

広報とうかい 3/25 号

1. 4月の休日診療
2. 4月の健康体操
3. 4月の健康相談
4. 第28回「東海さくらまつり」
5. 成人歯科検診
6. ピーターパンサークル前期会員募集
7. さちのみ認定こども園子育て支援「さちのみ」
8. にこにこクラブ（春コース）
9. かるがもサークル
10. 鍋足山ハイキング
11. 東海美術連盟による絵画教室
12. 「乗馬少年団」団員募集
13. IF 学生訪問団員募集

Koho Tokai 25 March, 2017

1. Medical Services on Weekends in Apr.
2. Calisthenics Class in Apr.
3. Health Checks for Infants and Toddlers in Apr. at Tokai Health Center
4. The 28th Tokai Cherry Blossom Festival
5. Dental Checks for Adults and Pregnant Woman
6. Peter Pan Circle
7. Sachinomi Kodomoen
8. Daycare experience at the Nikoniko Club (for children not attending nursery school or kindergarten)
9. Karugamo Circle (Spring)
10. Hiking Tour to Mt. Nabeashiyama
11. Art Classes by Tokai Art Association
12. Tokai- Riding Park Members Wanted
13. Sister City Delegation Members Wanted

1. Weekend Medical Services in Apr.

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

Sun. 2: Tokai Clinic ph. 029-283-1711

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

Sun. 16: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

Sun. 23: Tokai Hospital ph. 029-282-2188

Sat. 29: Tokai Hospital ph. 029-282-2188

Sun. 30: 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. 6:30 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 Apr.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.6, 13, 20, 27 Apr. 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 Apr. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 21 Apr.

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 Nov. 2016

Date: Wed. 12 Apr. 2017

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

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

Date: Thu. 13 Apr. 2017

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

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

Date: Wed. 19 Apr. 2017

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

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

Date: Thu. 20 Apr. 2017

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

5) Baby (born in Jan. 2017) class

Date: Wed. 26 Apr. 2017

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

6) “Happy Birthday” (born in Apr. 2016) class

Date: Fri. 28 Apr. 2017

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

Please make an appointment in advance.

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

4. The 28th Tokai Cherry Blossom Festival

Please enjoy the fantastic view of two hundred cherry trees illuminated by andon (lamp with paper shade) and bombori (paper covered lantern) at night.

Date: Sat. 1 - Sat. 15 Apr.

*Schedule might be changed due to the bloom condition.

Place: Akogigaura Park

Light-up time: Sunset until 9:00 p.m.

Inquiries: Tokai Tourist Association Secretariat, ph. 029- 287-0855

5. Dental Checks for Adults and Pregnant Woman

Free dental checks are available to adults and women who are pregnant to prevent gum disease. These checks are available at designated dental clinics.

Term: Mon. 3 Apr. 2017- Fri. 30 Mar. 2018

Eligible people:

Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2018) and pregnant women.

Cost: Free

Others:

Voucher forms will be sent in Mar. 2017 for eligible people. Pregnant women will receive a voucher form when their Mother and Child Health Handbook (boshi kenko techo) is issued. Please contact Tokai Health Center if you moved to Tokai and don't have a voucher form.

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

6. Peter Pan Circle

The circle will be held for children to play each other, and their guardians to exchange different experiences and ideas.

Dates: Every Tue.to Fri. from May to Sep. 2017.

*Circle for 1 year old children: Every Thu. and Fri.

*Circle for 2 and 3 years old children: Every Tue. and Wed.

Time: 10:00 a.m. –noon

*You can leave freely after 11:15 a.m.

Place: Ozora Daycare Center

Eligible people: Children born between 2 Apr. 2013 and 1 Apr. 2016 and their guardian who live in Tokai.

Capacity: The first 50 pairs will be accepted daily.

Cost: Free

Other: Please bring your own lunch if needed.

Application:

Apply for Tue. classes on Tue. 18 Apr. 10:00 a.m. to noon

Apply for Wed. classes on Wed. 19 Apr. 10:00 a.m. to noon

Apply for Thu. classes on Thu. 20 Apr. 10:00 a.m. to noon

Apply for Fri. classes on Fri. 21 Apr. 10:00 a.m. to noon

Apply in person at Ozora Daycare Center. No phone applications accepted.

Applications will be accepted on a first-come-first-served-basis, but will be accepted when the classes aren't filled even after the deadlines.

Inquiries: Ozora Daycare Center, ph. 029-287-3535

7. Sachinomi Kodomoen

A baby massage, childcare lecture, eurhythmics, dance class, and hand crafts class will be held by parenting support program "Sachinomi".

