

広報とうかい 11/25 号

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Koho Tokai 25 November, 2016

1. Weekend Medical Services in Dec.
2. Calisthenics Class in Dec.
3. Health checks for infants and toddlers in Dec. at Tokai Health Center
4. Sukoyaka Walking
5. Tax Payments of National Health Insurance
6. Room Koara- Hiroba for Parents and Children to Support Their Childcare
7. Starlight Illumination 2016 in Hitachi City
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1. Weekend Medical Services in Dec.

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: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.18: Ishii Orthopedics Clinic ph.029-270-5141

Fri.23: Tokai Village Hospital ph. 029-282-2188

Sun.25: Tokai Village Hospital ph. 029-282-2188

Fri. 30: Ogata Clinic ph. 029-282-4781

Sat. 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 Dec.

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, 15 and 22 Dec. 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 Dec. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 9 Dec.

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

1:00- 2:00 p.m.

(2) “Genki-up” Health Consultation

Please make an appointment.

(3) Health Checks for Young Children and Babies

1) Infants born in Jul. 2016

Date: Wed. 7 Dec. 2016

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

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

Date: Thu. 8 Dec. 2016

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

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

Date: Wed. 14 Dec. 2016

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

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

Date: Thu.1 Dec. 2016

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

5) Baby (born in Sep. 2016) class

Date: Fri. 16 Dec. 2016

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

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

4. Sukoyaka Walking

A one hour of walk along the Ibaraki Health Road (the course of Ishigami history).

Date: Wed. 7 Dec. 2016 (Cancelled in case of rain)

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

Meeting place: Ishigami Community Center

Eligible people: Tokai Village residents

Cost: Free

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

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

5. Tax Payments of National Health Insurance

Tax payments for National Health Insurance (NHI) have to be made by a bank transfer (automatic withdrawal) for the fiscal year 2016 (except people who have the deduction from pension). Please apply to bank transfer if you or your family will join NHI or have paid with the payment slip.

Procedure of Bank Transfer (1 or 2):

1) Apply at Welfare and Insurance Section in Tokai Village Office (Application for Pay-easy Transfer Service)

You can apply with your cash card and PIN code. Please bring the cash card and ID. You have to apply at a financial institution if you want it to be withdrawn from JA Hitachi.

2) Apply at a Local Financial Institution

Fill out the application form and stamp your seal for your bank account, then apply at a local financial institution below. You can get the form at the Welfare and Insurance Section or a financial institution.

<<Joyo Bank, Tsukuba Bank, Ibaraki-ken Credit Union, Mito Credit Association, Chuo Labor Bank, JA Hitachi Tokai Branch and Post Office>>

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

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

Date: Thu.8 and 15 Dec.

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: Free play 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

7. Starlight Illumination 2016 in Hitachi City

This year's illumination in Hitachi City will be more beautiful than ever before.

Please enjoy this year's illumination.

Date: until Sun. 25 Dec. 2016

Time: 5:00- 10:00 p.m. (5:00-8:00p.m. on the last day)

Place: Hitachi Shintoshi Hiroba of Hitachi Civic Center (in front of JR Hitachi Station)

Inquiries: Hitachi Civic Center, ph. 0294-24-7711

8. Tokai "Make a Wish" Illumination 2016

The area in front of the west exit of the JR Tokai Station has been illuminated during the winter season since last year.

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

Term: Sat. 3 Dec. - Sat. 18 Feb. 2017

Time: 5:00 p.m. - 12:00 a.m.

Place: West exit of JR Tokai Station

Others: The lighting ceremony will be held on Sat. 3 Dec. from 4:30 p.m.

Inquiries: Tokai Society of Commerce and Industry, ph. 029-282-3238