

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. 「あいのりくん」運行時間の拡大
5. 新しい「東海村自然災害ハザードマップ」を配布します
6. 成人歯科検診のお知らせ
7. 「ピーターパンサークル」前期会員募集
8. 東海村少年少女合唱団の体験会
9. 鹿狼山ハイキング
10. 石神城さくらまつり

Koho Tokai 25 March, 2018

1. Weekend Medical Services in Apr.
2. Calisthenics Class in Apr.
3. Health Checks for Infants and Toddlers in Apr. at Tokai Health Center
4. Extended Tokai Village taxi on demand "Ainori-kun"
5. Distribute a New "Tokai Village Natural Disasters Hazard Map"
6. Dental Checks for Adults and Pregnant Woman
7. Peter Pan Circle
8. Tokai Junior Chorus group Members Wanted and A Trial Lesson
9. Hiking Tour to Mt. Karousan
10. Ishigami Castle Cherry Blossom Festival

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. 1: Ogata Clinic, ph.029-282-4781

Sun. 8: Higashihara Clinic, ph.029-283-2301

Sun. 15: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 22: Tokai Hospital, ph.029-282-2188

Sun. 29: Tokai Hospital, ph.029-282-2188

Mon. 30: 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 Apr.

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

Eligible people: Residents aged 30- 64 years old.

Date: Every Thursdays and Saturdays in Apr. except Thu. 5 and Sat. 28

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. 13 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. 2017

Date: Wed. 11 Apr.

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

2) Children (born in Sep. 2016) aged 1 year and 6 months old

Date: Thu. 12 Apr.

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

3) Children (born in Feb. 2015) aged 3 years old

Date: Wed. 18 Apr.

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

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

Date: Thu. 26 Apr.

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

5) Baby (born in Jan. 2018) class

Date: Fri. 6 Apr.

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

6) “Dental Checkup day” (born in Apr. and May 2017) classes

Born in Apr. 2017;

Date: Mon. 16 Apr.

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

Born in May 2017;

Date: Tue. 17 Apr.

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

Please make an appointment in advance for each class.

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

4. Extended Tokai Village taxi on demand “Ainori-kun”

Ainori-kun is a ride-share taxi service to go anywhere in Tokai Village. Weekday timetable will be extended 30 minutes and you can use the 5:00 p.m. taxi from April 2018.

Eligible people: Tokai Village resident who are registered to use.

Timetable:

Weekday; Every 30 mins from 8:00 a.m. to 5:00 p.m.

Saturday; Every 30 mins from 8:00 a.m. to 4:00 p.m.

Fare: 300 yen per ride

100 yen per ride applies to anyone as following;

- 1) Anyone with physical, mental, or intellectual disabilities
- 2) Anyone certified to receive nursing care (yokaigo)
- 3) An attendant for a passenger 1) and 2)
- 4) Children under six accompanied by a guardian. One guardian per child will be also charged 100 yen.

Other: Please contact the number below as soon as possible if you have to cancel the taxi.

Application: Tokai Village Taxi on Demand Information Center, ph. 029-306-2828

Application hours: 7:15 a.m.- 4:30 p.m. (closed at 3:30 p.m. on Saturday) You can make an appointment 2 working days to 30 mins beforehand.

Inquiries: Community Development Promotion Section, ph. 029-282-1711 ext. 1342

For more details, please visit Tokai Village official web site.

(<http://www.vill.tokai.ibaraki.jp>)

5. Distribute a New “Tokai Village Natural Disasters Hazard Map”

Contents: Basic Knowledge of Natural Disasters (Earthquake, Tsunami, Storm and Flood Damage), Daily Preparations, Emergency Supplies List and Evacuation Shelters List etc..

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1524

6. 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. 2 Apr. 2018- Sat. 30 Mar. 2019

Eligible people:

Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2019) and pregnant women.

Cost: Free

Others: Voucher forms will be sent in Mar. 2018 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 Village and don't have a voucher form.

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

7. 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. 2018

*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. 2014 and 1 Apr. 2017 and their guardian who lives in Tokai Village.

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. 17 Apr. 10:00 a.m. to noon

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

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

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

Apply in person at Ozora Daycare Center. 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

8. Tokai Children's Chorus Members Wanted and a Trial Lesson

Date: Sat. 14 Apr.

Time: 5:00 - 6:30 p.m.

Place: Tokai Culture Center

Eligible people: Anyone who will be a first grader of elementary school on Apr. 2019 or above.

Application and Inquiries: Apply in person to Lifelong Learning Section (Tokai Village Office 4F), or by phone or e-mail until Thu. 12 Apr..

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

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

9. Hiking Tour to Mt. Karousan

Date: Sat. 14 Apr.

Time: Meeting at Fureaino-mori Park at 6:50 a.m.

Departure time: 7:00 a.m.

Place: Mt. Karousan in Soma county Fukushima pref.

Eligible people: Individuals who live or work in Tokai Village (including family living together) or belong to Smile Tokai and are 18 years old or over.

Capacity: The first 25 applicants will be accepted.

Contents: It takes approximately 4 hours to walk through Katakurasawa virgin forest and get to Karou shrine on top of the mountain. It's the best time to see Dogtooth Violet and Wild Cherry Blossoms.

Cost: 6,000 yen for Smile Tokai members, 8,000 yen for the family of the Smile Tokai member, 9,500 yen for non-members.

Application: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m. by Tue. 10 Apr. (except Mondays).

Inquiries: Tokai Gymnasium ph.029-283-1001

10. Ishigami Castle Cherry Blossom Festival

Please enjoy Ishigami Castle Expedition, Vegetable Dying, Quiz Rally and Cherry Blossom Viewing.

Date: Sat. 7 Apr.

Time: 10:00 a.m. - 3:00 p.m.

Place: Ishigami Castle Park

Others: Ishigami Castle Cheery Blossom Viewing Week 2018 will be held from Sun. 1 to Sun. 15 Apr..

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

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