

広報とうかい 8/10 号

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Koho Tokai 10 Aug., 2017

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1. Weekend Medical Services in Aug.

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

Fri. 11: Tokai Hospital, ph.029-282-2188

Sun. 13: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 20: Higashihara Clinic, ph.029-283-2301

Sun. 27: 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, 8:00 a.m.-8:00 a.m. of the following day.

2. Extension of Administrative Service Time

Date: Every 1st and 3rd Thu. 2017

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

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions.

Welfare and Insurance Section; Procedures of national health insurance and national pension plan and long life medical care for the elderly.

Welfare and Nursing Care Section; Application of long-term care insurance and support of the elderly.

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Accounting Section; Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties.

Childcare Support Section; Procedures for day-care center, application of children allowance and child-rearing allowance.

Waterworks Section; Procedures to supply public water, payment of water and sewage bills.

Tokai Health Center; Procedures of vaccination, health check and healthcare for mother and child, and issuance of Maternal and Child Health Handbook (boshi kenko techo)

3. Zumba Gold

Zumba Gold is dance fitness exercise integrated Latin music with dance. This exercise is easier than Zumba and recommended to beginners and elderly people.

Date: Class A; Wed. 13 Sep., Class B; Thu. 21 Sep.

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

Place: Tokai Central Community Center

Eligible people: People who are living, working or going to school in Tokai Village.

Instructor: Ms. Mayumi Seki (Zumba Instructor)

Capacity: 20 people for each class

Fee: Free

Other: Childcare service will be provided for 6 months and over pre-school children.

Application: Submit the application form (you can get it at Tokai Central Community Center and Tokai Village Office) to Central Community Center (between 9:00 a.m. and 5:00 p.m. except Sundays, Mondays and Fri. 11 Aug.) or send a postcard giving the name of lectures, the applicants' address, names (with "furigana", the pronunciation), gender, age and telephone number by Thu. 24 Aug. Address is Tokai Central Community Center, Funaba768-15, Tokai Village 319-1115.

Inquiries: Tokai Central Community Center, ph. 029-282-3329

4. 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) Tue. 5 Sep., 9:30 a.m.-1:00 p.m.

Discussion with a midwife about nutrition during pregnancy and cooking tips.

Bring an apron, a bandana to cover your hair, a wiping cloth and a hand towel.

Childcare service will be provided.

2) Thu. 7 Sep., 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 be provided.

3) Sat. 9 Sep., 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 Tue. 15 Aug. Registration is necessary for all classes.

5. Learning English through Games and Storytelling

Let's learn English through games with NLT (Native Language Teacher) and enjoy storytelling by the staff of Tokai Library.

Date: Tue. 5 Sep.

Time: 9:45 –11:15 a.m.

Place: Tokai Muramatsu-syuku Kodomoen

Eligible people: Children between one and a half years old and pre-school age with a guardian.

Capacity: The first 10 pairs will be accepted.

Cost: Free

Application and Inquiries: Apply to Tokai Muramatsu-syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. on Tue.22 Aug., ph. 029-282-7390.

6. Karugamo Circle (Autumn)

Karugamo Circle is a support group for parents and babies.

Date: Every Tuesday from 12 Sep. to 31 Oct. (eight classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between February and August 2016 accompanied by a guardian.

Capacity: The first 10 pairs will be accepted.

Contents: Conversation meeting and play together etc..

Cost: Free

Application and Inquiries: Apply in person on Tue. 29 Aug. from 9:00 a.m. to 5:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center, ph. 029-282-7390

7. Nikoniko Club (Autumn)

Date: Every Friday from 15 Sep. to 20 Oct. (six classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. 2014 and 1 Apr. 2015 accompanied by a guardian.

Capacity: The first 8 pairs will be accepted.

Contents: Rhythm activities, crafts and social play

Cost: Free

Application and Inquiries: Apply in person on Fri. 1 Sep. from 9:00 a.m. to 5:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center, ph. 029-282-7390

8. Aikido Classes

Aikido is practiced by a wide range of people, regardless of age and gender. You can learn manners, basic skills and demonstration. A series of five classes will be offered, please feel free to join them.

Dates: Sat. 16, 23, 30 Sep., 7, 14 Oct.

Time: 4:00 -5:30 p.m.

Place: Tokai Gymnasium

Eligible people: Anyone of elementary school or above, who either lives, works or goes to school in Tokai Village (including family living together).

Capacity: First 20 people will be accepted.

Cost: 500 yen per person

Others: Please wear long sleeves and pants (jersey, Judo or Karate outfit) for preventing injury.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Tue. 15 Aug. to Sun. 10 Sep. (except Mondays). Tokai Gymnasium, ph. 029-283-0673.

9. Kendo Classes

Kendo is a traditional Japanese martial art.

Please feel free to join. We welcome from beginners to advanced.

Dates: Sun.24 Sep., 1, 8, 15, 22 Oct., 12 Nov. (six classes)

Time: 1:30 -3:00p.m.. The advanced classes can be extended up to 60 minutes.

Place: Tokai Gymnasium

Eligible people: Anyone of elementary school or above, who either lives, works or goes to school in Tokai Village (including family living together).

Capacity: The first 20 applicants will be accepted. (minimum applicant count is 5)

Cost: 1,000 yen per person

Others: Free tools will be offered for applicants.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Tue. 15 Aug. to Sun. 10 Sep. (except Mondays). Tokai Gymnasium, ph. 029-283-0673

10. Night Hike in Tokai Village

A Night Hike will be held on Sat. 16 Sep.

Time: 2:40- 10:30p.m. (reception from 2:30 p.m.)

Course: Along a twenty kilometers course through Tokai Village starting from Tokai Welfare Center “Kizuna”.

Eligible people: Participants from grade 4 of elementary school or above. Elementary and junior high students must be accompanied by an adult (20 years old or above). Participants must make a group of at least two members.

Cost: 500 yen per person (a light meal will be provided.).

Others:

-Make groups of ten people with participants.

-An information session for group leaders will be held at the Tokai Central Community Center on Wed. 6 Sep.

Application: Send a fax or an email to the Tokai Seinen-kai with the group leader’s name (with furigana), address and phone number, and names and age of other group members by Fri. 18 Aug.

Inquiries: Tokai Seinen-kai (Tokai Youth Center): ph. 029-282-7049, fax. 029-282-7813, E-mail: seinenkai_1977@yahoo.co.jp

11. The 23rd Festival and Fireworks at Hitachinaka City

Date: 1) Fireworks: Sat. 19 Aug. (estimated) 7:00- 8:30 p.m.

2) Festival: Sat. 19 and Sun. 20 Aug.

Place: 1) Ground Self-defense Force Katsuta Base (Katsukura 3433, Hitachinaka City)

2) Around JR Katsuta station

Inquiries: Hitachinaka Festival Executive Committee, ph. 029-272-0540