

広報とうかい 4/25 号

1. 5月の休日診療
2. 5月の健康体操
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5. 東海村プレミアム付き商品券
6. みんなですこやかウォーキング
7. ハローベビースクール
8. ハッピーランド
9. 百塚保育所「こあらひろば」
10. スマイルTOKAI「雨巻山ハイキング」
11. 「こども読書週間」

Koho Tokai 25 April, 2017

1. Medical Services on Weekends in May
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3. Health Checks for Infants and Toddlers in May. at Tokai Health Center
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11. Children's Book Week

1. Weekend Medical Services in May

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

Wed. 3: Tokai Hospital ph. 029-282-2188

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

Fri. 5: Tokai Hospital ph. 029-282-2188

Sun. 7: Muto Pediatric Clinic ph. 029-282-7722

Sun.14: Ibarakihigashi National Hospital ph. 029-282-1151

Sun. 21: Higashihara Clinic ph. 029-283-2301

Sun. 28: 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. 6:30 p.m.-8:00 a.m. of the following day, Sundays, public
holidays, 8:00 a.m.-8:00 a.m. of the following day.

2. Calisthenics Class in May

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.11, 18, 25 May

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 May. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 26 May.

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 Dec. 2016

Date: Wed. 10 May. 2017

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

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

Date: Thu. 11 May. 2017

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

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

Date: Wed. 17 May. 2017

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

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

Date: Thu. 18 May. 2017

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

5) Baby (born in Feb. 2017) class

Date: Wed. 24 May. 2017

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

6) “Dental Checkup day” (born in May. 2016) class

Date: Wed. 31 May. 2017

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

Please make an appointment in advance.

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

4. Tokai Recommended Selection Additional Certified Products

We invite you to try the products that have been certified as “Tokai Recommended Selection” by the cooperative project of Tokai Tourist Association, Commercial and Industrial Association, and Tokai Village government. These fascinating foods made in Tokai Village are perfect for souvenirs, presents, or just for yourself.

Inquiries: Community Development Promotion Section, ph. 029-287-0855

• **Hoshiimo nouka no shiro purin (White Pudding using Dried Sweet Potato “Tamayutaka”)**

Shop: Terunuma Katsuichi Shouten

Address: Terunuma 600, Tokai Village

Telephone: 029-282-0062

Others: It is sold at shop “Hinata Batake”

• **Hoshiimo nouka no milk-ice (Ice cream using Dried Sweet Potato “Tamayutaka”)**

Shop: Terunuma Katsuichi shouten

Address: Terunuma 600, Tokai Village

Telephone: 029-282-0062

Others: It is sold at shop “Hinata Batake”

• **Imokun hoshiimo senbei (Sweet Potato Cracker)**

Shop: Akutsu Hoshiimo Chokubaijo (Direct-sales depot)

Address: Funaba 680-6, Toukai Village

Telephone: 029-282-8844

Others: It is sold at Tokai farmers market “Nijinonaka” and cake shop “Kanoë”.

• **Pasta sauce and fresh pasta (Clam and lobster sauce, squid ink tomato pescatore and other)**

Shop: Groovy

Address: Funaishikawa-ekinishi 4-10-6, Tokai Village

Hours: 10:30 a.m. - 10:00 p.m.

Closed: 31 Dec. and 1 Jan.

• **Akogigaura no sakura (Sweets imaged cherry blossoms in full bloom at Akogigaura Park)**

Shop: Tamakiya kasiho

Address: Muramatsu-kita 1-2-22, Tokai Village

Telephone: 029-282-2924

Hours: 8:30 a.m.-7:00 p.m.

Closed: Every Thursday

• **Muramatsu seiran**

Shop: Tamakiya kasiho

Address: Muramatsu-kita 1-2-22, Tokai Village

Telephone: 029-282-2924

Hours: 8:30 a.m.-7:00 p.m.

Closed: Every Thursday

• **Cookies (Chocolate chunk, Oatmeal raisin)**

Shop: Confectioner’s shop Angerire

Address: Toyooka 1450-4, Tokai Village

Telephone: 080-5419-6096

Hours: 10:00 a.m.-7:00 p.m.

Closed: Every Monday, first and third Thursday

• **Tokai-mura no imo-shochu named Kappano-tsupperi and Muramatsu-seiran (Clear liquor distilled from sweet potato)**

Shop: Tokai Village Imo-shochu Development Council

Address: Muramatsu-kita 1-2-34, Tokai Village

Telephone: 029-282-3238

Others: It is sold at 11 shops in Tokai. Please contact Tokai Sister City Hall for details.

• **Tokai-mura no hoshiimo named Tamayutaka and Beniharuka (Dried sweet potatoes made in Tokai Village)**

Shop: Tokai-mura hoshiimo productive cooperation

Others: It is sold at 9 shops in Tokai. Please contact Tokai Sister City Hall for details.

• **Edible rapeseed oil**

Shop: NPO Sankichi

Others: It is sold at Tokai farmers market “Nijinonaka”.

• **Petit-Imo (Sweets)**

Shop: Cake shop Kanoë

Address: Ogawa-Mansion 1F, Funaishikawa ekinishi 1-7-20, Tokai Village

Telephone: 029-352-9988

Hours: 10:00 a.m.-7:30 p.m.

Closed: First and third Thursday

• **Dacquoise (Flavor of sweet potato)**

Shop: Cake shop Kanoë

Address: Ogawa-Mansion 1F, Funaishikawa ekinishi 1-7-20, Tokai Village

Telephone: 029-352-9988

Hours: 10:00 a.m.-7:30 p.m.

