



HAMURA NEWS

HAMURIN Hamura City Mascot

February 1st, 2023

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

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Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

COMMUNITY



2月1日はフレイルの日 <February 1st is Flail Day>

What is Flail? フレイルとは

When people become elderly, human motor function, appetite, muscle strength and cognitive function will be lowered status which is called "Flail". If people do not take any action to prevent, it will become high risk to need long-term caring status. The opportunities to exercise, interact and communicate with people are less becoming "Flail" situation.

3 Points for Flail Prevention

- Exercise ~ walking, muscle training and stretching.
- Interact and communicate with people ~ going out at least once a day, communicate via phone or mail with others and participate to class or volunteer.
- Nutrition and Oral health ~ nutrition balance, get protein and oral exercise with care.

お口の機能向上体操講座

Increasing Oral Function Exercise Class

Date and Time: March 1st (Wed) 10AM~11:30AM

Location: Primo Hall Yutorogi Kouzashitsu 1 Eligibility: Hamura residents who are age 65 or over

Fee: Free Application: Till February 24th (Fri), please check official website to get details.

高齢の方の総合相談の窓口 ~ 地域包括支援センター！

< The General Consolation for the elderly ~ Community General Support Center >

The Community General Support Center (Houkatsu Shien Center) offers services at 3 locations for the elderly to receive consultation about nursing care, health concerns, or other matters related to elderly care.

Asahi: ☎042-555-8815, Address: Eim Mansion 1-A, 1-3-1 Fujimidaira

Areas: Midorioka, Fujimidaira, Shinmeida 3-4 Chome, Futaba Cho, Gonokami(#300),
Hane(#4000), Kawasaki(#600), Yokota Air Base

Ayumi: ☎042-570-1200, Address: 1-9-2 Hanekami

Areas: Sakae Cho, Ozakudai, Hanenishi, Hanekami, Hanenaka

Akashia: ☎042-578-5508, Address: 2-6-6 Tamakawa

Areas: Gonokami 1~4 Chome, Shinmeidai 1-2 Chome, Kawasaki, Hanehigashi, Tamakawa,
Hane(Seiyuu)

Consolation Time: Monday ~ Friday 8:30AM~5PM (exclude Holidays), Free consolation and privacy will be protected. Please feel free to consultate.

<Fiscal Year 2023 "IKI-IKI", Volunteer and "OKONOMI" Workshops and Volunteer Courses>

"IKI-IKI", Volunteer and "OKONOMI" Workshops' common items

Class Term: Apr 2023 ~ March 2024

Eligibility: Hamura Residents who are at age 60 or older as of April 1, 2022

Course Fee: Free (please pay own for material fees, etc.)

*All classes are for beginners.



< IKOI NO SATO > いこいの里 いきいき講座・ボランティア講座
Application and Inquiries: Ikoi No Sato, ☎042-578-0678

Location: Ikoi no Sato

Application: Feb 13th (Mon) ~ 28th (Tue) 9AM~4PM (exclude Sunday and Holidays), please come or call to Ikoi No Sato

*Apply for 1 class / per person, if applicant's number is over, it will be drawing to decide.

*If applicant is not enough class, it will be 2nd time recruit posted in March 13th (Mon) till 20th (Mon).

Notice of Decision: Notice will be mailed after March 10th (Fri).

~IKI IKI Class

Class Name	Date	Time	Capacity
Togei (Ceramic Art)	Every 1 st , 2 nd and 3 rd Monday	10AM ~ Noon	20
Kadou (Flower Arrangement)	Every 1 st & 3 rd Monday	10:30AM ~ Noon	20
Suibokuga (Ink Painting)	Every 1 st & 3 rd Tuesday	10AM ~ Noon	20
Shippoyaki (Cloisonne)	Every 1 st & 3 rd Wednesday	10AM ~ Noon	15
Suisaiga (Watercolor Painting)	Every 1 st & 3 rd Wednesday	1PM ~ 3:30PM	20
Suisaiga (Watercolor Painting) (Advanced class)	Every 2 nd & 4 th Friday	1PM ~ 3:30PM	20
Haiku (Syllabic Poem)	Every 1 st & 3 rd Wednesday	10AM ~ Noon	20
Taishou Koto (Harp)	Every 2 nd & 4 th Tuesday	10AM ~ Noon	20
Shodou (Japanese Calligraphy)	Every 1 st & 3 rd Friday	10:30AM ~ Noon	20

