



HAMURA NEWS

HAMURIN Hamura City Mascot

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

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令和5年度 はむら健康フェア

<Fiscal 2023 Year Hamura Health Fair >

Date & Time: December 10th (Sunday) 10AM~2PM

Location: Primo Hall Yutorogi

Inquiries: Kenko Ka ☎Ext.625

※ To avoid congestion, Exhibition Room and Reception Halls' admission may be restricted or cut off early depending on conditions.



▶ **Exhibition Room** 展示室

Admission Time: Till 1:30PM

- Lifestyle-related Disease Prevention Corner > 生活習慣病予防コーナー
This exhibit on prevention of lifestyle-related diseases such as diabetes will give visitors hints on how to extend their healthy life span.
- Nutrition Corner 栄養コーナー
Eat well and stay healthy! Useful information on diet and health will be introduced. Nutritional counseling by a registered dietitian will also be available.
- Locomotive Syndrome Prevention Corner ロコモティブシンドローム予防コーナー
Locomotive syndrome prevention exercises that can be done at home will be introduced.
※Locomotive syndrome ~ A state in which physical ability declines due to age-related decline in muscle strength, etc.
- Drug Abuse Prevention. Blood Donation Promotion PR Corner 薬物乱用防止・献血推進PR コーナー
Exhibits will be held in cooperation with the Tachikawa Office of the Tokyo Red Cross Blood Center of the Japanese Red Cross and the Fussa, Hamura, Mizuho District Council of the Tokyo Metropolitan Government for the Promotion of Drug Abuse Prevention.
※ There is no blood donation.
- Distribution of Sleep Check Goods 睡眠チェックグッズ配布
Time and Capacity: Starting from 10AM ~, First 160
A "3D Sleep Check Sheet" will be distributed that help you to check sleep rhythm. Please use it to review your daily sleep habits.
- Hamura Pharmaceutical Association Consultation Corner
This is a corner where you can consult with the doctors of the Hamura Pharmaceutical Association about medicines. What is a "family pharmacist"? What is a pharmacist? How do you use the "Medication Record Book"? The key points of a good relationship with medicines will be also promoted.
- Veggie Check Corner ベジチェックコーナー
Visitors can check if they are deficient in vegetables by simply holding the palm of their hand over it.

▶ **1F Outside** (Library side), near the loading dock of the Main Hall

Reception: Till 1:30PM (need not apply)

<Tuberculosis Screening (Digital Chest Scan)>

結核検診（胸部デジタル撮影）

Tuberculosis is not a disease of the past. The most frightening thing is that you can pass on TB to people around you without realizing that you have it.

Why don't you take this opportunity to have an X-ray examination?

Eligibility: Hamura residents aged 18 and over

Capacity: First 100

※Please wear clothes that are easy to put on and take off without buttons or metal fittings etc.

▼ Reception Hall レセプションホール

Time: Till 1:30PM (admission: till 1PM)

○Bite-sized tasting corner

Introduce recipes recommended by health promotion staff and introduce simple, tasty, and healthy dishes.

▼ Frying pan de pizza (approx. 10AM, 20 servings to be distributed).

▼ Spinach and root vegetable miso salad (approx. 12PM, 100 servings to be distributed).

○Vascular Age Measurement Corner

How old is your blood vessel? You can measure your estimated vascular age in 18 seconds by placing your fingertip on the sensor.

○Body Composition Measurement Corner

Visitors can measure muscle mass, body fat percentage, basal metabolic rate, etc. with a body composition analyzer.

** Measurement is done with bare feet.

** This measurement is not available for those with pacemakers or other medical electrical devices.

○Introduction of Hamura City Health Promotion Worker Activities

We will report on the activities of the health promotion staff, a communication bridge between City and its citizens, as well as the results of our strength training challenge.

▼ Small Hall 小ホール

Time: 10AM ~ Noon

「はむら健康フェアセミナー」 ~プロフェッショナルから学べる健康づくり~



[Hamura Health Fair Seminar] ~ Learning from Professionals for Better Health.

You can listen to a seminar by doctors, dentists of Hamura City and RIZAP trainers at the same time.

Capacity: 200 (in the order of application)

<Program>

▽ Opening Ceremony

▽ Award ceremony for health promotion mottoes for 2023

▽ Hamura Medical Association Seminar "High Blood Pressure and Heart Disease"

Lecturer: Mr. Naoki Matsuda (Director of Matsuda Clinic).

