

Koho Tokai 25 August, 2016

1. Weekend Medical Services in Sep.
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3. Health checks for infants and toddlers in Sep. at Tokai Health Center
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12. Hula for Parents and Children
13. Baby Massage

1. Weekend Medical Services in Sep.

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

Sun.4: Tokai Clinic ph. 029-283-1711

Sun. 11: Muto Pediatric Clinic ph. 029-282-7722

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

Mon. 19: Ishii Orthopedics (Seikeigeka) Clinic ph.029-270-5141

Thu.22: Tokai Village Hospital ph. 029-282-2188

Sun. 25: Higashihara Clinic ph. 029-283-2301

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 Sep.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu. 1, 8 and 29 Sep. 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 Sep. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 16 Sep.

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 Apr. 2016

Date: Wed. 7 Sep. 2016

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

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

Date: Thu. 8 Sep. 2016

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

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

Date: Wed. 14 Sep. 2016

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

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

Date: Thu.15 Sep. 2016

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

5) Baby (born in Jun. 2016) class

Date: Tue. 20 Sep. 2016

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

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

4. Concert of Artists from Tokai Village Vol. 3

This is a series of concerts to introduce artists who are from Tokai Village.

Ms. Kanami Araki (oboiist) who has won the first Japanese champion and the audience award in the eleventh International Oboe Competition Karuizawa, now a top oboist in Tokyo Symphony Orchestra, will come on stage.

Please enjoy solo, cast talking and joint performance with the concert band of Tokai Junior High School. Ms. Kanami Araki is a graduate of Tokai Junior High School.

Date: Sat. 8 Oct.

Time: From 2:00 p.m. (Doors open at 1:30p.m.)

Place: Tokai Culture Center

Cost: 1,000yen (500yen for 18 years old and younger students)

Others: Reserved seat only. Pre-school children cannot attend this event, but a childcare service will be offered (1,000yen per child). To register for the childcare services call Tokai Culture Center by Sat. 1 Oct.

Application: Tickets are on sale from 9:00 a.m. on Sat. 3 Sep., at Tokai Culture Center and other ticket agencies. Reservation by phone is possible from 1:00 p.m. depending on tickets availability. Sale date and time depends on each ticket agency.

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

5. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road Shirakata- sakurakaoru- denen course.

Date: Wed. 7 Sep. 2016 (Canceled in case of rain.)

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

Meeting place: Shirakata Community Center

Eligible people: Tokai Village residents

Cost: Free

Others: Bring a drink and small towel, and wear comfortable clothing.

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

6. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, child care, and share your concerns and experiences with us as an expecting mother.

Date and Content:

1) Wed. 21 Sep. 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 be provided.

2) Fri. 23 Sep. 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 be provided.

3) Sat. 24 Sep. 2016, 9:20a.m.-noon

Talk about babies / how to bath a new born/ pregnancy experience for fathers.
Bring an apron. No childcare service will be provided.

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. 7 Sep. 2016. No registration is necessary for class
2 and 3.

7. "Happy Land" (for children and parents)

Date and Contents:

- 1) Thu. 8 Sep. : Play with the newspaper
- 2) Thu. 29 Sep. : Rhythm activities

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.1 and Fri.16 Sep.

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. Daycare experience at the Nikoniko Club (for children not attending nursery school or kindergarten)

Date: Every Friday from Fri. 16 Sep. to Fri. 28 Oct. (seven classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. 2013 and 1 Apr. 2014 accompanied by
a guardian.

Capacity: The first eight parents and children will be accepted.

Contents: Rhythm activities, crafts, and social play

Cost: Free

Application and Inquiries:

Apply in person on Fri. 2 Sep. from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

10. Karugamo Circle (Autumn)

Karugamo Circle is a support group for parents and babies.

Date: Every Tuesday from 13 Sep. to 15 Nov. (ten Classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between March and September 2015, accompanied by
a guardian.

Capacity: The first ten parents and children will be accepted.

Contents: Childcare lecture and arts & crafts

Cost: Free

Application and Inquiries:

Apply in person on Tue. 30 Aug. from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

11. Supporting Club for Children and Parents

Date and Place:

- 1) Hiyoko Club; Mon.12 Sep. Muramatsu Kindergarten
- 2) Nakayoshi Club; Tue.6 Sep. Ishigami Kindergarten
- 3) Wampaku Club; Thu.8 Sep. Funaishikawa Kindergarten
- 4) Nobinobi Club; Tue.13 Sep. Suwama Kindergarten

Time: 1) 9:30-10:40 a.m.

2) 9:30-11:00 a.m.

3) and 4) 10:00-11:00 a.m.

Eligible People: Children born between 2 Apr. 2012 and 1 Apr. 2013 (2014 for only Ishigami and Suwama) who live in school district of each kindergarten, and a guardian.

Cost: Free

Others: Contact to each kindergarten about the October and subsequent schedules.

Application and Inquiries: Apply to each kindergarten in advance.

Muramatsu Kindergarten, ph. 029-282-2867

Ishigami Kindergarten, ph. 029-282-3100

Funaishikawa Kindergarten, ph. 029-282-2962

Suwama Kindergarten, ph. 029-282-4631

12. Hula for Parents and Children

Fun dance and eurhythmics class will be held for children and parents.

Date: Thu. 15 Sep.

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

Place: Nakamaru Community Center

Eligible people: Children between 2 years old and preschool children, and a guardian.

Capacity: The first 20 applicants will be accepted.

Instructor: Ms. Taeko Kajiwara (Hula instructor)

Cost: Free

Others: Bring a drink and a towel, and wear comfortable clothes.

Application and Inquiries: Apply on the phone between 1:00 and 4:00 p.m. from Mon. 29 to Wed. 31 Aug. 2016 to Parenting Support Center at Hyakutsuka Daycare Center, ph.029-270-5660

13. Baby Massage

Date and Place: Thu. 15 Sep. Funaishikawa Community Center

Wed. 21 Sep. Shirakata Community Center

Tue. 27 Sep. Ishigami Community Center

Wed. 28 Sep. Muramatsu Community Center

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

Eligible people: Baby between 3 months and before crawling, and a guardian.

Capacity: 5 pairs for each day

Cost: 1,500 yen per pair (including the cost for oil, diaper sheet and snack)

Others: Babies should arrive 15 minutes in advance for an oil patch test.

Application and Inquiries: Apply on the phone between 3:00- 5:00 p.m. from Monday-
Friday with Ms. Kaori Kataoka, ph.090-5567-2318