~Volunteer Class

Class Name	Date	Time	Capacity
Shigin with Shinpuu School (recitation of Chinese poem)	Every 2 nd & 4 th Wednesday	10AM ~ Noon	20
Shigin (recitation of Chinese poem)	Every 1 st & 3 rd Thursday	1:30PM ~ 3:30PM	20
Camera	Every 2 nd Thursday	10AM ~ Noon	20
Hyakunin Isshu (traditional Japanese cards of 100 poems)	Every 1 st & 3 rd Friday	10AM ~ Noon	20
Etegami (Picture Letter)	Every 2 nd Tuesday	1:30PM ~ 3:30PM	20
Harmonica	Every 2 nd & 4 th Thursday	1PM ~ 3PM	20
Stretch Exercise	Every 2 nd & 4 th Thursday	1:30PM ~ 3PM	20
Flower Arrangement	Every 2 nd Friday	1:15PM ~ 2:15PM	15
Folk Dance Exercise	Every 2 nd & 4 th Tuesday	10AM ~ Noon	20

< Juraku-En "Okonomi Kouza" Class and Volunteer Workshop > じゅらく苑

Application and Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, ☎Ext. 176

Location: Juraku-En, Community Center.

How to apply: Feb 13th (Mon) ~28th (Tue) (exclude Saturday and Sunday), please call or come to Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, ☎Ext. 176

OKONOMI KOUZA CLASSES for Beginners

Class Name	Date	Time	Capacity
Minyou (folk dance)	Every Tuesday (4 times/per month)	1:30PM ~ 4:30PM	20
Igo (board game)	Every Friday (4 times/per month)	10AM ~ NOON	25
Shougi (board game)	Every Friday (4 times/per month)	1PM ~ 4:30PM	20
Kadou (flower arrangement)	Every 1 st & 3 rd Thursday	9:15AM ~ NOON	25

** Flower arrangement might be cost material fee.

Volunteer Class for Beginners

Class Name	Date	Time	Location	Capacity
Paper Cutout Art	Every 2 nd and 4 th Wednesday	9:30AM ~ 11:30AM	Meeting Room for the elderly	18
Sado (Tea Ceremony)	Every 2 nd Tuesday	1PM ~ 4PM	The 2 nd Training Room	8
Shigin (recitation of Chinese poem)	Every 1 st and 3 rd Thursday	1PM ~ 4:30PM	Meeting Room for the elderly	9

** Sato (Tea Ceremony) needs ¥500 for snacks fee each time.

■いこいの里での高齢者配食サービスを終了 3月31日(金)で終了

<The meal distribution service for the elderly in Ikoinosato will be terminated ~ March 31st (Fri)>

The city has been conducting the "Elderly Food Distribution Service" to confirm the safety of the elderly, maintain their health and support their independence. But this project will end of March.

Regarding meals, the number of private business operating in the city has increased and an environment has been created in which users can choose according to their preferences. So it has become possible to take measures such as cooperation with private business through agreements, etc. for safety confirmation and self-reliance support.

End of project: March 31st (Fri)

※ If the meal delivery ticket can not be used up by the end of March, the remaining amount will be refunded. Please contact Ikoinosato by March 31st (Fri).

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext. 175 / Ikoinosato ☎042-578-0678

高齢者肺炎球菌ワクチン予防接種 助成券有効期限は3月31日(金)まで!

< Pneumococcal Vaccination for Elderly ~ Subsidy Ticket is valid till March 31st (Fri)>

The pneumococcal vaccine was included in the vaccination schedule implemented by the City and the vaccination subsidy ticket was mailed at late of April, 2022, please vaccination for people wish to. Vaccinations for elderly residents at age 65, 70, 75, 80, 85, 90, 95, and 100 or older will be offered.