▽ Hamura Dental Association Seminar "The Important Relationship between Healthy Life Span and the Mouth

Lecturer: Mr. Akira Hamura (Specially Appointed Professor, Nippon Dental University School of Life and Dental Sciences)

▽ RIZAP Health Seminar

Lifestyle advice lecture by a RIZAP trainer. In order to stay young and healthy forever, the seminar will provide know-how on training and diet necessary for building a healthy and active body.

<Application>: Nov 20th (Mon) (Dec 1st (Fri) for those outside of the city) ~ Dec 8th (Fri) 8:30AM ~ 5PM,
please call or via electronic application to Kenko Ka ☎Ext. 625.

※Attendance to only a part of the seminar or admission during the seminar is not permitted.

※Depending on the situation, the registration may be done at the venue on the day of the seminar.

In that case, you will be notified by e-mail or on the city's official website.

インフルエンザ・新型コロナウイルス感染感染症に注意しましょう

<Beware of Influenza and COVID-19 Infections>

Influenza season usually lasts from December to March. However, this year there have been sporadic outbreaks of influenza since spring and the number of patients has increased since September.

The Tokyo Metropolitan Government has issued an alert to the public. The number of patients with COVID-19 infection also exploded after December last year.

There is concern that influenza and COVID-19 infections may spread simultaneously during the winter season and further precautions are needed in the future. To prevent the spread of infection, please take precautions to prevent infection.

[Basic infection prevention measures] 【基本的な感染防止対策】

○Wear a mask when going to crowded places, having a conversation or coughing / sneezing.

When visiting medical institutions or facilities for the elderly where many people at high risk of serious illness, such as the elderly, hospitalized or living, it is recommended that you wear a mask to prevent infection.

○Wash hands and disinfection frequently with soap, running water etc. after going out.

○Both directions Ventilation.

○If you have unusual symptoms, do not go out.

[Vaccination] 【予防接種】

Vaccination is reported to be effective in preventing the onset of the disease and in preventing severe illness when it does occur.

※Please make sure you are fully aware of any side effects before receiving vaccinations.

◆ Influenza Vaccination for the Elderly 高齢者インフルエンザ予防接種

Those who are in either of the following categories (1) or (2) and have a certificate of residence in the city on the day of the vaccination can receive the vaccination at JPY2,500 out-of-pocket.

(1) Those who are age 65 or older

(2) Those who are between age 60 and 65 and have a disability that severely limits their daily life in terms of heart, kidney, or respiratory organ functions or suffering from human immunodeficiency virus. (equivalent Persons with Disabilities handbook level 1).

※Those who are under (2) must have a physical disability certificate or a medical certificate from a doctor.

※For more information on medical institutions, please visit the city's official website and make an appointment directly with the medical institution.

新型コロナウイルスワクチン接種(コールセンターから申込み)

◆ COVID-19 Vaccination (applying through the call center)

Vaccination for "COVID-19 vaccination starting in the fall of 2023" (Omicron strain (XBB.1.5) vaccine) is available for those who have received the first vaccination. If more than 3 months have passed since the last vaccination, each person can be vaccinated once.

Influenza vaccine and COVID-19 vaccine can be given at the same time. We recommend that you get vaccinated in December in preparation for a pandemic.

※For more information, please search for "Hamura City COVID-19 Vaccine" via website.

※Refer to the Tokyo Metropolitan Government Bureau of Public Health and Medical Services website [Influenza Pandemic Alert in Tokyo].

Inquiries: Hamura City COVID-19 vaccine Call Center ☎ 0570-030207
(9AM to 5PM exclude Sundays and national holidays)

※Saturday is also excluded from December 1.

※Those who wish to use the telephone relay service cannot use the call center, so please call Kenko Ka, Kenko Ka (in Hoken Center) ☎Ext. 628.

NHKおかあさんといっしょ宅配便 「ファンターネ小劇場」 観覧者募集



<NHK "FUNTANE ! Little Theater" Recruitment for Audience>

Hamura City and NHK will present an enjoyable stage show by "FUNTANE's friends", by NHK's "FUNTANE ! Little Theatre with Mom Delivery Service program".

Inquiries: Hello Dial ☎050-5541-8600 (9AM ~ 8PM, everyday) / Hisho Kouhou Ka, Kouhou. City Promotion Kakari ☎Ext. 336

Date and time: Jan 20th, 2024 (2 programs)

[1st show] 1:30PM ~ 2:15PM (Doors open at 1PM)

[2nd show] 4:00PM ~ 4:45PM (Doors open at 3:30PM)

Location: Primo Hall Yutorogi Main Hall

Details: Stage show by FUNTANE's friends (Mimomo, Yakoro, Luchita) and singing sister.

