

Koho Tokai 25 December, 2015

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1. Medical Services on Weekends in Jan.

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

Fri.1: Tokai Village Hospital ph. 029-282-2188

Sat.2: Tokai Clinic, ph.029-283-1711

Sun. 3: Tokai Village Hospital ph. 029-282-2188

Sun.10: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Mon.11: Muto Pediatric Clinic, 029-282-7722

Sun. 17: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.24: Higashihara Clinic, ph. 029-283-2301

Sun.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 Jan.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.7, 14, 21, Jan. 2016

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 Jan. at Tokai-mura Health Center

(1) Mother and Child Health Consultation

Date: Fri. 22 Jan.

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 Aug. 2015

Date: Wed. 13 Jan. 2016

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

2) Children (born in Jun. 2014) aged 1 year and 6 months old

Date: Thu. 14 Jan. 2016

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

3) Children (born in Nov. 2012) aged 3 years old

Date: Wed. 20 Jan. 2015

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

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

Date: Wed. 27 Jan. 2016

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

5) Baby (born in Oct. 2015) class

Date: Tue. 26 Jan. 2016

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

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

4. Extension of Administrative Service Time in 2016

Date: Every 1st and 3rd Thu. 2016

Time: 8:30a.m.-7:00p.m.

Services and Sections:

Civil Registration Section: Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions.

Welfare and Insurance Section: Procedures of national health insurance and national pension plan, issuance of Motheral and Child Health Handbook (boshi kenko techo)

Welfare and Nursing Care Section: Application of long-term care insurance and support of the elderly.

Tax Section: Issuance of certifications, (local) taxpayer assistance (needs reservation)

Accounting Section: Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties.

Childcare Support Section: Procedures for day-care center, application of children allowance and child-rearing allowance.

Waterworks Section: Procedures to supply public water, payment of water and sewage bills.

Inquiries: Tokai-mura Village Office: ph. 029-282-1711

*Please check the official website of Tokai-mura for detail.

5. New Year Holiday Period

The following public offices and facilities will be closed during the New Year period as indicated below.

Closed from Sun. 27 Dec. 2015 until Sun. 3 Jan. 2016

Tokai-mura Sister City Hall: 029-282-0535

Tokai-mura Welfare Center “Kizuna”: 029-283-2299

Closed from Sun. 27 Dec. 2015 until Mon. 4 Jan. 2016

Tokai-mura Youth Center: ph. 029-282-7049

Tokai Station Community Facility Administration Office (except waiting room):
ph. 029-287-3680

Closed from Mon. 28 Dec. 2015 until Mon. 4 Jan. 2016

Tokai-mura Library (opens 1:00p.m. on Tue. 5): ph. 029-282-3435

Tokai-mura Central Community Center: 029-282-3329

Tokai Culture Center: ph 029-282-8511

Tokai-mura Gymnasium: 029-283-0673

Tokai-mura Tennis Court: ph. 029-282-8571

Tokai Agricultural Support Center: ph. 029-287-7867

Akogigaura Management Office: ph. 029-282-3835

Recycle Plaza Tokai: ph.029-282-4439

Closed from Tue. 29 Dec. 2015 until Sun. 3 Jan. 2016

Tokai-mura Village Office: ph.029-282-1171

Nagomi Tokai-mura Comprehensive Support Center: ph. 029-287-2525

Tokai Village Hospital (except for weekend and holiday hours): ph.282-2188

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

Tokai-mura Council of Social Welfare: ph. 029-282-2804

Senior Center: ph. 029-282-4300

Support Center for Persons with Disabilities: ph. 029-282-4599

Children's Center: ph. 029-306-1017
Volunteer Citizen Activities Center "Egao": ph. 029-283-4538
Tokai-mura Citizen Activities Center: ph. 029-282-0002
"Ainori-kun" (Tokai-mura Taxi on demand): ph. 029-306-2828
All community centers
Tokai Plaza Cafe: ph. 029-282-2928
Nagahori Sukoyaka House: ph. 029-283-3664
Suwama Cemetery Administration Office: ph. 029-283-3060

Closed from Thu. 31 Dec. 2015 until Sun. 3 Jan. 2016

Tokai-mura Waste Disposal Center: ph. 029-282-7289
Hitachinaka-Tokai Clean Center: ph. 029-265-5310

Closed from Fri. 1 Jan. 2015 until Sun. 3 Jan. 2016

Hitachi Seaside Funeral Hall: ph. 029-265-7191

6. Traffic Restrictions for Tokai Smile Marathon

Date: Mon. 11 Jan.