Eligibility: Hamura residents who have not received this vaccination who meet one of the following:

- ① Those who will reach age 65, 70, 75, 80, 85, 90, 95, and 100 or older at year in which the vaccination is administered.
- ② Those who is age 60 to younger than 65 as of the vaccination date and have any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patient ② must obtain a physician's certificate or present Physical Disability Certificate grade 1)

Subsidy Amount: ¥6,500

Vaccination Location: Designated Medical facilities in Hamura City

Notes:

- Regarding designated medical facility, please see vaccination subsidy ticket for details and inquiry.
- Considering the necessity of vaccination and side reactions, only vaccination for people wish to.
- If you lost vaccination subsidy ticket, please inquiry.
- In general, if you receive other vaccinations before or after COVID-19, please leave an interval of 14 days or more.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.622

第7回激辛フェス2023

<The 7th Spicy Festival in 2023>

In this year, there are 42 stores will participate more than last year!

People eat the spicy menu and collect stickers will receive original goods and gift certificates of the Hamura City Commercial Cooperative Association. You can use certificate in city stores on a first-come, first-served basis! (Eat in or take out is available).

Also, you can use Instagram to take photo, load for drawing campaign and get present.

Term: February 1st (Wed) ~ 28th (Tue)

** The participating stores and hours, etc. for details, please check Super Spicy Festival pamphlet distributed with Hamura News version February 1st.

Sponsored and supported by: Hamura City Chamber of Commerce, Hamura City, Hamura city tourism association.

Inquiries: Hamura City Chamber of Commerce ☎042-555-6211/ Sangyou Shiko Ka ☎Ext. 667

お知らせ

講座

～ちょっとした応援が大きな力に～ 認知症サポーター養成講座参加者募集

< Little Supporting becomes Huge power ~

Courses in Nursing Care for Supporting Dementia Patients >

As we know, everyone will become dementia possibly. In order to live in familiar area even people have dementia, it is very important to have a little support in living area. The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course. When you finish lecture, the "Orange Ring" will be provided for supporter's marking.

Date & Time: March 11th (Sat), 10AM ~ 11:30PM (Reception is from 9:30AM)

Location: Primo Hall Yutorogi Kouzashitsu 1

Eligibility: Hamura Resident, Worker and Commuter age over 15 (exclude Junior High School students)

Capacity: 15 (in order of application)

How to apply and Inquiries: Please call in advance or come to Chiiki Hokatsu Shien Center, Akashia

☎042-578-5508



認知症サポーターステップアップ養成講座

<Step-up Courses in Nursing Care for Supporting Dementia Patients >

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course.

Date & Time: March 17th (Fri), 2PM ~ 4:30PM

Location: Primo Hall Yutorogi Kouzashitsu 1

Eligibility: Those who finish Basic course in nursing care for supporting Dementia Patients.

Capacity: 15 people (in order of application)

Details: ① Understanding of dementia (psychological state of people with dementia, difficulty of living)
② Getting close to the feeling of people with dementia and their caregivers (group work)
③ Regarding of the actual dementia care
④ Regarding of dementia support volunteers.

** When you finish lecture, you may register in Hamura City Dementia Support volunteer site and may have activities in Orange Café.

How to apply / Inquiries: During Feb 1st (Wed) ~ Mar 16th (Thu) 9AM~5PM, please call, email, applying via city website application form or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 197, ✉s304200@city.hamura.tokyo.jp.

■ファシリテーター講座 会話が深まるコミュニケーションの取り方

<Facilitator Course ~ How to communicate with deepen conversation? >

Have you ever had a discussion, conversation, or dialogue where you couldn't reach what you wanted to talk about? We will experience a dialogue while having fun using books as a theme. Through experiences such as listening, waiting and speaking, people will learn the key points and how to listen / speak to deepen the conversation.

Date and Time: March 4th (Sat) 1:30PM~4:30PM

Location: City hall 2F Meeting Room #202~204

Capacity: 20 (if the applicants are too many, the drawing will be held).

Thing to bring: One favorite book (if you have one).

