

## 広報とうかい 8/25号

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## Tokai News Letter 25 Aug., 2019

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2. Health Checks for Infants and Toddlers in Sep. at Tokai Health Center
3. Healthy Walking Group
4. Venue for Parents and Children to Receive Assistance with Childcare
5. Karugamo Circle (Autumn)
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### 1. Weekend Medical Services in Sep.

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

Sun. 1: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 8: Tokai Hospital, ph.029-282-2188

Sun. 15: Tokai Clinic, ph.029-283-1711

Mon. 16: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 22: Ibarakihigashi National Hospital, ph.029-282-1151

Mon. 23: Ibarakihigashi National Hospital, ph.029-282-1151

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

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 03-5367-2367:

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 03-5367-2365:

If you experience an injury or illness and aren't sure what to do, call #7119(#8000) for advice. You can find out if you should call an ambulance or have an immediate medical exam, and also learn which clinics and hospitals are currently receiving patients. Available 24/7/365

## **2. Health Checks and Consultation in Sep.**

### **(1) “Genki-up” Health Consultation for Adults**

**Date:** Fri. 13 Sep.

**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. 13 Sep.

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

1:00 - 2:00 p.m.

### **(3) Health Check for Babies**

#### **1) Infants born in Apr. 2019**

**Date:** Wed. 4 Sep.

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

#### **2) Children (born in Feb. 2018) aged 1 year and 6 months old**

**Date:** Thu. 5 Sep.

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

#### **3) Children (born in Jul. 2016) aged 3 years old**

**Date:** Wed. 11 Sep.

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

#### **4) Dental Checks for Children (born in Feb. 2017) aged 2 years and 6 months old**

**Date:** Thu. 12 Sep.

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

#### **5) Baby (born in Jun. 2019) class**

**Date:** Mon. 2 Sep.

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

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

## **3. Healthy Walking Group**

One hour of walk along the Ibaraki Health Road “Nakamaru Power Spot” course.

**Date:** Fri. 6 Sep. (Canceled in case of rain.)

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

**Meeting place:** Nakamaru Community Center

**Eligible people:** Tokai Village residents

**Others:** Bring a drink and a 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.

#### **4. Venue for Parents and Children to Receive Assistance with Childcare**

**Date:** Wed. 4, 11 and 25 Sep.

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

**Place:** Hyakutsuka Daycare Center

**Eligible People:** Pre-school age children or under accompanied by a guardian who is a resident of Tokai Village.

**Contents:** Playing freely, Storytelling

**Cost:** Free

**Others:** Bring a drink and spare clothes. Measuring children's height and weight will be done on Wed. 4, and making animal pouch will be done on Wed. 11 Sep.

**Inquiries:** Hyakutsuka Daycare Center Parenting Support Center, ph. 029-270-5660 Reservations are not required.

#### **5. Karugamo Circle (Autumn)**

Karugamo Circle is a support group for parents and babies.

**Date:** Every Tuesday from 10 Sep. to 5 Nov. (eight classes except Tue. 22 Oct.)

**Time:** 10:00 - 11:15 a.m.

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Children born between March and August 2018 accompanied by a guardian who is a resident of Tokai Village.

**Capacity:** The first 12 pairs will be accepted.

**Contents:** Play together and crafts, etc.

**Cost:** Free

**Application and Inquiries:** Apply on the phone to Tokai Muramatsu-Syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. on Wed. 28 Aug., ph. 029-282-7390

## **6. Nikoniko Club (Autumn)**

**Date:** Every Friday from 13 Sep. to 22 Nov. (eight classes except Fri. 4, 25 Oct. and 1 Nov.)

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

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Children born between 2 Apr. 2016 and 1 Apr. 2017 accompanied by a guardian who is a resident of Tokai Village.

**Capacity:** The first 10 pairs will be accepted.

**Contents:** Rhythm activities, crafts and social play

**Cost:** Free

**Application and Inquiries:** Apply on the phone to Tokai Muramatsu-Syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. on Fri. 30 Aug., ph. 029-282-7390

## **7. Admissions Information of Migiwa Kindergarten for 2020**

### **1) Children for kindergarten**

**Eligible people:**

3-year-old children born between 2 Apr. 2016 and 1 Apr. 2017

4-year-old children born between 2 Apr. 2015 and 1 Apr. 2016

**Orientation:** 2:00 - 3:00 p.m. Fri. 20 Sep.

Reservations are not required.

**Kindergarten tour:** 10:30 - 11:30 a.m. Fri. 27 Sep.

Reservations are not required.

**One day try-out:** 10:00 - 11:30 a.m. Mon. 7 Oct.

Please make a reservation by phone.

### **2) 2-year-old children for nursery**

**Eligible people:**

Children born between 2 Apr. 2017 and 1 Apr. 2018

**Application and Inquiries:** Fill out the application form which is distributed from Mon. 9 Sep., apply in person from 9:00 a.m. on Thu. 17 Oct. for 1), and on Fri. 25 Oct. for 2) at Migiwa Kindergarten (First-come-first-served-basis). ph. 029-282-9155

For more details, please see Migiwa Kindergarten website: <http://migiwa-y.com/>

## **8. Hiking Tour to Mt. Hiyama and Mt. Yamatsuri**

**Date:** Sat. 14 Sep.

**Time:** Meeting at Fureaino-mori Park at 7:20 a.m.

**Departure time:** 7:30 a.m.

**Place:** Mt. Hiyama and Mt. Yamatsuri in Yamatsuri town, Fukushima pref.

**Eligible people:** Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or over.

**Capacity:** The first 25 applicants will be accepted.

**Cost:** 6,000 yen for Smile Tokai members, 8,000 yen for families who are members of Smile Tokai, 9,500 yen for non-members.

**Contents:** Hiking to Mt. Hiyama and Mt. Yamatsuri course, and walking around Yamatsuri station after Mt. Hiyama course. It takes approximately 5 hours each.

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 31 Aug. to Wed. 11 Sep. (except Mondays)

**Inquiries:** Tokai Gymnasium, ph.029-283-1001