culture Center

Eligible people: Elementary students living in Tokai-mura.

Capacity: 40(first-come-first-served basis) people for the each painting class, 30(first-come-first-served basis) people for the each calligraphy class.

What to do: Painting class; Choose a theme of school's assignments, and complete a picture.

Calligraphy: Writing on a big Japanese writing paper by a brush

Cost: 700yen per student

Application and Inquiries: Apply with the fee at the Tokai-mura Cultural Association Secretariat (at Tokai Culture Center, ph. 029-287-2512) between 10:30a.m. and 5:00p.m. on Saturday 5 July.

It is possible to apply for more than two students per family.

11. Summer Events at the Ibaraki Science Museum of Atomic Energy

The following free summer events are scheduled at the Ibaraki Science Museum of Atomic Energy.

1. Special Exhibition "Our Precious Ocean- The First Science about Ocean"

Date: Tue. 1 Jul. - Sun. 31 Aug.

Time: 9:00a.m. - 4:00p.m.

2. 3D movies "3Dsaurus II" and "Sea Dragons"

Date: Sat. 19 Jul. - Sun. 31 Aug.

Session time: ① 10:30a.m. ② 11:30a.m. ③ 1:30p.m. ④ 2:30p.m. ⑤ 3:30p.m.

3. Special Lecture "The Co-Pilot of the Shinkai 6500"

Date: Sat. 26 Jul.

Session time: ① 10:30a.m.- noon, ② 1:30- 3:00p.m.

Eligible people: Elementary and junior high students and their guardians

Capacity: 40 people for each session.

Application: Please call Nuclear Science Museum after Monday 7 July, from 9:00a.m. to make a reservation.

4. Let's cut the Ice with the Thermo Camera and Artificial Diamond

Date: Sat. 26 Jul.

Time: 10:00 a.m. and 3:30 p.m.

5. Air dome trampoline

Date: Sat. 26 Jul. (depending on the weather condition).

Time: 10:00a.m.- 3:30p.m.

6. Quizzes and Games (Radiation Experience) at Einstein Square

Date: Every Friday, Saturday and Sunday of August. Additional dates are Wednesday 13 and Thursday 14 August.

Time: 9:00a.m.- 4:00p.m.

Others: The museum is closed every Monday.

If Monday is a public holiday then it opens that day and closes Tuesday instead.

Inquiries: Ibaraki Science Museum of Atomic Energy, ph. 029-282-3111

12. Welcome Flags and Paintings for the Youth Delegation from Idaho Falls City are Wanted

Welcome boards, flags and paintings are wanted to welcome the youth delegation of the sister city, Idaho Falls City, who is coming on Thursday 31 July. The art pieces will be exhibited during the stay of the youth delegation till Monday 11 August at the Tokai-mura Sister City Hall.

Examples of the theme: "Welcome to Tokai-mura", "International exchange", "Friendship"

Application: Please bring/send by mail your flag/ picture/ welcome board with any paper with your name, telephone number by Thursday 24 July at Tokai-mura Sister City Hall.

Others:

Materials, colors, figures and sizes are unregulated.

We will give you a present those who bring a flag/ picture/ welcome board direct to the Tokai Sister City Hall.

If you want have back your flag/ picture/ welcome board, please come by Sunday 31 August at the Tokai-mura Sister City Hall.

Please donate it if you don't mind, it might be also exhibited at the visit of the delegation from Idaho Falls City hereafter.

Inquiries: Tokai-mura Sister City Hall, 3-6-7 Tokai, Tokai-mura, Naka-gun, Ibaraki, 319-1117, ph. 029-282-0535