

Koho Tokai 25 July, 2016

1. Weekend Medical Services in Aug.
2. Calisthenics Class in Aug.
3. Health checks for infants and toddlers in Aug. at Tokai Health Center
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9. The 56th Mito Koumon Matsuri
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1. Weekend Medical Services in August

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

Sun.7: Ishii Orthopedics (Seikeigeka) Clinic ph.029-270-5141

Thu.11: Tokai Village Hospital ph. 029-282-2188

Sun.14: Tokai Village Hospital ph. 029-282-2188

Sun. 21: Higashihara Clinic ph. 029-283-2301

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 (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 August

Stretch and yoga exercise classes will be held.

Eligible people: Residents aged 30- 64 years old.

1) **Date:** Thu. 4, Aug. 2016

Place: Tokai Welfare Center, "Kizuna"

2) **Date:** Thu. 18 and 25 Aug. 2016

Place: Nakamaru Community Center

1) ~2)

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 August, at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 26 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 Mar. 2016

Date: Wed. 3 Aug. 2016

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

2) Children (born in Jan. 2015) aged 1 year and 6 months old

Date: Thu. 4 Aug. 2016

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

3) Children (born in Jun. 2013) aged 3 years old

Date: Wed. 10 Aug. 2016

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

4) Dental Checks for Children (born in Jan. 2014) aged 2 years and 6 months old

Date: Fri. 5 Aug. 2016

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

5) Baby (born in May 2016) class

Date: Thu. 25 Aug. 2016

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

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

4. The 38th Tokai Matsuri (festival)

Part of Fireworks will be held at Akogigaura Park.

Date: Thu. 11 Aug. (postponed in case of bad weather)

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

Place: Akogigaura Park

Others: Shuttle buses will run between Tokai Station East Exit, Tokai Culture Center, Welfare Center “Kizuna” and Akogigaura Park.

*Volunteer needed for place setup, guide, security and cleaning.

Part of attraction will be held in the area around AEON and Tokai Station East Exit.

Date: Sun. 7 Aug. (canceled in case of bad weather)

Time: 2:00p.m. Opening

3:00p.m. Tokai Ondo (dance and song)

3:30p.m. Carrying of portable shrines by children

4:00p.m. Drawing Dashi (Festival cars) and Mikoshi (portable shrines)

7:30p.m. Finale will come with a new Tokai Ondo.

Place: The area around AEON and Tokai Station east exit.

Contents: Tokai Taiko (drums), jazz band club of Ibaraki Prefectural Tokai High School, balloon art by high school students, Tsuna-hiki (a tug of war), fancy costume parade and other events.

Inquiries:

Tokai Matsuri Planning Committee Secretariat, ph. 029-283-2141

For details please check the leaflet that will be inserted in a future newspaper or

Tokai Matsuri HP: <http://www.tokai-fes.com/>

5. Aerial Spraying of Insecticide over Rice Fields

Rice fields in Tokai Village will be sprayed aerially with insecticide by unmanned helicopters.

Date: Tue. 2 Aug. (Will be postponed in case of rain or strong winds.)

Time: 4:00- 11:00 a.m.

Place: all rice fields in Tokai Village

Others: If postponed, the new date will be announced over indoor speakers.

Notice:

-Do not go near the rice fields during spraying.

-Wash the insecticide away if it adheres to your skin or car.

-Please give your cooperation in instructions of field operators for preventing accident.

Inquiries: Agricultural Policy Section, ph. 029-282-1711 ext. 1222

6. Combination Vaccination

Measles-Rubella Vaccinations

Measles is a potentially fatal serious disease that can be prevented by an inoculation with two rounds of vaccinations. Children who never had the MR vaccination are recommended to get the inoculation as soon as possible.

First shot: Children aged 1 year old and over but less than 2 years old

Second shot: Children born between 2 Apr. 2010 and 1 Apr. 2011 (The last preschool year)

Cost: Free

Other: If you moved to Tokai Village recently and would like your child to have the injection, contact the Health Center.

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

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

Date: Thu. 4 and 18 Aug.

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

8. Tokai Village Singles Tennis Tournament

Dates: Sat. 27 and Sun. 28 Aug. (postponed to Sun. 11 Sep. in case of bad weather).

Time: Game starts at 9:00 a.m.

Place: Village tennis courts (next to Tokai Minami Junior High School)

Eligible people: Tokai village residents, anyone who works or studies in Tokai village and Tokai village tennis league members

Events: Open men's singles (groups I & II), open women's singles (groups I & II) and seniors. (Might be together in case of the status of application.)

Entry fee: 1,500 yen per person, or 1,000 yen for Tokai village tennis league members

Application: Apply at the village tennis court club house by 5:00 p.m. on Fri. 5 Aug.,
ph. 029-282-8571

Inquiries: Mr. Kenichi Isono, ph. 080-3322-5149

9. The 56th Mito Koumon Matsuri

Dates and Time:

1. Fireworks: from 7:30 p.m. on Fri. 5 Aug. (postponed to Fri. 12 Aug. in case of bad weather).
2. Koumon Parade and Citizen Carnival: from 10:00 a.m. on Sat. 6 Aug.
3. Dashi (float) Parade and Mikoshi(portable shrine) Togyo(imperial progress):
from 10:00 a.m. on Sun.7 Aug.

Place: 1. Lake Senba

2 and 3. Around Mito station

Inquiries: Mito Tourist Association; ph. 029-224-0441

10. Sister City Exchange with Delegates of Idaho Falls

19 youth delegates and 4 chaperons from our sister city of Idaho Falls will visit Tokai Village from Fri. 29 Jul. to Mon. 8 Aug. this summer. The delegation members will stay at private house and take part in several exchange activities. They will also take part in Tokai Matsuri. Please feel free to talk when you see them.

Welcome and Farewell party will be held at the times listed below. Let's attend and talk to them!

Date and time:

Welcome party; Sun. 31 Jul. 5:00 – 8:00 p.m.

Farewell party; Sun. 7 Aug. 9:30 a.m. – 0:30 p.m.

Place: Sister City Hall

Fee: Elementary student and under; Free

Junior high and high school student; 500 yen per person

University student and over; 1,500 yen per person

Application and Inquiries:

Apply to Sister City Hall by Fri.29 Jul. for Welcome, and by Wed.3 Aug. for

Farewell party on the phone or by e-mail. ph. 029-282-0535 (9:00 a.m.-5:00 p.m.)

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