

## **Public Information Ichihara**

**No.1522 October 15<sup>th</sup> 2018**

**Translated by**

**Ichihara International Association**

**Tel (23)9826**

### **Body Care & Fitness Class After Delivery**

**Date:** November 15<sup>th</sup> (Thu) and 21<sup>st</sup> (Wed)

**Time:** 9:30 am – noon

**Place:** Hoken Center

**Contents:** Balance ball exercise, body self-care, etc.

**Eligibility:** Babies born in August 2018 and their mothers

**Number of participants:** 14 pairs of babies and mothers selected by lottery

**Fee:** 500 yen

**How to apply:** Apply by phone by October 29<sup>th</sup> (Mon).

**Where to apply:** Childrearing Neuvola (Advice) Center (Tel: 23-1215)

**Note:** Siblings of the babies cannot be accompanied. Those who have exercise limitation are not applicable. Pregnant women are not applicable. Those who are under medical treatment need doctor's approval.

**For more information, call Childrearing Neuvola (Advice) Center (Tel: 23-1215)**

### **Keep Your Teeth Healthy**

**~Home-Visit Dental Clinic~**

**Eligibility:** Those who are physically disabled and difficult to visit a dental clinic.

**Place:** The person's house or care facility.

**How to apply:** Apply by phone.

**Where to apply:** Ichihara Municipal Dental Association (tel: 23-7755) (10:00 am – noon / Monday - Friday except holidays)

**For more information, call Ichihara Municipal Dental Association (Tel:**

23-7755)

### **Baby Dance Class**

**Date:** November 5<sup>th</sup> (Mon)

**Time:** 10:00 am – 11:30 am

**Place:** Sun-Heart (Sanwa Health and Welfare Center)

**Eligibility:** 3 months to 2 years old infants and their guardians.

**Number of participants:** First 15 pairs of applicants.

**Fee:** Free

**How to apply:** By phone or at the window of Sun-Heart (Sanwa Health and Welfare Center) (Tel: 37-7100)

**For more information, call Sun-Heart (Sanwa Health and Welfare Center) (Tel: 37-7100), or Life Welfare Division (Tel: 23-9768)**

### **Sun Plaza to be Temporary Closed**

Sun Plaza will be temporary closed on October 27<sup>th</sup> (Sat) for cleaning.

**For more information, call Sun Plaza Ichihara (Tel: 24-1151), or Citizens Activity Support Division (Tel: 23-9801)**

### **Let's Make and Fly a Kite!**

**~Class for parent and child~ (Two times in all)**

**Date:** November 24<sup>th</sup> (Sat) for the first class

**Time:** 9:00 am – noon

**Place:** Ichihara Youth Hall (Seishonen Kaikan)

**Eligibility:** Elementary school children and their guardians

**Number of participants:** First 10 pairs of applicants.

**Fee:** 300 yen

**How to apply:** Apply by phone or at the window of Ichihara Youth Hall (Seishonen Kaikan) (Tel: 43-3651)

**For more information, call Ichihara Youth Hall (Seishonen Kaikan) (Tel: 43-3651), or Lifelong Learning Division (Tel: 23-9850)**

**Let's Try Kakizome (Calligraphy) (4 times in all)**

**Date:** November 18<sup>th</sup> (Sun) for the first class

**Time:** 9:00 am – noon

**Eligibility:** 4<sup>th</sup> – 6<sup>th</sup> grade of elementary school children

**Number of participants:** First 20 applicants.

**Fee:** Free

**How to apply:** Apply by phone or at the window of Ichihara Youth Hall (Seishonen Kaikan) (Tel: 43-3651)

**For more information, call Ichihara Youth Hall (Seishonen Kaikan) (Tel: 43-3651), or Lifelong Learning Division (Tel: 23-9850)**

**Welfare Bazaar**

Bazaar will be held as a chart below.

