

広報とうかい 12/25 号

1. 年末年始・1月の休日診療
2. 1月の健康相談
3. 東海村スマイルマラソン 2020
4. 主な公共施設の年末・年始休館日
5. 令和2年東海村消防出初式
6. 令和2年度「がん検診等申込書」を郵送しました
7. みんなですこやかウォーキング
8. 百塚保育所「こあらひろば」
9. ママのためのやさしいヨガ
10. 親子でエアロビクス
11. さちのみ認定こども園令和2年度園児（1号認定児）追加募集
12. グランドピアノを弾いてみませんか
13. 真崎・白方コミセンの一部施設の貸出休止について
14. 年末・年始のごみの収集日と直接搬入の日程

Tokai News Letter 25 December, 2019

1. Weekend Medical Services for the End of Year and Jan. 2020
2. Health Checks and Consultation in Jan.
3. Traffic Restrictions for Tokai Smile Marathon 2020
4. New Year Holiday Period
5. Fire Brigade New Year Parade 2020
6. Health Check Applications
7. Healthy Walking Group
8. Venue for parents and children to receive assistance with childcare
9. Refreshment Yoga Class for Mothers
10. Aerobics for Parents and Children
11. Additional Admissions Information of Sachinomi Kodomoen for 2020
12. Rent a Grand Piano for Private Practice
13. Masaki and Shirakata Community Centers Renovation
14. Garbage Disposal during New Year Holidays

1. Weekend Medical Services for the End of Year and Jan. 2020

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

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

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

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

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

Thu. 2: Kuji Kids Clinic, ph.029-219-7303

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

Sun. 5: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 12: Ibarakihigashi National Hospital, ph.029-282-1151

Mon. 13: Tokai Clinic, ph.029-283-1711

Sun. 19: Muto Pediatric Clinic, ph.029-282-7722

Sun. 26: 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 Jan.

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

Date: Fri. 17 Jan.

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 Jan.

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

1:00 - 2:00 p.m.

(3) Health Check for Babies

1) Infants born in Aug. 2019

Date: Wed. 8 Jan.

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

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

Date: Thu. 9 Jan.

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

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

Date: Wed. 15 Jan.

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

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

Date: Thu. 16 Jan.

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

5) Baby (born in Oct. 2019) class

Date: Fri. 10 Jan.

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

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

3. Traffic Restrictions for Tokai Smile Marathon 2020

Date: Mon. 13 Jan. 2020 (canceled in case of bad weather)

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.

Other:

-Shuttle buses will run every 20 minutes between Fureainomori 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

4. New Year Holiday Period

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

Closed from Sat. 28 Dec. 2019 until Fri. 3 Jan. 2020

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

Closed from Sat. 28 Dec. 2019 until Sun. 5 Jan. 2020

Tokai Village Office: ph.029-282-1711

Tokai Health Center: ph. 029-282-2797

Nagahori Sukoyaka House: ph. 029-283-3664

Closed from Sun. 29 Dec. 2019 until Fri. 3 Jan. 2020

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

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

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

All Community Centers

Closed from Tue. 31 Dec. 2019 until Fri. 3 Jan. 2020

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

Closed from Tue. 31 Dec. 2019 until Sun. 5 Jan. 2020

Tokai Clean Center: ph. 029-282-7289

5. Fire Brigade New Year Parade 2020

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 Funai-shikawa 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. 12 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

6. Health Check Applications

Application forms for annual cancer and lifestyle disease health checks, provided by Tokai Village, were sent to residents registered as of 29 Nov. 2019.

Application: Return the form to Tokai Health Center by Sat. 18 Jan. 2020.

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

7. Healthy Walking Group

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

Date: Fri. 10 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 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.

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

Date: Wed. 15, 22 Jan.

Time: 9:30 - 11:30 a.m. (Please come at any time you like.)

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. 15 Jan..

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

9. Refreshment Yoga Class for Mothers

Date: Mon. 20 Jan.

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

Place: Tokai Muramatsu-syuku Kodomoen

Eligible people: Mothers who live in Tokai Village, and have pre-school age children or under.

Capacity: First 30 people will be accepted.

Instructor: Ms. Misaki Akatsu (Fitness instructor)

Cost: Free

Others: Bring a drink, a yoga mat (or a bath towel) and wear comfortable clothes. Childcare service will be provided. (no fee, reservations are required.)

Please park at the gravel parking lot next to Muramatsu Community Center.

Application and Inquiries: Apply on the phone on Wed. 8 Jan. from 9:00 a.m. to 5:00 p.m. to Muramatsu-syuku Kodomoen Parenting Support Center. ph. 029-282-7390

10. Aerobics for Parents and Children

Date: Fri. 17 Jan.

Time: 10:00 - 11:00 a.m. (Doors open at 9:45 a.m.)

Place: Sunflower Kodomo-no-mori Daycare Center

Eligible people: Children aged between 1 year old who are able to walk and 3 years old with a guardian.

Capacity: Around first 15 pairs will be accepted.

Instructor: Ms. Aki Nishimizu

Fee: Free

Others: Bring a drink and wear comfortable clothes. Barefoot activity.

Inquiries: Apply between 10:00 a.m. and 3:00 p.m. after Tue. 7 Jan. 2020 (except Sat., Sun. and national holidays), Sunflower Kodomo-no-mori Daycare Center, ph. 029-287-7111

11. Additional Admissions Information of Sachinomi Kodomoen for 2020

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

Capacity: 1 child

*first-come-first-served basis

Other: Please contact the Kodomoen for the details such as application forms.

Application and Inquiries: Apply in person at Sachinomi Kodomoen between 9:00 a.m. and 5:00 p.m. until Tue. 31 Mar. 2020(except Sat., Sun., national holidays, Mon. 30 Dec.- Fri. 3 Jan.), ph. 029-212-5057

12. Rent a Grand Piano for Private Practice

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

Date:

Wed. 8, 15, 22 Jan.

Tue. 11, 18 and Wed. 26 Feb.

Tue. 3, 10 and Wed. 11 Mar.

Time: 1:00 - 8:00 p.m.

*9:00 a.m.- 8:00 p.m. (except noon -1:00 p.m.) on Tue. 11 Feb.

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 Mar.).

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

*Please contact Tokai Culture Center about additional use.

Application: You can apply from 9:00 a.m. on Sun. 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). Application will be accepted in person from 9:00 a.m. to 1:00 p.m. only on Sun. 5 Jan..

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

13. Masaki and Shirakata Community Centers Renovation

Masaki and Shirakata Community Centers are currently under renovation. Thank you for your understanding and cooperation.

Masaki Community Center: Closed BBQ area and ground golf field.

Closed Term: Until the end of Feb.(Estimate)

Inquiries: Community Development Promotion Section, ph. 029-282-1711 ext. 1462
Shirakata Community Center; Closed library area

Please go to Tokai Library or other 5 community centers when you borrow or return books.

Closed Term: Until the end of Mar.(Estimate)

Inquiries: Tokai Library, ph. 029-282-3435

14. 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. 30 Dec. 2019

The first collection; Mon. 6 Jan. 2020

2) Collection day Tuesday and Friday area:

The last collection; Tue. 31 Dec. 2019

The first collection; Tue. 7 Jan. 2020

*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 Mon. 30 Dec. 2019. The first day is Sat. 4 Jan. for Hitachinaka, and Mon. 6 Jan. for Tokai.

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 Mon. 30 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 Mon. 30 Dec..

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

For more details, see the Tokai News Letter 10th December issue.