

## **Koho Tokai 25 November, 2015**

1. Medical Services on Weekends in Dec.
2. Calisthenics Class in Dec.
3. Health Checks for Infants and Toddlers in Dec. at Tokai-mura Health Center
4. Idaho Falls Delegation visited Tokai-mura!
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6. Experiencing Daycare for children who are not in a nursery school or a kindergarten [Wakuwaku Club]
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8. Room Koara- Hiroba for Parents and Children to Support Their Childcare
9. Art Tower Mito Starlight Fantasy

### **1. Medical Services on Weekends in Dec.**

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, 029-282-7722

Wed.23: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

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

Wed.30: Ogata Clinic, ph.029-282-4781

Thu.31: Ogata Clinic, ph.029-282-4781

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, 9:00 a.m.-5:00 p.m.

### **2. Calisthenics Class in Dec.**

Stretch and yoga exercise classes will be held at Tokai-mura Welfare Center "Kizuna".

**Eligible people:** Residents aged 30- 64 years old.

**Date:** Thu.3, 10, 17, Dec. 2015

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

**Others:** First-time attendees need to apply.

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

### **3. Health Checks for Infants and Toddlers in Dec. at Tokai-mura Health Center**

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

**Date:** Fri. 11 Dec.

**Time:** 9:30- 11:00 a.m.

1:00- 2:00 p.m.

**(2) “Genki-up” Health Consultation**

Please make an appointment.

**(3) Health Check for Babies**

**1) Infants born in Jul. 2015**

**Date:** Wed. 2 Dec. 2015

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

**2) Children (born in May 2014) aged 1 year and 6 months old**

**Date:** Thu. 3 Dec. 2015

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

**3) Children (born in Oct. 2012) aged 3 years old**

**Date:** Wed. 9 Dec. 2015

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

**4) Dental Checks for Children (born in May 2013) aged 2 years and 6 months old**

**Date:** Tue. 15 Dec. 2015

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

**5) Baby (born in Sep. 2015) class**

**Date:** Tue. 22 Dec. 2015

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

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

**4. Idaho Falls Delegation visited Tokai-mura!**

Tokai-mura made an international sister city agreement with the city of Idaho Falls, U.S.A. in July, 1981. Since then, about 1000 students and adults of Tokai-mura and Idaho Falls have visited each other’s country over the last 30 years. 19 people came and had great international exchange experience with residents in Tokai-mura from 29 Oct. to 6 Nov..

“Friendship Woods”, a new symbol of sister city exchange, has been created for the 60<sup>th</sup> anniversary of Tokai-mura. An opening ceremony for it was held with the delegation. The area will be developed in the future to provide a comfortable environment.

**Inquiries:** Community Development Promotion Section, ph. 029-282-1711 ext.1343

**5. Sukoyaka Walking**

One hour of walking along the Ibaraki Health Road around Funaba and Funaisikawa.

**Date:** Wed. 2 Dec. 2015 (Canceled in case of rain)

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

**Meeting place:** Funaisikawa Community Center parking lot

**Eligible people:** Tokai-mura residents

**Cost:** Free

**Others:** Bring a drink and towel.

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

## **6. Experiencing Daycare for Children who are not in a Daycare Center or a Kindergarten [Wakuwaku Club]**

1) Circle for 0-1 year old children and their guardian on Fri.18 Dec.

2) Circle for 2 years old children and their guardian on Fri.4 Dec.

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

**Place:** Tokai Muramatsusyuku-Kodomoen

**Eligible People:** Children who are not in a daycare center or a kindergarten and their guardian who have never joined this activity and is a resident of Tokai-mura.

**Capacity:** There is a limit of 3 pairs for each circle.

**Cost:** Free

**Contents:** Seeing class activities, playing with each other

**Inquiries:** Apply at Tokai Muramatsusyuku-Kodomoen Parenting Support Center from 9:00a.m. Mon. 30 Nov. to two days before the date of circle activity. Ph. 029-282-7390

## **7. Karugamo Circle (The class of winter is welcoming new members)**

**Date:** Every Tuesday from Tue.15 Dec. 2015 to Tue.1 Mar. 2016 (10 Classes)

**Time:** 10:00- 11:15 a.m.

**Place:** Muramatsusyuku-Kodomoen

**Eligible People:** Children born between Jun. and Dec. 2014 accompanied by a guardian who is a resident of Tokai-mura.

**Capacity:** The first 10 parents and children for each class will be accepted.

**Contents:** Learning Child Care, Craft Work

**Cost:** Free

**Application:** Apply by phone on Tue. 1 Dec. from 10:00a.m.to 3:00p.m.

**Others:** Only first- time attender (child) will be accepted.

**Inquiries:** Tokai Muramatsusyuku-Kodomoen Parenting Support Center, ph. 029-282-7390

## **8. Room Koara- Hiroba for Parents and Children to Support Their Childcare**

**Date:** Thu. 3 and Thu. 17 Dec. 2015

**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.

**Contents:** Playing freely and Storytelling

**Cost:** Free

**Others:** Bring a drink, towel and spare clothes. Reservations are not necessary.

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

### **9. Art Tower Mito Starlight Fantasy**

The area around the Mito Art Museum and Art Tower will be illuminated. Christmas concert by elementary and junior high school students and a countdown event will be held.

**Term:** Tue. 1 Dec. 2015-Mon. 11 Jan. 2016

**Time:** 5:00- 9:00 p.m.

**Place:** Mito Art Museum (1-6-8Goken-cho, Mito City)

**Inquiries:** ATMSF (Art Tower Mito Starlight Fantasy) Committee, ph. 029-227-7558