

Koho Tokai 25 June, 2016

1. Weekend Medical Services in July
2. Calisthenics Class in July
3. Health checks for infants and toddlers in May, at Tokai Health Center
4. The Tax Check for National Health Insurance will be sent.
5. Yoga for Parents and Children
6. Hello Baby Classes for Pregnant Women
7. Happy Land for Children and Parents
8. Room Koara- Hiroba for Parents and Children to Support Their Childcare
9. Learning English
10. A Group of Picture Book and Recreation
11. A room for parents and children to support their childcare
12. Application for Oaks Senba Afterschool Care Club
13. Tokai Swimming Pool Opening
14. Summer Holiday's Workshop for the Children
15. Tokai Kids Surfing & Hula Challenge 2016
16. "A concert for everyone" in iVil

1. Weekend Medical Services in July

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

Sun.3: Muto Pediatric Clinic, ph. 029-282-7722

Sun.10: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.17: Tokai Clinic ph.029-283-1711

Mon.18: Tokai Village Hospital ph. 029-282-2188

Sun.24: Tokai Village Hospital ph. 029-282-2188

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 (for mobile phones), or 029-254-9900:
Between Mon. and Fri. 6:30p.m.-8:00a.m. of the following day, Sundays, public
holidays, and 8:00 a.m.-8:00 a.m. of the following day.

2. Calisthenics Class in July

Stretch and yoga exercise classes will be held at the Tokai Welfare Center, "Kizuna".

Eligible people: Residents aged 30- 64 years old.

Date: Thu. 7, 21 and 28 Jul. 2016

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

Others: First-time attendees must apply.

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

3. Health checks for infants and toddlers in July, at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 15 Jul.

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 Feb. 2016

Date: Wed. 6 Jul. 2016

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

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

Date: Thu. 7 Jul. 2016

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

3) Children (born in May 2013) aged 3 years old

Date: Wed. 13 Jul. 2016

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

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

Date: Thu. 14 Jul. 2016

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

5) Baby (born in Apr. 2016) class

Date: Fri. 29 Jul. 2016

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

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

4. The Tax Check for National Health Insurance will be sent.

National Health Insurance is a mutual aid system that ensures that members can receive medical treatment without anxiety of medical cost in times of injury or illness.

The resource is covered by the tax of national health insurance that was paid from the household head of insured person, and the burden charge from government.

It has been decided the amount of the national health insurance 2016, and the check and notice will be sent on Wed. 13 Jul. (except people registered account transfer system.) Please make sure to make payment by the due date printed on the payment slip.

For People who will be 40 years old by 31 Mar. 2017:

The national health insurance tax (for Long-term Care Insurance) will be imposed from your birth month (from the previous month if you were born on the 1st.) The notice of changing tax amount will be sent on the next month of your birth month.

For People who will be 65 years old by 31 Mar. 2017:

The national health insurance tax (for Long-term Care Insurance) will be imposed from the previous month of your birth month (from 2 months previous if you were born on the 1st.)

The Long-term Care Insurance will be assigned in advance on each delivery date.

Paying with direct debit:

For insurance tax payments, a direct debit is safe and convenient. Registrations every year are not necessary if you make an application once.

It might takes 1 or 2 months until starting direct debit, so please use the payment slips during that term.

If you want to use direct debit to pay tax, please bring the necessary documents and apply at the following place.

-Application at 1F of Tokai Village Office

1) Cash card (need passcode inputting)

2) Identity verification documents

-Application at financial institutions

1) Passbook or cash card

2) Registered seal (hanko)

3) The tax notice

Paying at Convenience Stores:

Insurance tax payments can be made at convenience stores even at night, on Saturdays, Sundays and National holidays without charge.

Inquiries:

Welfare and Insurance Section, ph. 029-282-1711

About National Health Insurance: (ext.1131-1133)

5. Yoga for Parents and Children

Date: Thu. 21 Jul. 2016

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

Place: Nakamaru Community Center

Eligible people: Children aged between 6 months and 2 years old and a guardian.

Capacity: The first 20 applicants will be accepted.

Instructor: Ms. Michiyo Nemoto (dance therapy and baby yoga instructor)

Cost: Free

Others: Bring a drink, two bath towels and a hand towel, and wear comfortable clothes.

Application and Inquiries: Apply on the phone between 1:00 and 4:00 p.m. from Wed. 6 by Fri. 8 Jul. 2016 to 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 future mother.

Date and Content:

1) Wed. 27 Jul. 2016, 9:30a.m.-1:00p.m.

Discussion with a midwife about nutrition during pregnancy and cooking hints.

Bring an apron and a bandana to cover your hair. Childcare service will provided.

2) Thu. 28 Jul. 2016, 1:30-4:00p.m.

Delivery process and life after childbirth/ dental checkups and brushing guidance/ children safety seat for cars. Childcare service will provided.

3) Sat. 30 Jul. 2016, 9:20a.m.-noon

Talk about babies / how to bath a new born/ pregnancy experience for fathers.

Bring an apron. There is no childcare service.

Place: Tokai Health Center

Cost: Free

Others: Bring your Maternal and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Inquiries and applications: To register for the class 1 and childcare services for the class 1 and 2, call Tokai Health Center (ph.029-282-2797) by Wed. 13 Jul. 2016. No registration is necessary for class 2 and 3.

7. Happy Land for Children and Parents

Date and Contents:

- 1) Thu. 14 Jul. : Rhythm activities
- 2) Thu. 28 Jul. : Play in the water

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 Village.

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

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

Date: Thu. 7 and Fri. 22 Jul.

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 Village.

Contents: Playing freely and Storytelling

Cost: Free

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

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

9. Learn English

Learning English by NLT (Native Language Teacher).

