

広報とうかい 1/25 号

1. 2月の休日診療
2. 2月の健康体操
3. 2月の健康相談
4. 「村・県民税の申告」「所得税および復興特別所得税の確定申告」
5. ママのためのやさしいヨガ
6. 百塚保育所「こあらひろば」

Koho Tokai 25 January, 2019

1. Weekend Medical Services in Feb.
2. Calisthenics Class in Feb.
3. Health Checks for Infants and Toddlers in Feb. at Tokai Health Center
4. Declaration of 'Prefectural Inhabitant Tax and Municipal Inhabitant Tax' and Filing 'Final Tax Return of Income Tax and Special Income Tax for Reconstruction'
5. Refresh Yoga Class for Mum
6. Venue for parents and children to receive assistance with childcare

1. Weekend Medical Services in Feb.

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

Sun. 3: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 10: Tokai Hospital, ph.029-282-2188

Mon. 11: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 17: Higashihara Clinic, ph.029-283-2301

Sun. 24: Tokai Hospital, ph.029-282-2188

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 Feb.

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

Eligible people: Residents aged 30 - 64 years old.

Date: Every Thu. and Sat. except Sat. 9 and 23

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 Feb. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 1 Feb.

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

1:00 - 2:00 p.m.

(2) “Genki-up” Health Consultation

Date: Fri. 1 Feb.

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

1:00 - 5:00 p.m.

Please make an appointment in advance.

(3) Health Check for Babies

1) Infants born in Sep. 2018

Date: Wed. 6 Feb.

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

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

Date: Thu. 7 Feb.

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

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

Date: Wed. 13 Feb.

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

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

Date: Thu. 14 Feb.

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

5) Baby (born in Nov. 2018) class

Date: Fri. 8 Feb.

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

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

Date: Mon. 18 Feb.

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

Please make an appointment in advance.

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

4. Declaration of 'Prefectural inhabitant tax and municipal inhabitant tax' and Filing 'Final Tax Return of Income Tax and Special Income Tax for Reconstruction'

Consultations and declarations will be accepted at Tax Section of Tokai Village Office and the Ota Tax Office.

For more details of declaration, see the information from the National Tax Agency below.

2018 INCOME TAX AND SPECIAL INCOME TAX FOR RECONSTRUCTION GUIDE FOR ALIENS:

<http://www.nta.go.jp/taxes/tetsuzuki/shinsei/annai/yousiki.htm>

Questions about tax:

<http://www.nta.go.jp/english/taxes/index.htm>

Application: Nuclear Energy Inspection Training Room of Tokai Village Office (5F);

Date: Tue. 12 Feb. - Fri. 15 Mar. (except Saturday and Sunday. Only Sun.17 Feb. will be opened.)

Time: 9:00 a.m. - 4:00 p.m. (doors open at 8:00 a.m.)

Inquiries: Tax Section, ph. 029-282-1711 ext.1117, 1118, 1119

5. Yoga Class for Mum

Would you like to refresh yourself with yoga? Beginners are welcome.

Date: Tue. 5 Mar.

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible people: Mothers who are residents of Tokai Village and have pre-school age children.

Capacity: Around the first 30 applicants will be accepted.

Cost: Free

Others: Please wear comfortable clothes and a bring Yoga mat or a bath towel and a drink. If you need babysitting service (free), please tell us when you apply. Parking located on the east side of Tokai Muramatsu-Syuku Kodomoen will be available.

Application and Inquiries: Apply on the phone between 9:00 a.m. and 5:00 p.m. on Tue. 5 Feb. to the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center, ph. 029-282-7390

6. 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. 6 and 20 Feb.
- 2) Wed. 13 and 27 Feb.

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 pre-school 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 spare clothes. Reservations are not required.

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