

広報とうかい 12/25 号

1. 1月の休日診療
2. 1月の健康体操
3. 1月の健康相談
4. 東海村スマイルマラソン 2019
5. 主な公共施設の年末・年始休館日
6. 平成 31 年東海村消防出初式
7. みんなですこやかウォーキング
8. 平成 31 年度「がん検診等申込書」を郵送しました
9. 第 2・第 4 木曜日は「あつマルシェ」
10. 百塚保育所「こあらひろば」
11. グランドピアノを弾いてみませんか
12. 年末・年始の可燃ごみの収集日、年末のごみの直接搬入

Koho Tokai 25 December, 2018

1. Weekend Medical Services in Jan. 2019
2. Calisthenics Class in Jan. 2019
3. Health Checks for Infants and Toddlers in Jan.2019 at Tokai Health Center
4. Traffic Restrictions for Tokai Smile Marathon 2019
5. New Year Holiday Period
6. Fire Brigade New Year Parade 2019
7. Sukoyaka Walking
8. Health Check Applications
9. Atsu Marche
10. Venue for parents and children to receive assistance with childcare
11. Rent a Grand Piano for Private Practice
12. Garbage Disposal during New Year Holidays

1. Weekend Medical Services in Jan. 2019

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

Tue. 1: Tokai Hospital, ph.029-282-2188

Wed. 2: Muto Pediatric Clinic, ph.029-282-7722

Thu. 3: Tokai Hospital, ph.029-282-2188

Sun. 6: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 13: Ibarakihigashi National Hospital, ph.029-282-1151

Mon. 14: Ibarakihigashi National Hospital, ph.029-282-1151

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: Between Mon. and Sat. 9:00 a.m.- 5:30 p.m.

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-5367-2367:

Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays, year end, new year, 9:00 a.m.- 9:00 a.m. of the following day.

Ibaraki Adult's Resource Line, ph. #7119 (for mobile phones), or 03-5367-2365:

Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays, year end, new year, 9:00 a.m.- 9:00 a.m. of the following day.

2. Calisthenics Class in Jan. 2019

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 Jan. except Thu. 3, 31 and Sat. 5, 12

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 Jan. 2019 at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 18 Jan.

Time: 9:30 - 11:00 a.m.

1:00 - 2:00 p.m.

(2) "Genki-up" Health Consultation

Date: Fri. 18 Jan.

Time: 9:00 - 11:30 a.m.

1:00 - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants born in Aug. 2018

Date: Wed. 9 Jan.

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

2) Children (born in Jun. 2017) aged 1 year and 6 months old

Date: Thu. 10 Jan.

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

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

Date: Wed. 16 Jan.

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

4) Dental Checks for Children (born in Jun. 2016) aged 2 years and 6 months old

Date: Thu. 17 Jan.

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

5) Baby (born in Oct. 2018) class

Date: Fri. 11 Jan.

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

6) “Dental Checkup day” (born in Feb. 2018) class

Date: Thu. 31 Jan.

Time: 9:30 - 10:00 a.m.

Please make an appointment in advance.

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

4. Traffic Restrictions for Tokai Smile Marathon 2019

Date: Mon. 14 Jan.

Traffic restriction areas and time:

-Ekihigashi-odori Boulevard; 9:30 a.m.- 4:00 p.m.

-Katsukida-shimonouchi Street; 9:30 a.m.- 1:00 p.m.

-From Tokai Hospital to Nagahori-sukoyaka House; 9:30 a.m.- 1:00 p.m.

-The street in front of Tokai Welfare Center “Kizuna”; 7:00 a.m.- 5:00 p.m.

Please follow directions if you are in these areas. Your understanding and cooperation are appreciated.

Others:

-Shuttle buses will run every 20 minutes between Freainomori Park, JAEA Head Office and Tokai Welfare Center “Kizuna”.

-Foods, drinks and agricultural products will be sold from 8:30 a.m. at “Kizuna”.

Inquiries: Tokai Marathon Secretariat, ph. 029-283-0673

5. New Year Holiday Period

The following public offices and facilities will be closed during the New Year period as indicated below.

Closed from Fri. 28 Dec. 2018 until Thu. 3 Jan. 2019

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

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

Tokai Culture Center: ph. 029-282-8511

Tokai Gymnasium: ph. 029-283-0673

Tokai Welfare Center “Kizuna”: ph. 029-283-2299

Children’s Center: ph. 029-306-1017

Nagahori Sukoyaka House: ph. 029-283-3664

Closed from Sat. 29 Dec. 2018 until Thu. 3 Jan. 2019

Tokai Library (opens 1:00 p.m. on Fri. 4 Jan.): ph. 029-282-3435

Tokai Village Office: ph.029-282-1711

Tokai Hospital (except for weekend and holiday hours): ph. 029-282-2188

Tokai Health Center: ph. 029-282-2797

All Community Centers

“Ainori-kun” (a share-ride taxi service) Reservation Center: 029-306-2828

Closed from Sun. 30 Dec. 2018 until Thu. 3 Jan. 2019

Tokai Clean Center: ph. 029-282-7289

Hitachinaka- Tokai Clean Center: ph. 029-265-5310

6. Fire Brigade New Year Parade 2019

The Fire Brigade will hold a New Year parade. Sirens will sound for one minute from 7:00 a.m. There will be traffic restrictions around the Tokai Culture Center between 7:00 a.m. and noon. Your understanding and cooperation are appreciated.