Lecturers: Ms. Ikuko Sato and Mr. Norio Koyama (social unit UDON)

How to apply and Inquiries: By March 1st (Wed), please send [your address, name and phone number] and call, email, via website application form or come to Chiiki Shinkou Ka, Shimin Katsudo Center Kakari ☎Ext. 632, ✉s107000@city.hamura.tokyo.jp.

こども芸能体験ひろば in 羽村

< Japanese Traditional Performing Art Experience for Kids in Hamura City >

This is a workshop where you can choose one of five types of traditional performing arts to experience, and a program where you can watch traditional performing arts in a digest at once.

Date and Time: March 21st (Tue, Holiday)

[Experience Program] 1PM~2PM

[Appreciation Program] 2:30PM~4:30PM

Location: Primo Hall Yutorogi Main Hall, etc.



Program

[Experience program ~ choose one]

Details	Eligibility / Capacity
Rakugo "Demonstration of eating gestures and challenge small stories"	Elementary School Students / 20 people
Kazuma "Japan Experience ancient magic"	Elementary School Students / 30 people
Kyogen "The oldest comedy show in Japan"	Elementary School Students / 20 people
Shamisen "Let's play the shamisen, a traditional instrument of Japan"	Elementary School Students / 30 people
Japan Traditional Dance "The basics of beautiful behavior and dance"	Elementary School Students / 20 people

[Appreciation program]

Digest performances of each genre by the instructors of the experience program

Anyone / 800 people

How to Apply: Feb 1st (Wed) ~ Mar 6th (Mon), please apply via application form from Japan Performing Arts Council of Performers' Groups website, "Geinou Taiken, Event" and need to choose either program or both to participate.

Inquiries: Kodomo Geinou Taiken Hiroba Office at ☎03-5909-3060/ Tokyo Art Theater ☎03-5391-2111

教育

EDUCATION

■羽村市立学校にコミュニティ・スクールを導入

<Introduced a community school at Hamura City School>



The City Board of Education will gradually introduce community schools in municipal schools from April 2023. The purpose is to promote the participation of local residents and parents in school management and to create distinctive schools rooted in the community.

The details will be posted in Hamura News March 1st version.

What is community school?

A community school is a school in which the school, in accordance with the law, local residents, and guardians work together to establish school council and promote school management by exchanging opinions.

Inquiries: School education Division, Guidance Section ☎Ext. 376

2月は「燃やせるごみ分別強化月間」

< February is "Burnable Waste Accurate Separation Month" >

Let's separate our garbage more carefully into waste and recyclable resources.

Sorting points: 分別のポイント

- Kitchen waste : Drain well
- Direct Mail or school print : "Miscellaneous Paper"
- Items with plastic mark : After removing dirt, "Plastic containers and packaging"
- Sheets, blankets and clothes: Bundled with strings, "Used Clothes / Fibers"
- PET bottle: Remove the cap and label, body is PET bottle and label is "Plastic containers and packaging"

Let us reduce food loss! 食品ロス※を減らそう!!

Are there any foods sleeping in refrigerator? Let's reduce foods loss and the amount of garbage!

*** Food loss: Food that is still able to eat but throw away.

Point ~ Please put the shopping receipt on the refrigerator and draw a erase line after use it.

Then, You can know what food are remaining. Move foods closed to deadline to easy to take place and consume them.

Let's challenge the composting of kitchen waste! 生ごみの堆肥化に挑戦しよう!!

Composting kitchen waste leads to reduce amount of burnable waste and use to grow vegetables and flowers.

Inquiries: Seikatsu Kankyou Ka ☎Ext. 204

健康

HEALTH

忘れていませんか？お子さんの予防接種

< Do Not Forget Your Child's Immunization >

There is limited time period to get these immunizations covered by full public subsidy. Please make sure to get it done in time, otherwise, parents will need to pay the vaccination fee in full.