Date: Tue. 19 Jul.

Time: 9:30 –11:00a.m.

Place: Tokai Muramatsu-syuku Kodomoen

Eligible people: Children between 1 year old and 2 years old with a guardian.

Capacity: There is a limit of 10 pairs.

Cost: Free

Application and Inquiries:

Call Tokai Muramatsu-syuku Kodomoen Parenting Support Center 1:00-5:00p.m.
from Mon. 4 Jul.to Wed.6 Jul. ph. 029-282-7390

10. A Group of Picture Book and Recreation

Storytelling, finger plays and learning childcare will be held by a group consisted of male nursery teachers who are engaged in education or childcare such as superintendent of education Mr. Kawasaki, principals of kindergarten and kodomoen, and nursery teachers.

Date: Sat. 9 Jul.

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

Place: Tokai Library

Eligible people: Children between pre-school student and 2nd grade of elementary school with a guardian.

Entry fee: Free

Other: Reservations are not necessary.

Inquiries: Tokai Library, ph. 029-282-3435

11. A room for parents and children to support their childcare

Oaks Funaba Kodomoen (Child Care Support Center) which was inaugurated in April opens a room and playground for parents and children to support their childcare.

Circle activities

Date: Every Mondays, Wednesdays and Fridays, 2016

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

Capacity: The first 10 pairs

Cost: 100yen per time

Opening a room for parents and children

Date: Between every Monday to Friday (Except public holidays)

Time: 8:30a.m.-1:30p.m. (Except 10:00-11:00a.m.of Mondays, Wednesdays and Fridays)

Opening playground

Date: Every Tuesday and Thursday

Time: 10:00a.m.-1:00p.m.

Eligible people: Preschool age children accompanied by a parent

Place: Oaks Funaba Kodomoen (Funaba 592-1)

Inquiries: Oaks Funaba Kodomoen, ph. 029-352-3680

*Registration is necessary for Circle activities.

12. Application for Oaks Funaba After-school Care Club

Open:

- 1) From Afterschool to 8:00 p.m. between Mon. and Fri. (except public holidays and school holidays).
- 2) From 8:30a.m.to 6:30p.m. for Saturday.
- 3) From 8:30a.m.to 5:30p.m. for public holidays.
- 4) From 7:30 a.m. to 8:00 p.m. from Mon.to Fri. during long holidays and school holidays.

*7:30-8:30a.m.of 4) and 6:30-8:00p.m. of 1) and 4) counted as “extended-hours”.

Eligible People: Children from 1st to 6th grade

Capacity: About thirty children (your child may not be admitted in the case of too many applicants.)

Childcare Fee:

1):

7,000 yen per person and per month for children from 1st to 4th grade.

5,000 yen per person and per month for children from 5th to 6th grade.

*There is no admission and entrance fee.

Extra expenses will be charged for snack and transportation.

If you use 2), 3), 4) or extended-hours, an extra fee will be charged.

Application and Inquiries: Oaks Funaba Kodomoen, ph. 029-352-3680

13. Tokai Swimming Pool Opening

Term: Fri. 1 Jul. - Sat. 10 Sep. The pool may close in case of bad weather.

Time: 1. 9:00 a.m. - noon

2. 1:00- 4:00 p.m.

3. 5:00- 7:00 p.m. (No.3 is from Wed. 20 Jul. to Sat. 20 Aug.)

(except noon- 1:00p.m., 4:00- 5:00p.m.).

Entry fee: 200 yen for junior high students and above, 100 yen for elementary students, and free entrance for preschool children.

Other: Babies should wear swimming suits and 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.

14. Summer Holiday's Workshops for the Children

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

Date: Painting class; Sat. 30 Jul.

Calligraphy class; Sun. 31 Jul.

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

Place: Tokai Culture Center

Eligible people: Elementary students living in Tokai Village.

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

Contents: Painting class; choose a theme of school's assignments, and complete a picture.

Calligraphy; Writing on a big Japanese writing paper by a big brush.

Cost: 700 yen per student

Application and Inquiries: Apply with the fee at the Tokai Cultural Association Secretariat (at Tokai Culture Center, ph. 029-282-8511) after 9 a.m. on Sun. 3 Jul.. It is possible to apply for one family per guardian.

15. Tokai Kids Surfing & Hula Challenge 2016

Experience surfing and Hula.

Date: Sun. 24 Jul. (It will be Sun.31 in case of bad weather.)

Time: 8:00 am – 1:30 p.m.

Place: Muramatsu coast

Eligible people: Elementary students

Capacity: Surfing; 45 students

Hula; 10 students

*The first time applicants will be prioritized, and a lottery will be held in case of too many applicants.

Contents: Class of experience for surfing, Hula and activities on the beach.

Cost: 3,000 yen per person (pay on the same day.)

Other: Supporters have been wanted and will be given a supporter's band.

Application and Inquiries: Apply to Tokai Village Society of Commerce & Industry
between Fri. 1 and Wed. 6 Jul., ph. 029-282-3238

16. "A concert for everyone" in iVil

A concert for family including babies and small kids will be held. Anyone can enter the hall and enjoy the concert even babies in buggies or anyone in a wheel chair. African music will be performed this time.

Date: Thu. 11 Aug.

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

Place: Tokai Industry and Information Plaza "iVil" (former Ricotti)

Capacity: Around the first 250 people will be accepted.

Entry fee: University student and over; 500 yen per person
High school student and under; free

Other: All seats will be Non-reserved. Pre-school students including infants will also be accepted. You have to bring a ticket even if you are a high school student or under.

Application and Inquiries: Ticket will be sold from 9 a.m. on Sat. 9 Jul. at Tokai Culture Center., ph. 029-282-8511