

広報とうかい 3/25号

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Tokai Newsletter 25 March, 2020

1. Weekend Medical Services in Apr.
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9. A Trial Lesson of Square Dance
10. Rent a Grand Piano for Private Practice

**Some events will be cancelled or postponed due to the prevention of coronavirus from spreading to others.

1. Weekend Medical Services in Apr.

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

Sun. 5: Ogata Clinic, ph.029-282-4781

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Tokai Clinic, ph.029-283-1711

Sun. 26: Tokai Hospital, ph.029-282-2188

Wed. 29: Ibarakihigashi National Hospital, ph.029-282-1151

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. They will advise you whether you need to call an ambulance or where to go for an immediate medical exam. You will also learn which clinics and hospitals are currently receiving patients. Available 24/7/365 days

2. Health Checks and Consultation in Apr.

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

Date: Fri. 24 Apr.

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. 24 Apr.

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

1:00 - 2:00 p.m.

(3) Health Check for Babies

1) Infants born in Oct. and Nov. 2019

Date: Wed. 15 Apr.

Time: 12:30 - 1:30 p.m.

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

Date: Thu. 16 Apr.

Time: 12:45 - 1:30 p.m.

3) Children (born in Jan. 2017) aged 3 years old

Date: Wed. 22 Apr.

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

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

Date: Thu. 23 Apr.

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

5) Baby (born in Dec. 2019 and Jan. 2020) class

Date: Fri. 10 Apr.

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

6) "Dental Checkup day" (born in May and Jun. 1989) class

Date: Tue. 21 Apr.

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

Please make an appointment in advance.

Notice: Health checks for 1), 2), 4) and 5) might take time longer because of children who should be taken the check in March will be together.

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

3. Healthy Walking Group

A one-hour walk along the Ibaraki Health Road “Shirakata Sakurakaoru Denen” course.

Date: Fri. 3 Apr. (Canceled in case of rain.)

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

Meeting place: Shirakata Community Center

Eligible people: Tokai Village residents who are able to walk about 5 km within 1 hour.

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.

4. Dental Checkups for Adults and Pregnant Women

Free dental checkups are available to adults and women who are pregnant to prevent gum disease. These checkups are available at designated dental clinics.

Term: Wed. 1 Apr. 2020 - Wed. 31 Mar. 2021

Eligible people:

Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2021) and pregnant women.

Cost: Free

Others: Voucher forms will be sent in Mar. 2020 for eligible people. Pregnant women will receive a voucher form when their Mother and Child Health Handbook (boshi kenko techo) is issued. Please contact Tokai Health Center if you moved to Tokai Village and don't have a voucher form.

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

5. Pyonpyon Circle (Spring)

Date: Every Tuesday from 14 Apr. to 23 Jun. except 5 May. (ten classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. and Sep. 2018 accompanied by a guardian who lives in Tokai Village.

Capacity: The first 15 pairs will be accepted.

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 Mon. 30 Mar., ph. 029-282-7390

6. Karugamo Circle (Spring)

Karugamo Circle is a support group for parents and babies.

Date: Every Friday from 17 Apr. to 26 Jun. except 5 Jun.. (ten classes)

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

Place: Tokai Muramatsu-Syuku Kodomoen

Eligible People: Children born between 2 Apr. and Sep. 2019 accompanied by a guardian who lives in Tokai Village.

Capacity: The first 10 pairs will be accepted.

Contents: Playing together, Hand craft activity

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 Thu. 2 Apr., ph. 029-282-7390

7. Hiking Tour to Mt. Tsubo

Date: Sat. 25 Apr.

Time: Meeting at Fureaino-mori Park at 6:50 a.m.

Departure time: 7:00 a.m.

Place: Mt. Tsubo, Uenohara City, Yamanashi pref.

Eligible people: Anyone who either 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 20 applicants will be accepted.

Cost: 8,000 yen for Smile Tokai members, 10,000 yen for families who are members of Smile Tokai, 12,000 yen for non-members.

Contents: The course takes approximately four hours. You can enjoy rhododendron keiskei.

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 4 to Wed. 22 Apr. (except Mondays.)

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

8. Tokai Village Doubles Tennis Tournament

Dates: Sun. 10 and Sat. 16 May (Postponed to Sun. 17 May in case of bad weather)

Time: Game starts at 9:00 a.m.

Place: Tokai Tennis Court

Eligible people: Anyone who lives or works in Tokai Village (at least one person of the pair.)

Events: Open men's doubles (groups I & II), Open women's doubles (groups I & II)

Entry fee: 2,000 yen per pair

Other: Please bring two tennis balls for the game.

Application: Apply at the Tokai Tennis Court club house by 5:00 p.m. on Fri. 17 Apr., ph. 029-282-8571

Inquiries: Mr./Ms. Nakayoshi, ph. 080-3414-1981

9. A Trial Lesson of Square Dance

Dates: Mon. 13 and 20 Apr. (2 classes)

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

Place: Hyakutsuka Residents' Meeting Place

Cost: Free

Other: Bring indoor shoes and wear comfortable clothes.

Inquiries: Mr./Ms. Inoue, ph.029-282-0928

10. Rent a Grand Piano for Private Practice

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

Date:

Wed. 15, Sun. 19, and Tue. 28 Apr.

Wed. 6, 27 and Sun. 10 May

Tue. 16, Fri. 19 and Wed. 24 Jun.

Time: 1:00 - 8:00 p.m. on Tue., Wed. and Fri.

9:00 a.m. - 8:00 p.m. (except noon -1:00 p.m.) on Sun. and national holiday

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 Apr. to Jun.).

*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 Apr. 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 Apr.

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