

広報とうかい 4/25号

1. 5月の休日診療
2. 5月の健康相談
3. 軽自動車税納税通知書を郵送します
4. 乳がん・子宮頸がん施設検診
5. みんなですこやかウォーキング
6. ベビーマッサージ教室
7. チャレンジスクール「弓道の部」
8. チャレンジスクール「卓球の部」
9. 豪華客船「飛鳥II」の船内見学会の参加者募集

Tokai News Letter 25 Apr., 2019

1. Weekend Medical Services in May
2. Health Checks and Consultation in May
3. Light Vehicle Tax
4. Breast Cancer and Pap smear Checks
5. Healthy Walking Group
6. Baby Massage Class
7. Kyudo Classes
8. Table Tennis Classes
9. Tour in the Luxury Liner Asuka II

1. Weekend Medical Services in May

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

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

Sat. 4: Muto Pediatric Clinic, ph.029-282-7722

Sun. 5: Tokai Hospital, ph.029-282-2188

Mon. 6: Higashihara Clinic, ph.029-283-2301

Sun.12: Ogata Clinic, ph.029-282-4781

Sun.19: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun.26: Tokai Clinic, ph.029-283-1711

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

Hours: open 24 hours a day, every day of the year (including emergency medical

information)

Ibaraki Adult's Resource Line, ph. #71119 (for mobile phones), or 03-5367-2365:

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultation in May

(1) "Genki-up" Health Consultation for Adults

Date: Fri. 17. May.

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

1:00 - 5:00 p.m.

Please make an appointment.

(2) Health Consultation for Mothers and Children

Date: Fri. 17 May

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

1:00 - 2:00 p.m.

(3) Health Check for Babies

1) Infants born in Dec. 2018

Date: Wed. 8 May

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

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

Date: Thu. 9 May.

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

3) Children (born in Mar. 2016) aged 3 years old

Date: Wed. 15 May.

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

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

Date: Thu. 16 May

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

5) Baby (born in Feb. 2019) class

Date: Tue. 7 May

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

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

3. Light Vehicle Tax

Light vehicle tax bill will send out to owners soon. Please make sure to make payment at banks, convenience stores or the Japan Post Bank (in Kanto and Yamanashi pref.) designated on the back of the notice by Fri. 31 May. The amount will be deducted from your account on Fri. 31 May only for bank transfer registrants. Anyone who has not received or has lost the tax notice, or who has received it for a wrecked car or a car that changed ownership before 1 Apr. 2019, please inquire it at Tax Section, Tokai Village Office.

Regarding reduction and exemption for the disabled, please contact Tax Section.

Application period: By Fri. 31 May (except Saturdays and Sundays)

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

4. Breast Cancer and Pap smear Checks

Women living in Tokai Village are entitled to receive free examination for breast and cervical cancer at designated clinics and hospitals.

Eligible people:

Breast cancer checks: Women 30 years old and above

Pap smear checks: Women 20 years old and above

Term: Tue. 7 May, 2019 - Fri. 31 Jan., 2020

Cost: Free

Other: If you recently moved to Tokai Village, apply at the Tokai Health Center.

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

5. Healthy Walking Group

One hour of walk along the Ibaraki Health Road “Fureaino-mori kara Shinryoku course”.

Date: Fri. 10 May (Canceled in case of rain.)

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

Meeting place: Fureaino-mori Park

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

Reservations are not required.

6. Baby Massage Class

Baby massage class for mother will be held. Let's talk together about childcare and child rearing after class.

Date: Thu. 23 May and 6 Jun.

Time: 10:00 - 11:30 a.m.

Place: Funaishikawa Community Center

Eligible people: 3 to 7 months old babies accompanied by mothers who live in Tokai Village.

Capacity: The first 10 pairs will be accepted.

Cost: 100 yen for massage oil

Instructor: Ms. Makiko Tobe (Midwife)

Others: Bring a bath towel, face towel, waterproof sheet, favorite toy, milk and diapers.

Application and Inquiries: Apply one week prior to your preferred date to Funaishikawa • Funaba area social welfare council in Funaishikawa Community Center.

Funaishikawa Community Center, ph. 029-283-1951

7. Kyudo Classes

A series of 10 classes will be offered, please feel free to join them.

Dates:

Saturdays; 25 May, 1, 15, 22, 29 Jun.

Sundays; 26 May, 2, 16, 23, 30 Jun.

Time: 4:15 - 6:15 p.m.

Place: Tokai Gymnasium

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

Capacity: The first 15 people for adult and the first 15 junior high school students will be accepted (minimum number is 15 for both).

Instructor: Tokai Village Kyudo Federation members

Cost: 2,000 yen per person

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sun. 28 Apr. to Sun. 19 May (except Tue. 7 and Mon. 13 May). Tokai Gymnasium, ph. 029-283-0673

8. Table Tennis Classes

A series of six classes will be offered.

[For Elementary student]

Dates: Saturdays 1, 8, 15, 22, 29 Jun. and 6 Jul.

Time: 2:00 - 3:30 p.m.

Eligible people: Anyone of elementary school student, who either lives or goes to school in Tokai Village.

Capacity: The first 20 applicants will be accepted. (minimum number is 10.)

Cost: 2,000 yen per person

[For Adult]

Dates: Tuesdays 4, 11, 18 Jun., Fridays 7, 14, 21 Jun.

Time: 7:00 - 9:00 p.m.

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

Capacity: The first 25 applicants will be accepted. (minimum number is 15.)

Cost: 2,000 yen per person

Place: Tokai Gymnasium

Instructor: Tokai Village Table Tennis Federation members

Others: Free tools will be offered for applicants.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sun.28 Apr. to Sun. 26 May (except Tue. 7, Mon. 13 and 20 May).

Tokai Gymnasium, ph. 029-283-0673

9. Tour in the Luxury Liner Asuka II

Date: Sun. 26 May

Time: 1:30 - 2:30 p.m.

Place: Hitachinaka District located in the heart of Ibaraki Port (Nagasuna, Hitachinaka City)

Capacity: 80 people

*A lottery will be held if it is too many applicants.

Cost: Free

Other: People who have been selected by the lottery will be given the information by

Fri. 17 May.

Application: Fill out the application form from the Ibaraki pref. official website, and send to Ibaraki-ken Doboku-bu Kowan-ka Kowanshinko group (Kasahara 978-6, Mito City 310-8555) by Mon. 13 May.

Inquiries: Ibaraki-ken Doboku-bu Kowan-ka Kowanshinko group, ph. 029-301-4536