

## **Koho Tokai 10 March, 2016**

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

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

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

Sun.20: Tokai Village Hospital ph. 029-282-2188

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

Sun.27: Tokai Clinic, ph.029-283-1711

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. Extension of Administrative Service Time**

**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)

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

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

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

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

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

### **3. National Health Insurance Card for fiscal 2016 will be sent**

Your current National Health Insurance Card will expire on 31 Mar.. The new card will be sent by simplified registered mail. When you receive the new card, check the personal information printed on it and you may use it from Fri. 1 Apr.. Cut the old card up and discard it, or take it to the Welfare and Insurance Section after the expiration date.

**【For foreign residents whose period of stay will be expired.】**

- The National Health Insurance card expires on the same date of period of stay.
- Please bring your residence card at Welfare and Insurance Section and extend your expiration date of insurance, after you complete the procedure of extending your period of stay.

**【Follow the necessary procedures when you switch to another health insurance】**

Please bring the card of the health insurance you join and the national health insurance card at Welfare and Insurance Section to withdraw from the national health insurance.

**\*Attention:** The fact you joined another health insurance is not announced to the Welfare and Insurance Section and the National Health Insurance tax continues to be imposed until you start proceeding for withdrawal.

**Inquiries:** Welfare and Insurance Section, ph. 029-282-1711, ext. 1131-1133

### **4. The 27th Tokai Cherry Blossom Festival**

Please enjoy the fantastic view of two hundred cherry trees illuminated by and on(lamp with paper shade) and bombori(paper covered lantern) at night.

**Date:** Fri. 25 Mar. - Sun. 10 Apr.

**Place:** Akogigaura Park

**Light-up time:** Sunset until 9:00 p.m.

**Inquiries:** Tokai- mura Tourist Association Secretariat, ph. 029- 287-0855

### **5. Participants wanted for Lectures of Tokai-mura Central Community Center**

**Eligible people:** Those who are living, working or going to school in Tokai-mura

**Lecture fee :** free (\*The material fee will be collected on the day of the lecture.)

The office is open 9:00 a.m.-5:00 p.m. from Tuesday to Saturday (except Tue. 22 Mar. and public holidays).

### 1) Pelvis Stretching

Pelvis stretching exercise for preventing lumbago, improving over sensitiveness to cold and keeping in shape. The exercise is almost lying down posture while stretching, please feel free to attend it.

**Date:** Tue. 19 Apr. 2016

**Time:** 1:30-3:30p.m.

**Capacity:** 30 people

**Lecturer:** Ms. Yasuko Hayashi (correcting posture advisor)

**Application:**

Submit the application form (you can get it at Tokai-mura Central Community Center and Village Office) to Central Community Center or send a postcard giving the number of lectures, the applicants' address, names (with "furigana", the pronunciation), gender, age and telephone number by Thu. 31 Mar.

Address is Central Community Center, 768-15 Funaba, Tokai-mura 319-1115.

**Others:**

In case of too many applications, a lottery will be held for place allocation.

A notice about whether you can attend the lecture or not will be sent to all the applicants around Wed. 6 Apr. 2016.

### 2) Table flower arrangement

Enjoy seasonal flowers to make table flower arrangement.

**Date:** Thu. 21 Apr. 2016

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

**Capacity:** 15 people (on the first-come first-served basis)

**Lecturer:** Ms. Mari Ito (flower arrangement instructor)

**Fee:** 1,500yen per person (the material fee)

**Application:**

Because this lecture is on the first-come first-served basis, apply to Central Community Center directly between Tue. 15 and Thu. 31 Mar.

**Inquiries:** Tokai-mura Central Community Center, ph. 029-282-3329

## 6. Exhibitions at Tokai Station Gallery

**Place:** JR Tokai Station (1F, 2F)

**Inquiries:** Community Facility Management Office, Tokai Station, ph. 029-287-3680

### 1) Hirohisa Yasu Picture Exhibition ~My Oze ~

50 pieces of landscape in Oze will be exhibited.

**Date:** Sun. 13 - Sat. 19 Mar.

**Time:** 10:00a.m. - 6:00p.m. (closes 3:00p.m. on the last day)

## 2) Sumi Kokoro Exhibition

Calligraphy pieces by graduates of the Ibaraki University calligraphy club and Nangaku Kawamata, the club advisor.

**Date:** Sun. 20 - Sat. 26 Mar.

**Time:** 10:00 a.m.-7:00 p.m. (closes 2:30 p.m. on the last day)

## 3) Ink painting Shuko no kai Joint Exhibition

It's the fourth exhibition since Shuko no kai has started. Enjoy the ink painting by freely drawing with familiar themes.

**Date:** Sun. 27 Mar. - Sat. 2 Apr.

**Time:** 10:00 a.m. - 6:00 p.m. (closes 3:00 p.m. on the last day)

## 4) Takashi Kimura Art Exhibition

**Date:** Sun. 3- Sat. 9 Apr.

**Time:** 10:00 a.m. - 6:00 p.m. (closes 3:00 p.m. on the last day)

## 7. Tokai-mura Junior Chorus Group Experience Class

**Date:** Sat. 19 Mar.

**Time:** 5:00 - 6:00p.m.

**Place:** Tokai-mura Industry and Information Plaza (old Techno Community Square Ricotti)

**Eligible people:** From first grade in elementary to third year in junior high school

**Contents:** Chorus and easy mini game.

**Entree Fee:** Free

**Inquiries:** Lifelong Learning Section of Tokai-mura, ph. 029-282-1711 ext.1423

## 8. Invitation Tickets to the Mito Hollyhock Game

Invitation tickets to a soccer match between Mito Hollyhock and Fagiano Okayama FC are available for Tokai-mura residents.