Closed: First and third Thursday

5. Local Gift Vouchers with a Premium of 20 Percent

Attention: This time it will be an advanced application system.

What are Local Gift Vouchers?

We sell gift certificate of *5 pieces of 1,000 yen ticket, *14 pieces of 500 yen ticket for 10,000 yen for one 12,000 yen (20% of premium rates). We will sell 10,000 books.

Application:

Fill out the necessary information on flyer’s special postcard, attach the 62 yen stamp, and send it to Tokai Chamber of Commerce and Industry between Mon. 5

and Wed. 14 Jun. Postcards should be postmarked on or before Wed. 14 Jun.

*Please be aware that each application is available only for one person.

*In case of too many applications, a lottery will be held from 2:00 p.m. on Mon.19 Jun. at Tokai Chamber of Commerce and Industry. The lottery result will be sent to all applicants.

*One person can buy up to 3 books.

*The notice of winners are not available after this period.

Place and Date of Sale:

The gift vouchers will be sold between 9:00 a.m. and 7:00 p.m. from Mon.26 Jun. to Fri.7 Jul, at Tokai Chamber of Commerce and Industry (Muramatsu-kita1-2-34, Tokai Village). The winner must bring the notice of winning prize and cash.

Available Shops:

The gift vouchers can be used at the shops which show the “Nobori” (banner) that says the gift voucher with a Premium of 20 percent in Tokai Village.

The shops will be reported in the gift voucher’s flyer which will be distributed from Thu. 25 May. You can also check the shops on the webpage below.

<http://www.tokaisci.or.jp/>

Available Period of Use:

Sat. 1 Jul.-Sat. 30 Sep.

*The gift vouchers are not available after this period.

Notice:

- The gift voucher cannot be consumed with beer coupons, book coupons, stationery coupons, gift certificates, stamps, revenue stamps, prepaid cards and etc., cannot use it to pay tax payments, and fees for public services nor to make a purchase.
- Please use the gift voucher above the face values, because change cannot be paid.
- The gift voucher cannot be changed into cash, and cannot be sold to others for value.
- The gift voucher cannot be reissued in case of robbery, loss, or destruction of it.

Inquiries:

Tokai Chamber of Commerce and Industry, ph.029-282-3238

Community Development Promotion Section, ph. 029-282-1711 ext.1344

See more details on the flyer of gift voucher or website of Tokai Chamber and Industry.

6. Sukoyaka Walking

One-hour walk along the Ibaraki Health Road.

Date: Wed. 10 May. (Cancelled in case of rain)

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

Meeting place: Ishigami Community Center

Eligible people: Tokai residents

Cost: Free

Others: Bring a drink and a towel.

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

7. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, child care, and share with us your concerns and your experience as a future mother.

Date and Content:

1) Mon. 8 May., 9:30 a.m.-1:00 p.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 provided.

2) Fry. 12 May., 1:30-4:00 p.m.

Delivery process and life after childbirth/ dental checkups and brushing guidance/ children safety seat for cars. Childcare service will provided.

3) Sat. 13 May., 9:20 a.m.-noon

Talk about babies / how to bathe a newborn/ pregnancy experience for fathers.

Bring an apron. There is no childcare service.

Place: Tokai Health Center

Cost: Free

Others: Bring your Mother and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Inquiries and applications: Please call Tokai Health Center (ph.029-282-2797) by Mon. 1 May. Registration is necessary for all classes.

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

(1) Rhythm activities

Date: Thu. 11 May

Place: Funaishikawa Community Center

(2) Walking (cancelled in case of rain)

Date: Thu. 25 May

Place: Kasamatsu Sports Park (Mizuno Hiroba)

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

Eligible people: Preschool-age children accompanied by a parent who is a resident of Tokai.

Cost: Free

Others: Bring a drink, towel and spare clothes. Reservations are not necessary.

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

9. Venue for parents and children to receive assistance with childcare

Hyakutsuka Daycare Center makes a room available for parents and children to support each other with childcare.

Date: Thu. 18 May

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

Place: Hyakutsuka Daycare Center

Eligible people: Preschool-age children accompanied by a parent who is a resident of Tokai.

Contents: Playtime activities and storytelling.

Cost: Free

Others: Bring a drink, towel and spare clothes. Reservations are not necessary.

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

10. Hiking Tour to Mt. Amamaki

Date: Sat. 13 May

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

Departure time: 8:00 a.m.

Place: Mt. Amamaki in Haga-gun Tochigi pref.

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

Capacity: The first 25 applicants will be accepted.

Contents: Leaving Okawa-tozanguchi to Mt. Amamaki mountain peak, the course takes approximately 4 hours. It's the best time to see Azalea and Iris.

Cost: 5,500 yen for Smile Tokai members, 7,500 yen for the family of the Smile Tokai members, 9,000 yen for non-members.

Application: Apply and pay at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m. by Sun. 7 May (except Mondays).

Inquiries: Tokai Gymnasium, ph.029-283-1001

11. Children's Book Week

Children's book week starts from 23 Apr. to 12 May. Various events will be held at Tokai Library. You can check them on the website of Tokai Library or at Tokai Library directly.

Place: Tokai Library

Eligible: From infants to elementary school students

Contents:

[Let's Play in English!]

Date: Wed. 3 May

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

[Let's Play with Origami and News Paper!]

Date: Thu. 4 May

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

[Let's Fly a Paper Airplane!]

Date: Thu. 4 May

Time: 2:00 -3:00 p.m.

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