

## 広報とうかい 2/25 号

1. 3月の休日診療
2. 3月の健康体操
3. 3月の健康相談
4. スポーツクライミング体験会
5. 糸つむぎとアングイン編み体験
6. 東海十二景バスツアー
7. 東海村吹奏楽団 第11回「春の演奏会」
8. 東海まつりロゴマーク募集

## Koho Tokai 25 February, 2018

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. A Trial Lesson of Sports Climbing
5. A Trial Lesson of Spinning thread and Angin Knitting
6. Bus Tour to the 12 Vistas of Tokai
7. The 11th Spring Concert of Tokai Wind Orchestra
8. Tokai Matsuri (festival) Logo Design Contest

### 1. Weekend Medical Services in Mar.

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

Sun. 4: Tokai Hospital, ph.029-282-2188

Sun. 11: Tokai Clinic, ph.029-283-1711

Sun. 18: Muto Pediatric Clinic, ph.029-282-7722

Wed. 21: Tokai Hospital, ph.029-282-2188

Sun. 25: Ibarakihigashi National Hospital, ph.029-282-1151

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. 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. 8, 15, 22 Mar.

**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 Mar. at Tokai Health Center**

### **(1) Mother and Child Health Consultation**

**Date:** Fri. 23 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. 2017**

**Date:** Wed. 7 Mar.

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

#### **2) Children (born in Aug. 2016) aged 1 year and 6 months old**

**Date:** Thu. 8 Mar.

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

#### **3) Children (born in Jan. 2015) aged 3 years old**

**Date:** Wed. 14 Mar.

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

#### **4) Dental Checks for Children (born in Aug. 2015) aged 2 years and 6 months old**

**Date:** Thu. 15 Mar.

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

#### **5) Baby (born in Dec. 2017) class**

**Date:** Thu. 22 Mar.

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

#### **6) “Dental Checkup day” (born in Mar. 2017) class**

**Date:** Wed. 28 Mar.

**Time:** 9:00-9:20 a.m.

Please make an appointment in advance.

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

#### **4. A Trial Lesson of Sports Climbing**

Climbing wall will be set up in Tokai Gymnasium in March. Let's try sports climbing!

**Term:** Bouldering; Thu. 15 - Wed. 21 Mar. except Mon. 19 Mar.

Rope Climbing; Sat. 17 Mar.

**Time:** Tue. Thu. and Fri.; 4:00 - 8:00 p.m.

Sat.; 11:00 a.m.- noon, 2:00 - 6:00 p.m.

Sun. and Holiday; 10:00 a.m.- noon, 1:00 - 6:00 p.m.

60 minutes for one division. There is no level classification. You can experience one by one in the time.

**Place:** Tokai Gymnasium

**Eligible People:** People older than elementary school students who live, work or go to school in Tokai Village. Elementary school students are required to be accompanied by a guardian.

**Capacity:** First 15 applicants will be accepted for each division.

**Cost:** Free

**Others:** Please come with comfortable clothes (No jeans), and bring indoor shoes. As a related event, talk and performance by a free climber Ms. Yuka Kobayashi from Tokai Village will be held on Sat. 17 Mar.. Check the Koho Tokai 10 March issue for more information.

**Application and Inquiries:** Apply in person to Tokai Gymnasium in advance, ph. 029-283-0673. Reservation is only one division per person. If there is vacancy, application for the day is possible.

#### **5. A Trial Lesson of Spinning thread and Angin Knitting**

Spinning experience and making a coaster will be held by "Gojappe-no-kai".

**Date:** Fri. 16 Mar.

**Time:** 10:00 a.m. - noon

**Place:** Tokai Central Community Center

**Eligible people:** Tokai Village residents or anyone who works in Tokai Village

**Capacity:** The first 20 applicants will be accepted.

**Fee:** 300 yen per person (material cost)

**Application and Inquiries:** Apply in person to Lifelong Learning Section (Tokai

Village Office 4F), or by phone or e-mail from Wed. 28 Feb. to Wed. 14 Mar.

Lifelong Learning Section, ph. 029-282-1711 ext.1423

E-mail: maruhaku@vill.tokai.ibaraki.jp

#### **6. Bus Tour to the 12 Vistas of Tokai**

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

**Date:** Sun. 25 and Wed. 28 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 applicants for each date. Giving priority to Tokai Village residents.

**Cost:** Free

**Application and Inquiries:** Apply to Tokai Tourist Association by Wed.21 Mar., ph. 029-287-0855

#### **7. The 11th Spring Concert of Tokai Wind Orchestra**

**Date:** Sun. 11 Mar.

**Time:** 2:00 p.m. (doors open 1:30 p.m.)

**Place:** Tokai Culture Center

**Conductor:** Mr. Susumu Hara (Regular Conductor of Tokai Wind Orchestra)

**Program:** “Two Symphonic Movements”, “The Sound of Music Medley” and others

**Entry fee:** Free

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

Check the detail on website of Tokai Wind Orchestra. (<http://tmwo.bitter.jp/>)

#### **8. Tokai Matsuri (festival) Logo Design Contest**

We are looking for an original masthead and logo design to commemorate the 40th anniversary of the Tokai Matsuri,. Anyone can apply.

**Application and Inquiries:**

Please send your design date whose extension names are as AI, PSD, JPEG, GIF, or

PNG with subject line “Logo Design Contest” by Sat. 31 Mar. to Tokai Matsuri  
Planning Committee Secretariat. ([info@tokai-fes.com](mailto:info@tokai-fes.com))

For more details, please visit Tokai Matsuri web site. (<http://www.tokai-fes.com/>)