

Koho Tokai 25 December, 2016

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1. Weekend Medical Services in Jan.

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

Sun.1: Tokai Village Hospital, ph. 029-282-2188

Mon.2: Kuji Kids Clinic, ph. 029-219-7303

Tue. 3: Tokai Village Hospital ph. 029-282-2188

Sun.8: Higashihara Clinic, ph. 029-283-2301

Mon. 9: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.15 Tokai Clinic, ph.029-283-1711

Sun.22: Muto Pediatric Clinic, 029-282-7722

Sun.29: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

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: 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 Jan.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.12, 19, 26, Jan. 2017

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

Others: First-time attendees need to apply.

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

3. Health Checks for Infants and Toddlers in Jan. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 20 Jan.

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 Aug. 2016

Date: Wed. 11 Jan. 2017

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

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

Date: Thu. 12 Jan. 2017

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

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

Date: Wed. 18 Jan. 2017

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

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

Date: Tue. 24 Jan. 2017

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

5) Baby (born in Oct. 2016) class

Date: Wed. 25 Jan. 2017

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

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

4. Traffic Restrictions for Tokai Smile Marathon 2017

Date: Mon. 9 Jan. 2017

Traffic restriction areas and time:

-Ekihigashi-Odori Avenue; 9:30 a.m.- 4:00 p.m.

-The street in front of Welfare Center Kizuna; 7:00 a.m.- 5:00 p.m.

Please follow directions if you are in these areas. Your understanding and cooperation are appreciated.

Others:

-Shuttle buses will run every 20 minutes between Freai-no-Mori, JAEA Head Office and Welfare Center “Kizuna”.

-Foods, drinks and agricultural products will be sold from 8:30 a.m. at Kizuna.

Inquiries: Tokai Marathon Secretariat, ph. 029-283-0673

5. New Year Holiday Period

The following public offices and facilities will be closed during the New Year period as indicated below.

Closed from Wed. 28 Dec. 2016 until Tue. 3 Jan. 2017

Tokai Sister City Hall: 029-282-0535

Tokai Central Community Center: 029-282-3329

Tokai Culture Center: ph 029-282-8511

Children's Center: ph. 029-306-1017

Nagahori Sukoyaka House: ph. 029-283-3664

Closed from Thu. 29 Dec. 2016 until Tue. 3 Jan. 2017

Tokai Library (opens 1:00p.m. on Wed. 4 Jan): ph. 029-282-3435

Tokai Village Office: ph.029-282-1711

Tokai Village Hospital (except for weekend and holiday hours): ph. 029-282-2188

Tokai Health Center: ph. 029-282-2797

All community centers

Closed from Sat. 31 Dec. 2016 until Tue. 3 Jan. 2017

Tokai Waste Disposal Center: ph. 029-282-7289

Hitachinaka Tokai Clean Center: ph. 029-265-5310

6. Fire Brigade New Year Parade 2017

The Fire Brigade will hold a New Year parade. Sirens will sound for one minute from 7:00 a.m. There will be traffic restrictions around the Tokai Culture Center between 8:00 a.m. and noon.

Contents:

1. Opening Ceremony
2. -Children from Migiwa Daycare Center, Funaiishikawa Kindergarten and Sunflower Kodomo no Mori Daycare Center will give a demonstration.
-Firefighters will also give a pumping demonstration.
3. Fire engine parade

Date: Sun. 8 Jan. 2017

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

Place: In and around Tokai Culture Center

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1524

7. Storytelling for Babies

A storytelling, a lecture about childcare and finger plays for babies and their guardians will be held at Tokai Library on Thu. 19 Jan., and also on that day “Baby Hours” will be held from 9:30a.m. -noon.

“Baby Hours” is the time for babies and guardians to enjoy at the library. We ask the public to kindly understand in case the babies cry or speak loudly.

Date: Thu. 19 Jan.

Time: A storytelling, A lecture about childcare and Finger plays; 11:00- 11:30 a.m.

Place: Tokai Library

Eligible People: Children aged 3 years old and under and their guardians

No reservation required.

Lecturer: Ms. Kuniko Arisaka (Vice-Principal of Tokai Muramatsu-Syuku Kodomoen)

Cost: Free

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

8. Health Check Applications

Application forms for annual cancer and lifestyle disease health checks provided by Tokai Village, were sent to residents registered as of 30 Nov, 2016.

Application: Return the form to Tokai Health Center by Fri. 13 Jan. 2017.

Others: If you did not receive an application form and would like to receive these health checks, contact Tokai Health Center.

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

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

Date: Every Friday from 20 Jan to 3 Mar. 2017 (seven classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between April 2, 2013 and April 1, 2014 accompanied by a parent.

Capacity: First eight parents and children will be accepted.

Contents: Rhythm activities, crafts, and social play

Cost: Free

Others: Reservations are not necessary.

Application and Inquiries:

Apply in person on Friday 6 Jan., from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

10. Rent a Grand Piano for Private Practice

The stage Yamaha grand piano(Yamaha CFIII-S) can be rented for private piano practice.

Date: January; Tue. 17, Wed. 18, 25

February; Tue. 7, 21, Sun. 12

March; Wed. 1, Tue. 7, Sat. 18

Time: Tuesdays and Wednesdays; 1:00- 8:00 p.m.

Saturday and Sunday; 9:00 a.m.- 5:00 p.m. (except noon- 1:00 p.m.)

Place: Tokai Culture Center

Eligible people: Players who live, work or attend a school in Tokai village.

Cost: 200 yen per session (one hour session for one person only). You can apply to two practice sessions per term (from January to March 2017).

Reservations cannot be changed and the rental cost cannot be refunded.

Application: Apply at Tokai Culture Center after 9:00 a.m. on Mon. 9 Jan. directly. Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m.

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

11. Garbage Disposal during New Year Holidays

-Garbage collection days and times for burnable garbage will change over the New Year period.

1) Collection day Monday and Thursday area:

The last collection; Thu. 29 Dec. 2016

The first collection; Thu. 5 Jan. 2017

2) Collection day Tuesday and Friday area:

The last collection; Fri. 30 Dec. 2016

The first collection; Fri. 6 Jan. 2017

*Be sure to take burnable garbage in the designated bag to the collection site by 8:30 a.m.

If you take your garbage directly to a cleaning center:

The last day when garbage can be carried in directly to the cleaning centers is Fri. 30 Dec. 2016.

The first day is Wed. 4 Jan. 2017.

As this period is usually very crowded, it is recommended to come earlier. The garbage available to be taken directly to the cleaning center is as following and neither center will accept garbage in any category other than these:

Hitachinaka ▪ Tokai Cleaning Center: burnable garbage

Tokai Cleaning Center: unburnable garbage, bulky rubbish, recyclable waste, pruned brunches and leaves

Inquiries: Cleaning Center, ph. 029-282-7289