Traffic restriction areas and time:

The road in front of Tokai-mura Welfare Center "Kizuna"; 7:00 a.m. - 5:00 p.m.

Ekihighashi-oh-dori Street; 9:30 a.m. - 3:00 p.m.

Please follow directions if you are in these areas. Your understanding and cooperation is appreciated.

Inquiries: Tokai Marathon Secretariat at Tokai-mura Gymnasium, ph. 029-283-0673

7. Fire Brigade New Year Parade 2016

The Fire Brigade will hold a New Year parade. Sirens will sound for one minute from 7:00 a.m..

Traffic restrictions will be in force around the Tokai Culture Center between 8:00 a.m. and noon.

Contents:

1. Opening Ceremony
2. -Children from Migiwa Daycare Center, Funaiishikawa Kindergarten and Sunflower Kodomo no Mori Daycare Center will give a demonstration.
-Firefighters will also give a pumping demonstration.
3. Fire engine parade

Date: Sun.10 Jan. 2016

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

Place: Tokai Culture Center

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1524

8. Illumination in Tokai-mura

The area in front of the west exit of JR Tokai Station has been illuminated since Tue. 1 Dec. 2015. This is the first time for illumination in Tokai-mura.

Term: 5:00p.m. - 0:00a.m.until Sat. 16 Jan. 2016

Place: West exit of JR Tokai Station

During the lit time period, a strip of clear plastic is provided to visitors to write their wishes on it and hang it on the light display.

9. Health Check Applications

Application forms for annual cancer and lifestyle disease health checks provided by Tokai-mura, were sent to residents registered as of 30 November, 2015.

Application: Return the form to Tokai-mura Health Center by Fri. 15 Jan. 2016.

Others: If you did not receive an application form and would like to receive these health checks, contact Tokai-mura Health Center.

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

10. Breast Cancer and Pap smear Checks

Women living in Tokai-mura who had applied before are entitled to receive free examination for breast and cervical cancer at Tokai-mura Health Center.

Date: February; Thu.18, Fri.19, Sat.20, Mon.22, Sat.27, Mon.29

March; Wed.2, Thu.3, Fri.4, Sat.5, Mon.7

Place: Tokai-mura Health Center

Cost: Free

Application: Those who have an unused voucher can have the check at a hospital/clinic individually after making a reservation. In that case the check has to be done by the end of January because the voucher will expire on January 31. In case you can not have a check by Jan.31, it will be possible to receive free checks at Tokai-mura Health Center during the dates above. Reservations are necessary (except checking osteoporosis) on the phone after Mon.18 Jan. 2016. Anyone wishing to have the checks who recently moved to Tokai-mura or sheltered from Fukushima Pref. should apply at the Tokai-mura Health Center.

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

11. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road around Akogigaura Park and Muramatsu-san Kokuzo-do Temple.

Date: Wed. 6 Jan. 2016 (Canceled in case of rain)

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

Meeting place: Muramatsu 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

12. 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.29 Jan. 2016

2) Circle for 2 years old children and their guardian on Fri.15 Jan. 2016

3) Circle for 3-5 years old children and their guardian on Fri.8 Jan. 2016

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. 4 Jan. 2016 to two days before the date of circle. Ph. 029-282-7390

13. "A concert staying with a buggy" ~ A New Year piano and flute concert ~

A concert for family including babies and small kids will be held. Anyone can enter the hall and enjoy the concert as staying on a buggy or a wheel chair.

Date: Sat. 16 Jan. 2016

Time: 2:00 p.m. (The gate will be opened 1:15 p.m.)

Place: Tokai-mura Welfare Center Kizuna

Capacity: Around the first 150 people will be accepted. Reservations are not necessary. When the attendance number will be more than expected, it might have admission limit.

Entry fee: Free

Other: A room for nursing babies and changing diapers will be opened.

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

New Year Salon

Let's enjoy Japanese New Year!

Date: Sat. 9 Jan.

Time: 1:00- 3:00 p.m.

Place: Tokai-mura Sister City Hall

Program:

-Picture-story show of folktales

-Origami

-Mochi- tsuki (Rice cake pounding)

Participation fee:

Tokai- mura International Center (TIC) member; 100 yen

Non-member; 200 yen

Inquiries:

TIC (Mon.-Sat. 5:00-9:00p.m.), ph. 029-282-0535

E-mail; tokai-international@net1.jway.ne.jp

No advanced reservation is necessary. Enjoy freshly pounded mochi.