

Koho Tokai 25 February, 2017

1. Weekend Medical Services in Mar.
2. Calisthenics Class in Mar.
3. Health Checks for Infants and Toddlers in Mar. at Tokai Health Center
4. Sukoyaka Walking
5. Combination Vaccination
6. Learning English through Games and Storytelling
7. Whole Fish Cooking Class for Parent and Child
8. Bus Tour to 12 Sights of Tokai
9. The 27th Japan Ground Self-Defense Forces Engineers School Band Concert
10. The 41th Kids Exploration School on Yoron Island
11. Invitation Tickets to the Mito Hollyhock Game

1. Medical Services on Weekends in Mar.

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

Sun. 5: Higashihara Clinic 029-283-2301

Sun. 12: Ibarakihigashi National Hospital ph. 029-282-1151

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

Mon. 20: Tokai Village Hospital ph. 029-282-2188

Sun. 26: Tokai Village Hospital ph. 029-282-2188

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. 6:30 p.m.- 8:00 a.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 Mar.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.2, 9, 16, 23 Mar. 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 Feb. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 10 Mar.

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 Oct. 2016

Date: Wed. 8 Mar. 2017

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

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

Date: Thu. 9 Mar. 2017

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

3) Children (born in Jan. 2014) aged 3 years old

Date: Wed. 15 Mar. 2017

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

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

Date: Wed. 22 Mar. 2017

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

5) Baby (born in Dec. 2016) class

Date: Thu. 23 Mar. 2017

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

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

4. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road around Tokai Welfare Center “Kizuna”.

Date: Wed. 1 Mar. 2017 (Canceled in case of rain)

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

Meeting place: Tokai Welfare Center “Kizuna”

Eligible people: Tokai Village residents

Cost: Free

Others: Bring a drink and towel.

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

5. Combination Vaccination

Measles-Rubella Vaccinations

Measles is a potentially fatal disease that can be prevented by an inoculation with two rounds of vaccinations. Children who have 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

*Medical interview sheet was already sent when your baby was one month.

*Please make sure that your baby does not receive the shot after 2 years old.

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

*Medical interview sheet was already sent on Apr. 2016. (The expired date is the end of Mar.2017.)

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

6. Learning English through Games and Storytelling

Learning English through games with NLT (Native Language Teacher) and learning how to enjoy picture books from the staff of Tokai Library.

Date: Tue. 7 Mar.

Time: 9:30 –11:00 a.m.

Place: Tokai Muramatsusyuku-Kodomoen

Eligible people: Children between 3 years old and preschool age with a guardian.

Capacity: There is a limit of 10 pairs.

Cost: Free

Application and Inquiries:

Call Tokai Muramatsusyuku-Kodomoen Parenting Support Center 1:00-5:00 p.m. from Thu. 2 to Mon. 6 Mar., ph. 029-282-7390

7. Whole Fish Cooking Class for Parent and Child

A dietary education class using sardines will be held. This time we can learn about the ecology and nutrition of fish from the lecturer. Let's try cleaning and fileting sardines and learn how to make delicious tea.

Date: Mon. 27 Mar.

Time: 10:00 a.m. - 1:30 p.m.

Place: Nakamaru Community Center

Eligible people: Elementary students living in Tokai Village accompanied by their guardians.

Capacity: 18 pairs

* In case of too many applicants, a lottery will be held.

Lecturer: Ms. Mariko Watahiki (nutritionist)

Cost: Free

Application and Inquiries:

Send a double postal card by Fri. 10 Mar.(must arrive)

- Stating the Health Center's address on the front of the sending postcard.
 - Stating the name of lecture ("Sakana ryori ni chosen sanku kibou"), the children's address of all applicants, names (with "furigana", the pronunciation), age and guardian's name, and telephone number on the back of the sending postcard.
 - Stating all applicants' addresses and names on the front of the returning postcard.
- Address of Tokai Health Center: (ph. 029-282-2797), Muramatsu 2005, Tokai Village 319-1112.
- *A notice about whether or not you can attend the lecture will be sent to all applicants about one week prior the event.

8. Bus Tour to 12 Sights of Tokai Village

A bus tour to 12 sights of Tokai Village will be held. Members of a volunteer group will guide about the history and culture. Children accompanied by a guardian are welcome.

Date: Sun. 26 and Wed. 29 Mar.

Time: 9:00 a.m. - noon, 1:00 - 4:00 p.m.

Place: Ishigami Castle Ruin, Daijingu Shrine, Muramatsu-san Kokuzo-do Temple, Akogigaura Park

Eligible People: The first 20 people for each date.

*Giving priority to Tokai Village residents

Cost: Free

Application and Inquiries: Apply to Tokai Tourist Association by Mon.20 Mar., ph.029-287-0855

9. The 27th Japan Ground Self-Defense Forces Engineers School Band Concert

Enjoy a concert by the Japan Ground Self-Defense Forces Engineers School Band and a guest performance by Ms. Sally Onitsuka who is a singer.

Date: Sun. 19 Mar.

Time: 2:00 -4:00 p.m. (doors open 1:00 p.m.)

Place: Hitachinaka Bunka Kaikan (Aoba-cho 1-1, Hitachinaka City)

Program: The Bells of Notre Dame, Pomp and Circumstance, and more.

Entry fee: Free

Please note that seats are limited.

Inquiries: Public Relations, JGSDF Katsuta, ph. 029-274-3211

10. The 41st Kids Exploration School in Yoron Island

"Kids Exploration School in Yoron Island" will be held by the International Youth Association of Japan. This program consists of fun activities and play to provide children with a very basic experience of international exchange. The goals are to help participating children expand their

world through different experiences, and also to acquire life skills and customs that are necessary as they grow up.

Term: Sun. 26 Mar. - Sat. 1 Apr.

Place: Yoron-cho, Oshima-county, Kagoshima Pref.

Eligible People: 2nd to 6th grade elementary school students

Capacity: 200 Japanese students, 100 students from foreign families living in Japan

Fee: 148,000 yen (Departure from JR Mito station, travel expense, etc.)

Application and Inquiries:

Apply to the International Youth Association of Japan K.S.K.K (ph.03-6417-9721) by Mon. 6 Mar.

See more details: http://www.kskk.or.jp/program/pg_210.htm#001

11. Invitation Tickets to the Mito Hollyhocks Game

Invitation tickets to a soccer match between the Mito Hollyhocks and Ehime FC are available for Tokai Village residents.

Date: Sat. 25 Mar.

Time: 2:00 p.m. kickoff

Place: K's Denki Mito Stadium (Kobuki-cho2058-1, Mito City)

Eligible people: Anyone who either lives or goes to school in Tokai Village.

Application:

Bring an ID such as a driver's license or school identification card to the Tokai Village booth next to the main entrance of the stadium to receive a ticket on the day of the event.

Others: Reservations are not necessary.

Inquiries: Lifelong Learning Section of Tokai Village, ph. 029-282-1711 ext. 1423