

## 広報とうかい 1/25 号

1. 2月の休日診療
2. 2月の健康相談
3. 「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」
4. みんなですこやかウォーキング
5. 百塚保育所「こあらひろば」
6. 親子ビクス

## Tokai Newsletter 25 January, 2020

1. Weekend Medical Services in Feb.
2. Health Checks and Consultation in Feb.
3. Declaration of 'Prefectural Inhabitant Tax and Municipal Inhabitant Tax' and Filing 'Final Tax Return of Income Tax and Special Income Tax for Reconstruction'
4. Healthy Walking Group
5. Venue for parents and children to receive assistance with childcare
6. Aerobics for Parents and Children

### 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. 2: Muto Pediatric Clinic, ph.029-282-7722

Sun. 9: Tokai Hospital, ph.029-282-2188

Tue. 11: Tokai Clinic, ph.029-283-1711

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

Sun. 23: Tokai Hospital, ph.029-282-2188

Mon. 24: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

**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 Feb.

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

**Date:** Fri. 14 Feb.

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

1:00 - 5:00 p.m.

Please make an appointment in advance.

**(2) Health Consultation for Mothers and Children**

**Date:** Fri. 14 Feb.

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

1:00 - 2:00 p.m.

**(3) Health Check for Babies**

**1) Infants born in Sep. 2019**

**Date:** Wed. 5 Feb.

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

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

**Date:** Thu. 6 Feb.

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

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

**Date:** Wed. 12 Feb.

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

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

**Date:** Thu. 13 Feb.

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

**5) Baby (born in Nov. 2019) class**

**Date:** Fri. 7 Feb.

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

**6) “Dental Checkup day” (born in Mar. and Apr. 2019) class**

**Date:** Mon. 3 Feb.

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

Please make an appointment in advance.

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

**3. 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 the 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.

## **2019 INCOME TAX AND SPECIAL INCOME TAX FOR RECONSTRUCTION GUIDE :**

<http://www.nta.go.jp/english/index.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:** Wed. 12 Feb. - Mon. 16 Mar. (except Saturdays and Sundays. Only Sun. 16 Feb. will be opened.)

**Time:** 9:00 a.m. - 3:30 p.m. (doors open at 8:00 a.m.)

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

## **4. Healthy Walking Group**

One hour walk along the Ibaraki Health Road “Oshinobe Tenjinyama” course.

**Date:** Fri. 7 Feb. (Canceled in case of rain.)

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

**Meeting place:** Tokai Welfare Center “Kizuna”

**Eligible people:** Tokai Village residents

**Cost:** Free

**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.

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

**Date:** Wed. 5, 12, 19 and 26 Feb.

**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 and the 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. 5, and making a roly-poly toy of a snowman will be done on Wed. 19 Feb.

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

## **6. Aerobics for Parents and Children**

**Date:** Thu. 6 Feb.

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

**Place:** Tokai Muramatsu-syuku Kodomoen

**Eligible people:** From babies who can hold up their own head to pre-school age children, and the guardian who lives in Tokai Village.

**Instructor:** Ms. Akiko Sugiyama

**Cost:** Free

**Others:** Bring a drink and a towel, and wear comfortable clothes. Please park at the gravel parking lot next to Muramatsu Community Center.

**Inquiries:** Tokai Muramatsu-syuku Kodomoen Parenting Support Center, ph. 029-282-7390

Reservations are not required.