❖ Various Types of Vaccinations That Can Be Received At the Health Center ❖

Rotavirus Vaccine ロタ/ Hepatitis B B型肝炎/ Hib Vaccine ヒブ ワクチン/

Pediatric Pneumococcal Vaccine 小児用肺炎球菌ワクチン/ DTPP Combination Vaccine 四種混合/
Inactivated Polio Vaccine 不活化ポリオワクチン/ BCG / Chicken Pox 水痘 (みずぼうそう)
Measles and Rubella 麻疹風疹 / Japanese Encephalitis Vaccine 日本脳炎
Diphtheria-Tetanus Vaccine (DT) ニ種混合/ Cervical Cancer 子宮頸がん

Notice:

- ※Measles and Rubella 2nd term shots: Full subsidy coverage is available until March 31st (Fri).
- ※Full subsidy coverage for Japanese Encephalitis Vaccine offered to those who were born between February 1st, 2003 and April 1st, 2007, until one day before their 20th birthdate.
- ※Cervical Cancer Vaccine ticket is only for people who wish to vaccination. (Female who was born April 2nd, 1997 ~ April 1st, 2006). Please bring Boshi Kenkou Techou (Maternal and Child Health Handbook) to Kosodate Sodan Ka Boshi Hoken.Sodan Kakari (in Hoken Center).
- ※Please make an appointment directly to the medical facility at the earliest opportunity, as demand for the appointment at medical facility goes higher towards the end of fiscal year (March).
- ※If you have lost or don't have the questionnaire sheet (yoshinhyou) due to moving into Hamura, please bring Boshi Kenkou Techou (Maternal and Child Health Handbook) to the Hoken Center for the new sheet.

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎ Ext.693

全国瞬時警報システム (J-ALERT) の試験放送を行います

J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert (全国瞬時警報システム) is a nationwide alert system designed to deliver alert for most critical emergency ~ earthquake, weather, missile military treats etc. by broadcasting it through local community wireless system without taking authorizing procedures at local government level in the event that requires citizens to beware of sudden emergency or to quickly evacuate or shelter themselves.

Date and Time: **February 15th (Wed) 11AM**

Through the citywide public address system, you will hear the following Japanese announcements.

「Korewa test desu.」 This is a test broadcasting.

This is a Hamura City Emergency Preparedness Organization (once)

- ※ Cham: Sound to notify the start of the test broadcast, not the actual siren sound.

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri Kakari ☎Ext 217



プリモライブラリーはむら

PRIMO LIBRARY ☎ 042-554-2280 (Close Monday)

■囲炉裏でおはなし会 <Storytelling party at the hearth>

Why don't you surround the IRORI of the old folk house and enjoy old stories?

Date and Time: Feb 26th (Sun) 11AM~11:30AM

Location: Kyoudo Hakubutsukan Old Shimoda Residence

Eligibility: Elementary school students (accompanied by guardian)

Capacity: 15 (include guardian, in application order)

- ※ The Old Shimoda Residence does not have heater and also you will smell the smoke, so please wear warm clothes that can be with smelled.

How to apply: Feb 1st (Tue) ~ 14th (Tue) 10AM~5PM, please call or come to Main library 1F counter.

■Library close day for cleaning ~ Feb 15th (Tue)

S & Dスポーツアリーナ羽村 (スポーツセンター)

S&D SPORTS ARENA HAMURA (Sports Center) ☎ 042-555-0033

■冬太り解消！ステップサーキット

<Eliminate Winter Fat! Step Circuit!>

Date and Time: Feb 3rd (Fri) ~ 24th (Fri) (every Friday 2PM~3PM)

Location: 2F Training Room

Eligibility: Junior High School students or over.

Capacity: First 30

Fee (once): Hamura Residents or worker ¥150 (Junior High School student ¥70),
For those outside the city ¥220 (Junior High School student ¥110)

Things to bring: Personal ticket or coupon tickets, training clothes, indoor athletic shoes, towels,
beverage with lids, etc.

Details: Alternating between "Platform lifting movement" and "Dumbbell training" according to music.

How to apply: Within 1PM ~ 2PM on the event day, please come to 2F the reception of training room.

Inquiries: NPO Hamura City Sports Association ☎ 042-555-1698.

