

Koho Tokai 25 August, 2014

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1. Medical Services on Weekends in September

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

Sun. 7: Tokai Village Hospital, ph. 029-282-2188

Sun. 14: Higashihara Clinic, ph. 029-283-2301

Mon. 15: Tokai Clinic, ph. 029-283-1711

Sun. 21: Tokai Village Hospital, ph. 029-282-2188

Tue. 23: Muto Pediatric Clinic, ph. 029-282-7722

Sun. 28: 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 6:30p.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 September

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

Eligible people: Residents aged 40 -64 years old.

Date: Thursdays 4, 11, 18, 25 September

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. Health Checks for Infants and Toddlers September at Kizuna Public Health Center

#### (1) Mother and Child Health Consultation

Date: Fri 19

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

##### ① Infant born in April, 2014

Date: Wed. 10

Time: 1:00- 1:45 pm.

##### ② Children( born in February, 2013) aged 1 and a half years old

Date: Thu. 11

Time: 1:00- 1:45 pm.

##### ③ Children( born in July, 2011) aged 3 years old

Date: Wed. 17

Time: 1:00- 1:45 pm.

##### ④ Dental Checks for Children( born in February, 2012) aged 2 and a half years

Date: Thu. 18

Time: 1:00 to 1:45 pm.

#### (4) A Class for Babies born in June, 2014

Date: Tue. 30

Time: 1:00 to 1:20 pm.

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

### 4. Chickenpox Vaccination will be Routine Vaccination

Optional vaccination of chicken pox will be subsidized by Tokai-mura government as routine vaccination from Wednesday 1 October, 2014. As a result of this change, the eligibilities and the number of shots will be changed as below.

1. Children between 12 month and 35 months old are eligible for 2 shots but the second shot must be done more than 3 months after the first shot.
2. Children between 36 months and 59 months old are eligible for 1 shot if they haven't

been contracted chickenpox in the past.

Others: Children who have ever been contracted chickenpox don't need the vaccination.  
5 and 6 years old children who want to receive the vaccination and have the voucher of optional vaccination, please apply by Tuesday 31 March, 2015.

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

#### 5. Sukoyaka Walking

A one-hour walk along the Ibaraki Health Road.

Date: Wed. 3 Sep.( Canceled in case of rain.)

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

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

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and a small towel.

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

#### 6. A Room for Parents and Children to Support their Childcare

Hyakutsuka Daycare Center opens a room for guardian and children to support their childcare, through playing and listening to storytelling.

Date: Thursdays 4 and 18 September

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

Place: Hyakutsuka Daycare Center

Eligible people: Preschool age children accompanied by a guardian 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

#### 7. Happy Land for Children and Parents

Date: Thursdays 11 and 25 Sep.

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 11 September, we will play in the water and on 25 September, we will offer rhythm activities.

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

#### 8. Concert of Artists from Tokai-mura Vol. 1

This is a series of concerts to introduce artists who are from Tokai-mura.

Hiromi Yamada( mezzo soprano), who has ample repertoire, Hitomi Ogawa( pianist), who has received many awards in competitions, and Asuka Ichimura( flute player), who has won world-class competitions, will come on stage.

Date: Sat. 11 Oct.

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

Place: Tokai Culture Center

Cost: 1,000yen( 500yen for students 18 years old and younger)

Reserved seat only.

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 Saturday 4 October.

Application: Tickets are on sale from 9:00 a.m. on Saturday 30 August, at Tokai Culture Center and other ticket agencies. Reservation by phone is possible from 1:00p.m. depending on tickets availability. Sale date and time depends on each ticket agency.

#### 9. Table Tennis Classes

A series of six classes will be offered.

Dates:( Tuesdays and Fridays from 30 September to 21 October)

Tuesdays; 30 September, 7 and 21 October

Fridays; 3, 10, 17 October

Time: 10:00a.m.- noon

Place: Tokai Gymnasium

Cost: 2,000 yen per person

Eligible people: Anyone of 18 years old or above( but high school students are not eligible), who either lives or works Tokai-mura, or is a family member of anyone in these categories. Applicants are limited to 25( minimum applicant count is 15).

Application: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Sunday 31 August to Tuesday 23 September( except Mondays 1, 8, 22 and Tuesday 16 September).

Others: To register for the childcare services( 1,000yen per child for per class), apply by Monday 15 September.

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

#### 10. Skating Classes

Dates: Sat. 27 Sep, Sat. 4 Oct.

Time: 11:00a.m.- 0:45p.m.

Place: Ice skating rink, Kasamatsu Sport Park( 2197-28, Sawa, Hitachinaka City)

Eligible people: Elementary school and junior high school students

Capacity: 100 students( first- come- first- served basis)

Cost: Free

Application: Bring your personal seal between 10:00 and 11:00 a.m. on Sunday 14 September at the 2nd floor entrance of the Ice skating rink in Kasamatsu Sport Park.

Inquiries: Ibaraki Prefecture Skate Association, ph. 090-8685-1054

#### 11. The 36th Tokai Matsuri( Festival) Fireworks

Fireworks will be held in the Akogigaura Park.

Date: Sat. 6 Sep.

Time: 7- 8:30p.m.

Place: Akogigaura Park

Others: The shuttle buses will operate between Tokai Station East Exit, Tokai Culture Center, Kizuna Welfare Center and Akogigaura Park. The cost is 100 yen one-way for adults and free for elementary school children or younger.

Inquiries: Tokai Matsuri Planning Committee Secretariat( No. 4 building in the former

Village Office), ph. 029-283-2141.