

広報とうかい 11/25 号

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Tokai News Letter 25 November, 2019

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1. Weekend Medical Services in Dec.

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

Sun. 1: Higashihara Clinic, ph.029-283-2301

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

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

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

Sun. 29: Tokai Clinic, ph.029-283-1711

Mon. 30: Ogata Clinic, ph.029-282-4781

Tue. 31: Ogata Clinic, ph.029-282-4781

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 Dec.

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

Date: Fri. 13 Dec.

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 Dec.

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

1:00 - 2:00 p.m.

(3) Health Check for Babies

1) Infants born in Jul. 2019

Date: Wed. 4, Dec.

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

2) Children (born in May. 2018) aged 1 year and 6 months old

Date: Thu. 5 Dec.

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

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

Date: Wed. 11 Dec.

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

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

Date: Thu. 12 Dec.

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

5) Baby (born in Sep. 2019) class

Date: Fri. 6 Dec.

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

6) “Dental Checkup day” (born in Jan. and Feb. 2019) class

Date: Mon. 9 Dec.

Time: 9:30 - 9:45 a.m.

Please make an appointment in advance.

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

3. Finding Santa !

We will give a small gift to children who find a small hidden Santa in Tokai Sister City Hall. Also, you can decorate the Christmas tree.

Term: Sat. 7 - Wed. 25 Dec. (Except Sat. 14 and Sundays)

Time: 10:00 a.m. - 5:00 p.m. (Reception is until 4:30 p.m.)

Place: Tokai Sister City Hall

Eligible people: Elementary school students and under with a guardian who is a Tokai Village resident.

Inquiries: Tokai Sister City Hall (Tokai 3-6-7, Tokai Village), ph. 029-282-0535

See more details on the Facebook (<https://www.facebook.com/tokai.sch/>).

4. Healthy Walking Group

One hour walk along the Health Road of around Tokai Welfare Center "Kizuna".

Date: Fri. 6 Dec.

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

Meeting place: Tokai Welfare Center "Kizuna"

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.

*Please bring indoor shoes in case of rain. Walking form check and demonstration will be held in Tokai Welfare Center "Kizuna".

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

Reservations are not required.

5. Used Items Bazaar Exchange for Babies and Children

Date: Sat. 14 Dec.

Place: Tokai Welfare Center "Kizuna"

Contents:

-A bazaar to exchange used items for babies and children; 11:30 a.m. - 3:00 p.m.

Please bring a reusable bag. Big items such as child safety seat or stroller will be sold by lottery.

Application; 11:30 a.m. -

Result announcement; 2:30 p.m.

-Making New Years cards; 9:30 a.m. - , 1:00 p.m. -

Capacity is the first 50 people.

-Making hand shaping; 0:30 p.m. -

Capacity is the first 150 people.

Inquiries: Tokai Village Social Welfare Council, ph. 029-282-2804

See more details on the official website.

6. Venue for Parents and Children to Receive Assistance with Childcare

Date: Wed. 4, 18 Dec.

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 Tokai Village resident.

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 craft for X'mas will be held on Wed. 18 Dec..

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

7. The 8th Tokai Village Children's Art Festival

Date: Sun. 8 Dec.

Contents and Time:

- Exhibitions of drawing, calligraphy and ceramic work made by children;

9:00 a.m.- 4:30 p.m.

- Performance on stage by children; 1:00 - 4:30 p.m.

- Experience for artistic culture; 10:00 a.m. - 3:00 p.m.

Place: Tokai Culture Center

Cost: Free

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

8. Aerobic Class for Beginner

Dates: Sat. 21, Fri. 27 Dec. 2019, Sat. 4, 11, 25 Jan. 2020 (5 classes)

Time: 1:00 - 2:00 p.m.

Place: Tokai Gymnasium

Eligible people: Students from grade 1st to 5th in elementary school who live in Tokai Village (including family living together) or belong to SC Smile Tokai.

Capacity: The first 10 applicants will be accepted.

Lecturer: Ms. Akiko Sugiyama

Cost: Free for SC Smile Tokai members, 2,500 yen for non-members.

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. until Sun. 15 Dec. (except Mon.).

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