情報アラカルト

子育て

妊産婦オンライン相談 (要予約)

**MISCELLANEOUS INFORMATION
CHILDREN**



<Pregnant women online consultation (reservation required)>

Eligibility: Those who are pregnant or raising children residents (generally within one year after giving birth)

February Consultation Day: February 16th (Thu)

- Midwife / ①9:30AM~ ②10:30AM~ ③11:30AM~ (each 30 minutes, in application order)
- Public health nurse consolation / Monday ~ Friday 9AM~4PM

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 692

「ちょこっと広場」を利用してください

< "Chokotto Hiroba" Consultation Services- Require Reservation >

こころの相談 (臨床心理士)

◆Consultation for Emotional Wellbeing of Your Child ~ "Kokoro No Soudan"

Date and Time	Capacity	Location
February 13 th (Mon) ① 10AM ② 11AM	Each hour for 1 (in order of application)	West Children Center

ことばの相談 (言語聴覚士)

◆Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Capacity	Location
Feb 10 th (Fri) and 20 th (Mon) ① 9:30AM ② 10:45AM ③ 1:15PM ④ 2:30PM	One person for each time (in order of application)	Hoken Center

** City official website is posted the whole year schedule.

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694

1歳児教室 「1歳ちゃん♪ 集まれ〜！」

< The 1 Year-Old and Parent Get-Together Group >

Talking about the characteristics of one-year-old, daily rhythm, weaning and so on.

Date: February 28th (Tue), from 9:30AM ~ 11AM

Location: Hoken (Health) Center

Capacity: First 8 (in order of application) Priority for applicants of the 1st time to participate

** Admission are not allowed for Siblings of participating child.

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application and Inquiries: Starting from February 7th (Tue) 9AM~, please call or come directly to
Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari, ☎Ext. 695

児童手当. 児童育成手当 (10~1月分) を支給

Child Allowance and Child Raising Allowance Recipients – February is the month in which payment for October to January is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the February 14th (Tue).

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎ Ext. 236

国民健康保険医療費通知を送付します

< National Health Insurance Medical Expense Report >

If you have received medical service in July ~ October, 2022 and/or received physical therapy from a judo healing practitioner, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail.

It is a letter from municipal government to NHI members which notifies his/her record of received medical services (only the services applicable to NHI coverage), with the list of original medical service fees at 100% (amount before the insurance coverage was applied). There is no required procedure to be done concerning this report. Please confirm details when you receive this notification.

Inquiries: Hamura City Hall, Shimin Ka, Hoken Kakari ☎Ext.128

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626

< Photos Exhibition > February 7th (Tue) ~ 19th (Sun)

< Japanese Calligraphy Contest for Hina Matsuri (Girls' Day Festival) > ひなまつり習字大会

Given Calligraphy Word: ひな祭り(read as Hina Matsuri)

Eligibility: Elementary School Students or under

How to Apply: Write calligraphy art of the given word on calligraphy on hanshi paper written vertically from top to bottom. Also fill in your name, grade, and city, then bring it to Freshland Nishitama between February 1st (Wed) ~ 19th (Sun).

Display: All calligraphies works displayed at Freshland Nishitama from Feb. 21st (Tue) to March 5th (Sun).

▲施設をリニューアルします **< Facility will be remodeling >**

Freshland Nishitama will carry out large-scale renovations from April with the aim of against aging facilities and creating new value for the community. The hot bath facilities will be equipped with natural hot springs and sauna rooms will be expanded, and the outdoor facilities will be equipped with a children's plaza, footbath, dog run, etc., in order to improve the attractiveness of the facility as a place of relaxation for local residents. Please look forward to the reopening in the spring of 2025!

▲長期休館 **< Long term close facility >**

Close term: Starting from April 1st (Sat), 2023 (about 2 years)

Inquiries: Freshland Nishitama ☎042-570-2626

シルバー人材センター

SILVER CENTER ☎042-554-5131

■手芸講習会「綿棒と和布で作る おひな様作り」

<Handicraft workshop "Making Ohina Doll with cotton swabs and Japanese pattern cloth">

Date and Time: February 16 (Thu) 9:30 AM ~ 3 PM

Location: Training room (Kenshou Shitsu).