<b>Date and Time</b>	<b>Place</b>
October 28 <sup>th</sup> (Sun), 10:00 am - noon	Shizu Public Hall and Yushu Public Hall
November 4 <sup>th</sup> (Sun), 9:30 am – 2:00 pm	Chiharadai Community Center
November 4 <sup>th</sup> (Sun), 10:00 am – noon	Sanwa Community Center
November 18 <sup>th</sup> (Sun), 9:00 am – 11:00 am	Nanso Public Hall
November 23 <sup>rd</sup> (Hol), 10:00 am – noon	ANESSA (Anesaki Health and Welfare Center)
November 25 <sup>th</sup> (Sun), 10:00 am – 3:00 pm	Tatsumi Public Hall

**For more information, call Ichihara Social Welfare Councils (Tel: 24-0011), or Health and Welfare Division (Tel: 23-9768)**

**Yawatajuku Festival 2018**

**Date:** October 28<sup>th</sup> (Sun)

**Time:** 10:00 am – 3:00 pm

**Place:** Iigaoka Hachimangu Shrine (Address: 1057-1, Yawata)

For more information, call Ichihara Chamber of Commerce and Industry (Tel: 22-4305), or Commerce and Industry Promotion Division (Tel: 23-9870)

## **Halloween Event at Kazusa Sarashina Park**

### **■ Stamp Rally**

**Date:** October 20<sup>th</sup> (Sat) and 21<sup>st</sup> (Sun)

**Time:** 10:00 am – 3:00 pm

**Fee:** Free

**How to apply:** Come to the place directly

### **■ Coloring**

**Date:** October 20<sup>th</sup> (Sat)

**Time:** 10:00 am – noon

**Fee:** Free

**How to apply:** Come to the place directly

### **■ Parent and Child Yoga**

**Date:** October 21<sup>st</sup> (Sun)

**Time:** 1:30 pm – 2:30 pm

**Number of participants:** First 15 pairs of applicants (30 in total)

**Fee:** 500 yen

**Contents:** Wearing costumes and do yoga

**How to apply:** Apply by phone (Kazusa Sarashina Park (Tel: 20-3555))

### **■ Make a Candle**

**Date:** October 27<sup>th</sup> (Sat)

**Time:** 1:30 pm – 3:30 pm

**Number of participants:** First 20 applicants

**Fee:** 300 yen

**How to apply:** Apply by phone (Kazusa Sarashina Park (Tel: 20-3555))

### **■ Make a Pumpkin Pie**

**Date:** October 28<sup>th</sup> (Sun)

**Time:** 1:00 pm – 3:30 pm

**Number of applicants:** First 10 applicants

**Fee:** 1,000 yen

**How to apply:** Apply by phone (Kazusa Sarashina Park (Tel: 20-3555))

■ **Quiz Rally**

**Date:** October 28<sup>th</sup> (Sun)

**Time:** 10:00 am – 3:00 pm

**Fee:** Free

**For more information, call Kazusa Sarashina Park (Tel: 20-3555), or  
Parks and Greens Division (Tel: 23-9842)**

**Ichihara Lakeside Museum**

*Jose de Guimaraes Exhibition – Captured by Africa –*

**Date:** October 20<sup>th</sup> (Sat) – January 14<sup>th</sup> (Hol), 2019

**For more information, call Ichihara Lakeside Museum (Tel: 98-1525), or  
Tourism Promotion Division (Tel: 23-9755)**

**Family Hiking at Yoroikeikoku Valley**

**Date:** November 23<sup>rd</sup> (Hol)

**Time:** 8:50 am – 3:30 pm

**Meeting spot:** Yoroikeikoku Station

**Courses:** (1) 12 km hiking enjoying Daifukuzan Mountain and Umegase Autumn Leaves (Start at 9:05 am and 10:05 am)

(2) 7 km hiking enjoying land of Minamoto no Yoritomo, a historical person, at Yoroikeikoku valley (Start at 11:00 am)

(3) 4 km easy hiking (Start at 11:05 am)

**Fee:** 400 yen (100 yen for pre-school children)

**How to apply:** Fill in the blanks on the application form available at the check-in counter on the day, public hall, community center, city website, etc. Apply with the application form and participation fee at Kominato Tetsudo Tourism Information (Goi Station East Exit) (6:45 am – 9:25 am) or Yoroikeikoku Station (8:10 am – 10 mins before the start time of each course) on the day.

**For more information, call Sports Promotion Division (Tel: 23-9851)**