※There are not the singing sisters who appear on "With Mom" program. No recording will be made.

Application: Till Dec 4th(Mon) 11:59PM, please apply by entering your [(1) name, (2) email address, (3) phone number, (4) zip code and address, (5) age and (6) desired show times (1st or 2nd)] at the URL <http://nhk.jp/event/> (PC and smartphone site).

[NOTE]

○Please note that the maximum number of seats is 4. One child under 2 years old on the day of performance may be seated on the lap of parent or guardian.

○The winner will be selected for each of the two shows.

○No duplicate applications will be accepted with the same email address. Multiple applications using the same phone number will be treated as one application.

○Fictitious application information or applications by anyone other than the applicant will not be accepted.

○The "Preferred Show" entered at the time of application can not be changed.

○Incomplete applications will be deemed invalid. Applicants will receive a confirmation email.

○If there are too many applications, the winners will be selected by drawing and the admission numbered ticket (one ticket for four seats) will be sent to the winners on Dec 25th (Mon).

○Those who are not selected will be notified by email after Dec 27th (Wed) 3PM.

※If you have set email address to block incoming emails, please change settings in advance so that you can receive email from nhk.jp. If you have applied using a free email address, you may not be able to receive the email sent from us.

Sponsored by: Hamura City Hall and NHK.

■12月4日～10日は『人権週間』『誰か』のこと じゃない。(法務省人権擁護局人権啓発キャッチコピー)

< Human Rights Awareness Week December 4th ~ 10th >

It is not "someone". (Copy from Ministry of Justice Human Rights Protection Bureau Human Rights Awareness). Let us consider human rights issues not as "someone" but as ourselves and try to act with consideration for the human rights of others.

人権週間関連事業

< Human Rights Awareness Campaign Events >

著名人からの人権メッセージパネル展

[Message from Famous people Panel Exhibition]

Date & Time: Nov 25th (Sat) ~ Dec 11th (Mon), exclude Nov 26th (Sun), Dec 2nd (Sat), 3rd (Sun) and 10th (Sun).

** Nov 25th (Sat), Dec 9th (Sat) and 11th (Mon) are till Noon.

Location: City hall 1st floor Citizen Hall.

Inquiries: Soumu Ka, Soumu Kakari ☎Ext.332

[Consultations at Night] 夜間人権ホットライン

Human Rights issues in daily life will be handled by lawyers, and confidentiality will be kept.

Date: Dec 8th (Fri) 5PM ~ 8PM

Telephone Number: ☎03-6722-0127 (about 10 minutes / per person)

Inquiries: Tokyo Metropolitan Human Rights Plaza Consultation Room ☎03-6722-0124 or 03-6722-0125

【人権に関する相談】 **Human Rights Consultation**

■ **Everyone's Human Rights 110** みんなの人権 110 番

Consultations on various human rights issues such as discrimination, abuse and power harassment.

** The phone will connect to the nearest Legal Affairs Bureau / Regional Legal Affairs Bureau of the place people called.

Hours: Monday ~ Friday exclude Holidays'.

Telephone Number: ☎0570-003-110

■ **Human Rights Consultation** 人権身の上相談

Free Consultations for Human Rights Issues is available at Hamura City Hall

Date and Time: The 3rd Thursday monthly (in order of application), 1:30PM~4:30PM.

Location: City Hall 1st floor Shimin Soudan Shitsu

Inquiries: Hisho Kouhou Ka, Shimin Soudan Kakari ☎Ext.541

Foreign Residents' Advisory Center

Foreign Residents' Advisory Center has been established to answer inquiries and offer advice on a range of topics.

- Problems of daily life and emergency
- Japanese customs, culture and the Japanese social system
- Problems related to traffic accidents
- Problems concerning family life and children

Consultation is generally provided over the phone and face-to-face assistance is also available. Please call in advance for a visit. Confidentiality is strictly observed.

Telephone: ☎03-5320-7744

Fee: Free

Date and Time: Mon~Fri 9:30AM~Noon, 1PM~5PM (exclude national holidays)

お知らせ

健康

国民健康保険医療費通知を送付します

**INFORMATIONS
HEALTH****< National Health Insurance Medical Expense Report >**

If you have received medical service in November, 2022~ June, 2023 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 in the middle of November. .

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).

※ This is a notice only, there is no required procedure to be done concerning this report.