Capacity: 10 (if there are many applicants, the drawing will be held.)

Fee: ¥2,000 (material fee)

Things to bring: Sewing tools (if you have one), lunch and beverage.

※ There is no parking lot.

How to apply and Inquiries: Till Feb 9th (Thu), please call Silver Center ☎042-554-5131



令和5年2月都営住宅入居者募集

< 2023 February Tokyo Metropolitan Public Housing (Toei Juutaku) > Application Information

[Recruitment housing types]

1) Recruitment housing by point method (only for families) 1,290 houses

2) For singles, wheelchair users, and silver piers (for singles and two-person households) 336 houses

3) Houses have been death by sickness 136 houses.

** There are conditions such as income restrictions, please see the brochure for details.

Application: The application must be received by February 15th (Wed) or please check the official website to apply.

1) To Tokyo Juutaku Kyoukyuu Kousha Boshuu Center (must be arrived 6PM)

2) & 3) Shibuya post office

Decision: March 23rd (Thu) 9:30AM~10:30AM (schedule) will be held drawing in public at Tokyo Metropolitan office 2nd Main building 1F Hall.

Application Brochure distribution term: Feb 1st (Wed) ~ 9th (Thu)

Distribution Locations: * City hall Main Reception and Kenchiku Ka in city hall 2nd floor.

* B1 Floor Security Room front (only for Saturday, Sunday and Holidays)

Inquiries: Tokyo Juutaku Kyoukyuu Kousha Boshuu Center (JKK Tokyo Application Center)

February 1st (Wed) ~ 15th (Wed) ☎0570-010-810 / Other Times ☎03-3498-8894 Office (excluding Saturday, Sunday and Holidays)

国民年金保険料は口座振替・前納がお得です

< Rate Reduction Applied for National Pension Premium Advance Lump-Sum Payment >

When paying the National Pension premiums in advance in lump-sum by bank transfer, a reduced rate is applied. If you wish to register for the automated lump-sum bank transfer payment, please do so by the end of February or August according to your desired payment type. (There is a method to pay by cash or credit card. Please ask for details.)

This registration need not be renewed yearly. It will be automatically continued in every following year.

- Late of April ~ One/Two Year(s) and Apr to Sep lump-sum advance payment → Register end of February
- Late October ~ Oct to Mar of following year 6months lump-sum advance payment → Register end of August

Place and items to bring for registration: Please take a procedure at a financial institution of your banking account. Bring your bank book, Inkan registered to the account, Nenkin Techou or proof of national pension certification number, and registration form which is available at the pension office and financial institutions.

*Lump-sum advance payment can also be made with cash or credit card, please inquiry to details.

Inquiries: Oume Nenkin Jimusho (Pension Office) ☎0428-30-3410

ハローワーク青梅 ミドル・シニア向け再就職支援セミナー

<Hello Work Ome ~ Middle, Senior Re-employment Support Seminar>

This is a seminar on re-employment, such as how to prepare a resume, work history and how to take a interview.

Date and Time: Feb 10th (Fri) 10AM~Noon (Reception: 9:40AM ~)

Location: Sangyou Fukushi Center 2F Meeting Room

Eligibility: Approximately 45 years of age or older who are applying for a job at Hello Work.

Capacity: 20 (in application order)

How to apply and Inquiries: Please contact to Hello Work Ome Job Consultation Corner at advance

☎ 0428-24-9163

ハローワーク青梅 合同就職説明会 in 羽村

< Group Job Interviewing Event >

Hello Work Ōme is providing a group job interviewing event in cooperation with Hamura city for people who are looking for employment.

Date and Time: February 15th (Wed) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM)

Location: 2nd Floor of Hamura Sangyou Fukushi Center "i" Hall

Eligibility: Those who are looking for Job opportunities in Hamura City or neighboring areas.

Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)

About 10 local business entities will participate to hold job interviews.