Dates: Mon.-Fri.

Time: 8:30 a.m.-1:30 p.m.

*Please note that the time will be changed from Apr.

Place: Sachinomi Kodomoen (Ishigami-Uchijuku 2330)

Eligible People: Children who don't go to kindergarten or daycare center, and their guardian.

Fee: Free

*Fee might be collected depending on the contents.

Other: Playground is open when no activities are planned.

Inquiries: Sachinomi Kodomoen (029-212-5057)

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

Date: Every Friday from Fri.7 Apr. to Fri. 26 May (6 classes) except Fri.12 May and national holidays.

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. 2014 and 1 Apr. 2015 and their guardian who live in Tokai.

Capacity: The first 8 pairs will be accepted.

Contents: Rhythm activities, Crafts

Cost: Free

Application and Inquiries:

Apply in person on Fri. 31 Mar. from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

9. Karugamo Circle (Spring)

Karugamo Circle is a support group for parents and babies.

Date: Every Tuesday from 4 Apr. to 23 May (8 classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between Oct.2015 and 1 Apr. 2016 and their guardian who live in Tokai.

Capacity: The first 10 pairs will be accepted.

Contents: Childcare lecture and arts & crafts

Cost: Free

Application and Inquiries:

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

10. Hiking Tour to Mt. Nabeashiyama

Date: Sat. 15 Apr. 2017

Time: Meeting at Fureaino-mori Park at 7:50a.m.

Departure time: 8:00 a.m.

Place: Mt. Nabeashiyama in Hitachiota City

Eligible people:

Individuals who live or work in Tokai Village or belong to Smile Tokai and are 18 years old or over.

Capacity: The first 25 applicants will be accepted.

Contents: Leaving Satomi Branch, the course takes approximately 4 and a half hours around Mt. Nabeashiyama. It's the best time to see Hepatica.

Cost: 4,000 yen for Smile Tokai members, 5,000 yen for the family of the Smile Tokai member, 6,000 yen for non-members.

Application: Apply and pay at Tokai Gymnasium by 9:00 a.m- 5:00 p.m. on Tue. 11 Apr. 2017(except Mondays).

Inquiries: Tokai Gymnasium ph.029-283-1001

11. Art Classes by Tokai Art Association

Let's learn how to draw and paint still life, portrait, and landscape paintings.

Term: Apr. 2017 – Feb. 2018

2nd and 4th Thursdays, or 2nd and 4th Sundays

Time: 9:30 a.m. - 4:00 p.m.

Place: Tokai Central Community Center

Eligible people: High school age or over

Capacity: First 7 people for each class

Fee: 20,000 yen per year (including the cost of models and motif materials)

Application and Inquiries: Apply to Mr. Chuji Takahashi of Tokai Art Association by Sat.8 Apr.,
ph. 029-283-1104

12. Horse Riding Youth Club Members Wanted

Date: Every Saturday and Sunday

Time: 8:30 a.m. - noon

Place: Tokai- Riding Park (Tokai Bajien), Funaihashikawa 845- 4, Tokai Village

Eligible people: Students from grade three in elementary school up to grade three of junior high school.

Cost: 2,000 yen per month

Application and inquiries: Mr. Shiro Ozaki, Tokai Bajien, ph.029-282-7056

13. Sister City Delegation Members Wanted

A youth delegation from Tokai Village will visit our sister city, Idaho Falls, Idaho in the U.S. this summer. Delegation members will stay with host families, interact with students in Idaho Falls, and learn about different culture. We look forward to your application.

Date: Thu. 27 Jul. - Tue. 8 Aug.

Eligible people:

Anyone who is a junior high or high school student (as of Apr. 2017), available to participate in the activities of the sister cities exchange and international exchange and meet any of the conditions below.

- Resident of Tokai Village

- Non- residents who have been a host family for a youth delegation from Idaho Falls in the past.

Capacity: 15 students

If there are too many applicants, priority will be given to novices and older applicants.

Cost:

-270,000 yen (including designated travel insurance fee) per student

*Subject to change depending on the air fare and fuel surcharge.

-Residents will be subsidized half of the cost (maximum 100,000 yen)

Others: Enrolling in the designated travel insurance is necessary.

Application: To apply, fill out the form available from the Community Development Promotion Section in the Tokai Village Office or Sister City Hall and bring directly or send to Community Development Promotion Section or to Sister City Hall by Mon. 17 Apr.

* The application form is also available on the Tokai Village website.

Inquiries:

Community Development Promotion Section (3F of Village Office), ph. 029-282-1711 ext.1342

Tokai Sister City Hall, ph.029-282-0535