**Date:** Sun. 20 Mar.

**Time:** 1:00 p.m. kickoff

**Place:** K's Denki Mito Stadium (2058-1 Kobuki-cho, Mito City)

**Eligible people:** Anyone who either lives or goes to school in Tokai-mura.

**Application:**

Bring an ID such as a driver's license or school identification card to the Tokai-mura booth next to the stadium main entrance to receive a ticket on the day.

**Others:** Reservations are not necessary.

**Inquiries:** Lifelong Learning Section of Tokai-mura, ph. 029-282-1711 ext.1422

### **9. Musical Festival 2016**

The theater company Tomical is holding Musical Festival.

**Date:** Sun. 20 Mar.

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

**Place:** Nakamaru Community Center

**Entry fee:** Free (Preschoolers are welcome.)

**Inquiries:** Tomical's email; tomical.office@gmail.com  
Tokai Culture Center, ph. 029-282-8511

### **10. Art Classes by Tokai-mura Art Association**

Students will learn still life, portrait and landscape painting.

**Term:** Apr. 2016 – Feb. 2017

2<sup>nd</sup> and 4<sup>th</sup> Thursdays, or 2<sup>nd</sup> and 4<sup>th</sup> Sundays

**Time:** 9:30 a.m.- 4:00 p.m.

**Place:** Tokai-mura Central Community Center and other place

**Eligible people:** High school age or over

**Capacity:** First 20 people for each class

**Fee:** 20,000 yen per year (including the cost of models and motif materials)

**Application and Inquiries:** Apply to Mr. Chuji Takahashi of Tokai-mura Art Association by  
Thu.24 Mar., ph. 029-283-1104

### **11. Hello from SC Smile TOKAI**

SC Smile TOKAI is a sports club promoting to create a community of lifelong sports through many sports activities since 2007.

#### **【Activities】**

Classes for children;

Kidsbics, aerobics for competition, junior golf, junior gymnastics, junior tennis, junior valley ball, junior athletic sports, mini basketball

Classes for adults;

Aerobics, exercises, step exercises, soft( light) exercises, hiking, body care, yoga

#### **【Members wanted for SC Smile TOKAI】**

**Eligible people:** Those who are living, working (including family member who are living with them) or going school in Tokai-mura.

**Annual fee (for individual member):**

Pre-school children, elementary school students; 2,400 yen for a new member, 2,000 yen after the year of initiation.

Junior high and high school students; 3,600 yen for a new member, 3,000 yen after the year of initiation.

University students and adults; 6,000 yen for a new member, 5,000 yen after the year of initiation.

**Application:** Please fill out the form available at Tokai-mura Gymnasium. After the application, pay the annual fee through a post office transfer. The receipt of the payment will be the tentative member's card until authorized member's card is sent.

**Others:** Necessary to be a member before to apply for the class. Bring your member's card when you apply.

**【Classes and activities for members and non-members】**

(1) Aerobics Classes

**Date and Time:** Every Tuesday (7 classes/ term), 7:45- 8:45 p.m.

**Place:** Tokai-mura Welfare Center "Kizuna"

**Eligible people:** Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

**Capacity:** 30 people (first-come-first-served-bases)

**Cost:** 3,500 yen for Smile TOKAI member, 7,000 yen for non-member

(2) Step exercises

**Date and Time:** Every Thursday (7 classes/ term), 7:30- 8:30 p.m.

**Place:** Tokai-mura Welfare Center "Kizuna"

**Eligible people:** Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

**Capacity:** 30 people (first-come-first-served-bases)

**Cost:** 3,500 yen for Smile TOKAI member, 7,000 yen for non-member

(3) Exercises for adults

**Date and Time:** Every Friday (7 classes/ term), 1:30- 3:00 p.m.

**Place:** Tokai-mura Welfare Center "Kizuna" and other facilities

**Eligible people:** Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

**Capacity:** 30 people (first-come-first-served-bases)

**Cost:** 3,500 yen for Smile TOKAI member, 7,000 yen for non-member

(4) Hiking

**Date:** April through November, 2016 (7 times)

The first time hiking will be organized as below.

**Date:** Sat. 30 Apr.

**Place:** Mt. Futatsuya-san (Fukushima Pref.)

**Others:** For more details and each hiking will be posted on further Koho Tokai.

(5) Trial classes of exercise “Enjoy health up!”

**Date and Time:** Thursdays (37 classes/year: almost 3 times in a month), 9:30- 11:00 a.m.

**Place:** Tokai-mura Welfare Center “Kizuna” and other facilities

**Eligible people:** Residents who wants to start playing sports and are aged between 30 and 64 years old.

**Participle term:** Within a year or until 65th birthday month.

**Cost:** Free

**Application:**

For (1), (2) and (3); Apply after 9:00 a.m. on Thu.17 Mar. at Tokai Gymnasium with the participation fee.

For (4) and (5); Apply anytime at Tokai-mura Gymnasium

**Inquiries:** Tokai-mura Gymnasium, ph. 029-283-1001