*For more information about participating business entities, please check Hello Work Ōme or company websites. No Reservation Needed

Inquiries: Hello Work Ōme Employment Consultation Services ☎0428-24-9163

交通災害共済（ちょこっと共済）令和5年度の予約受付開始

Year 2023 Traffic Casualty Mutual Insurance "Chokotto Kyousai"

It is funded by pooling the premium deposits contributed from the member residents of Tokyo Metropolitan 39 municipalities. The insurance covers costs which are incurred in the event such as a traffic accident.

There are 2 courses that you may choose:

A course ~ ¥1,000 (contribution fee) and up to max. solatium ¥3,000,000.-

B course ~ ¥500 (contribution fee) an up to max. solatium ¥1,500,000.-

Eligibility for Enrollment: Those who live in city on the start date of mutual aid period and have resident registration.

Insurance term: April 1st, 2023 ~ March 31st, 2024 (if you enroll after Apr 1st, the insurance will be valid from the next day after applying ~ March 31st (Fri), 2024)

Application accepting term: Starting from February 1st (Wed) to March 31st (Fri), 2023.

Applying locations:

1) Internet ~ please check Chokotto Kyousai official website.

2) City Hall (Nishitama Agricultural Cooperative Office) ~ 9AM~4:30PM (exclude Saturday, Sunday and Holidays)

3) City Financial Institution (Seibu Agricultural Cooperative, Seibu Shinyo Bank, Tama Shinyo Bank, Ome Shinyo Bank, Chuo Labor Bank, Yamanashi Chuo Bank) ~ within business hours of each financial institution.

** Even after the reservation acceptance period, the application is still accepted.

Inquiries: Bosai Anzen Ka, Bohan Kotsu Anzen Kakari ☎Ext. 216

動物公園ニュース

HINOTONTON ZOO ☎042-579-4041

3種類の「ツル」を紹介

<Introducing three types of "Cranes">

☆"Red-crowned crane" features a red head on a white body. There are 3 birds: the male "Benimaru", the female "Hanako" and their child "Nagi" (female).

☆"Hookazari Tsuru" is characterized by a hump-like ornament called a meat droop on both cheeks. The live in Africa and there are two birds, "Kyuru" and "Taki", which are exhibited in the savannah garden with giraffes in our park.

☆“Hoojirokanmuri Tsuru” ~ The Gray Crowned Crane has a gray body with a black crown and countless yellow crown feathers on the back, white cheeks and two red drooping throats. The “Mama” seems to be the leader of the other birds and she always walks in the lead when returning to the zoo house.

- February close days ~ 6th (Mon), 13th (Mon), 20th (Mon) and 27th (Mon)
- March close days ~ 6th (Mon), 13th (Mon) and 20th (Mon)
- ※ Mar 27th (Mon) ~ the park will be open free in cooperation with the Hamura Flower and Water Festive.

Inquiries: Hinotonton Zoo ☎042-579-4041

PUBLIC CONSULTATIONS Schedule of FEBRUARY

Category	Date	Time	Contact
General Consultation for Foreign Residents (A)*	Please make appointment in advance.		Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆ Shimin Soudan-shitsu city hall ext.541
Public Administration and Human Rights	16 th (Thu)	1:30pm ~ 4:30pm	

*A=appointment required. *For English and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.

2月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
5 th (Sun)	Izumi Clinic	☎042-555-8018	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Shika Iin	☎042-570-4618
11 th (Sat)	Futaba Clinic	☎042-570-1588	Ishihata Shinryoujo (Mizuho-machi)	☎042-557-0072	Hamura Station Dental Clinic	☎042-570-5621
12 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	DenTrust	☎042-555-7064
19 th (Sun)	Yanagida Iin	☎042-555-1800	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Heizou Shika Iin	☎042-554-0066
23 rd (Thu, Holiday)	Yokota Clinic	☎042-554-8580	Kurihara Iin (Mizuho-machi)	☎042-557-0100	Honda Shika Iin	☎042-554-5902
26 th (Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Moriya Shika Iin	☎042-555-9872

*Tokyo Health & Medical Information Center “Himawari” ☎03-5285-8181 (English) 9AM~8PM Daily