Contents:

1. Opening Ceremony
2. -Children from Funaishikawa Kindergarten, Migiwa Daycare Center and Sunflower Kodomo-no-mori Daycare Center will give a demonstration.
-Firefighters will also give a pumping demonstration.

3. Fire engine Parade

Date: Sun. 13 Jan.

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

Place: Tokai Culture Center area

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1523

7. Sukoyaka Walking

One hour of walk along the Ibaraki Health Road Akogigaura kokuzo-do course.

Date: Wed. 9 Jan. (Canceled in case of rain.)

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

Meeting place: Muramatsu Community Center

Eligible people: Tokai Village residents

Others: Bring a drink and a small towel, and wear comfortable clothes. Please share cars due to the limited space in the parking lot.

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

8. Health Check Applications

Application forms for annual cancer and lifestyle disease health checks, provided by Tokai Village, were sent to residents registered as of 30 Nov. 2018.

Application: Return the form to Tokai Health Center by Sat. 19 Jan. 2019.

Others: If you did not receive an application form and would like to receive these health checks, contact Tokai Health Center.

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

9. "Atsu Marche"

"Atsu Marche" will be held on every 2nd and 4th Thursday by disabled person's support office. Foods and craft products such as breads and snacks will be sold.

Time: 11:00 a.m. - 1:00 p.m.

Place: 1st floor of Tokai Village Office

Inquiries: "Nagomi" Tokai Comprehensive Support Center, ph. 029-287-2525

10. 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:

- 1) Wed. 23 Jan.
- 2) Wed. 16 and 30 Jan.

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

Place: Hyakutsuka Daycare Center

Eligible people:

- 1) Children aged 18 months old or under accompanied by a guardian who is a resident of Tokai Village.
- 2) Children between 19 months old and preschool-age children accompanied by a guardian who is a resident of Tokai Village.

Contents: Playtime activities and storytelling

Cost: Free

Others: Bring a drink and change of clothes. Reservations are not required. Dance for children and guardians will be held on Wed. 16, and dance for babies with guardians will be held on Wed. 23 Jan.

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

11. Rent a Grand Piano for Private Practice

The stage Yamaha grand piano (Yamaha CFIII-S) can be rented for private piano practice.

Date:

Mon. 14, Sun. 20, and Fri. 25 Jan.

Tue. 5, 26, and Wed. 27 Feb.

Time:

1:00 - 8:00 p.m. on Tue., Wed. and Fri.

9:00 a.m.- 8:00 p.m. (except noon -1:00 p.m.) on Sun. and national holiday

Place: Tokai Culture Center

Eligible people: Anyone who lives, works or goes to school in Tokai Village.

Cost: 200 yen per hour (one hour session for one person only)

*You can apply to two practice sessions per term (from Jan. to Feb.).

*Reservations cannot be changed and the rental cost cannot be returned.

*Please contact Tokai Cultural Center about additional use.

Application: You can apply from 9:00 a.m. on Sat. 5 Jan. at Tokai Culture Center. And you should apply by 5:00 p.m. on the day before each available date (except closed days).

Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m. on Sat. 5 Jan.

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

12. Garbage Disposal during New Year Holidays

-Garbage collection days and times for burnable garbage will change over the New Year period.

1) Collection day Monday and Thursday area:

The last collection; Mon. 31 Dec. 2018

The first collection; Mon. 7 Jan. 2019

2) Collection day Tuesday and Friday area:

The last collection; Fri. 28 Dec. 2018

The first collection; Fri. 4 Jan. 2019

*Be sure to take burnable garbage in the designated bag to the collection site by 8:30 a.m..

If you take your garbage directly to both of clean centers in Tokai and Hitachinaka;

The last day when garbage can be carried in directly to the clean centers is Sat. 29 Dec. 2018. The first day is Fri. 4 Jan. 2019.

As this period is usually very crowded, it is recommended to come earlier. The available garbage to be taken directly to the clean center is as following and neither center will accept garbage in any category other than these:

Hitachinaka ▪ Tokai Clean Center; burnable garbage

*Open from 8:30 a.m. to 4:30 p.m. only on Sat. 29 Dec..

Tokai Clean Center; unburnable garbage, bulky rubbish, recyclable waste, pruned branches and leaves

*Open from 8:30 a.m. to 4:30 p.m. (except noon - 1:00 p.m.) only on Sat. 29 Dec..

Inquiries: Tokai Clean Center, ph. 029-282-7289