Inquiries: Hamura City Hall, Shimin Ka, Hoken Kakari ☎Ext.125

< Karada Juku ~ High Blood Pressure Prevention > カラダ塾 ~高血圧予防~

Enjoy Christmas and New Years' fragrant and satisfying menus!

[Karada Juku] can let you learn exercise and foods to improve your body energy.

The delicious and gorgorous dishes that take advantage of the aroma and use less salt will be introduced.

Date and Time: December 13th (Wed) 10AM~12:30PM

Eligibility: Those who are residing in Hamura.

Location: Hoken Center

Capacity: 16 (in order of application)

Fee: ¥300 (cooking practice fee)

Things to bring: Writing utensils, bandage, apron and health book (if you have one).

Details: Health lecture, cooking practice and individual consultation (for those who wish to)

Application and Inquiries: From Nov 16th (Thu), please call or email to Kenko Ka (in Hoken Center) ☎Ext.624,

✉s305000@city.hamura.tokyo.jp

※If you apply via email, please have [December **Karada Juku** Participator] in subject, with text [①Name, ② Age, ③Daytime contact phone number ④Address].

< Water Pipe Freezing Measures for Winter Season > 水道管の凍結対策はお早めに

During the mid-winter time, water pipes and water meters may get damaged from severe coldness. In order to prevent such damages, it is strongly recommended to take measures; for instance, wrap the water pipes where you can to give it insulation, and put some insulation material like styrene foam pieces in a meter box.

◆ Water Leakage 漏水に注意

In a residential unit, residents are liable for the maintenance of service pipes and water usage meter. It is highly recommended to check for water leakage periodically. If the meter keeps running when you are not using water, or the surrounding area of the water meter is always wet, please contact the Suidou Jimusho (Waterworks Department) or a certified plumber for professional inspection and repair work.

Inquiries: Suidou Jimusho (Waterworks Office) ☎042-554-2269

子育て応援ニュース

CHILDREN SUPPORT NEWS

子育て世帯生活支援特別給付金の申請はお済みですか

<Did you apply Special Benefit for Livelihood Assistance for Child-Rearing Households?>

In order to support single-parent households that are particularly affected by the rising cost of food and other necessities, special benefits will be provided to recipients of the Child Support Allowance.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext. 235

[Eligibility]:

Single-parent households 【ひとり親世帯】

- 1) The recipients of the Child Support Allowance after May 2023.
- 2) Those whose Child Support Allowance payments have been suspended due to receipt of public pension .
- 3) Those who are ineligible for the Child Support Allowance due to income exceeds the limit, but the family finances have suddenly changed due to soaring prices such as food costs and any monthly income since January 2023 has dropped to the level eligible for the Child Support Allowance.

Exclude Single Parent Households 【ひとり親世帯以外】

- 4) Households with a child under 18 years old (or under 20 years old in the case of a disabled child) as of March 31st, 2023 that are exempt from equal resident taxation FY2023, or whose income has fallen to the level equivalent to being exempt from resident taxation.

*All of the above are required to apply.

Eligibility	Application	Application Term	Payment date	Amount
1) ~ 4)	Need to apply	Till Feb 29th (Thu), 2024	Middle of the month following the month of application	¥50,000 / per child

** If 1) ~ 4) are not qualified after checking, they will not receive benefits.

[Applying Documents etc.]

- For application forms are available in Kosodate Sodan Ka service counter.

** You may also download from city official website.



第28回はむら保育展

< The 28th Hamura Nursery School Fair "Hamura Hoiku-ten" >

Activities that parent and child can enjoy, and booths for health offering valuable information will be set up. This year, there will be an age-specific room, play room and exciting parent-child concert.

Date and Time: November 22nd (Wed) ~ 25th (Sat) 10AM~4PM

Location: Primo Hall Yutorogi

※ December 22nd (Wed) ~ 24th (Fri) 10AM~4PM are only Exhibiton Room.

Eligibility: Preschool Children, parents and child-raising parents/children and becoming parents in future.

Hosted By: Hamura Nursery School Fair Executive Committee

Inquiries: The 28th Nursery School Fair Executive Committee, Fujimi Daiichi Hoikuen ☎042-554-6709/
Kosodate Shien Ka, Hoiku. Youchien Kakari ☎Ext. 241

令和6年度保育園等利用申込みを12月1日（金）から受け付けます

<FY 2024 Child Care Facilities Application will be started from December 1st (Fri). >

Applications for requesting the use of Child Care Facilities for your child during the term starting April of 2024 will be accepted. If you wish to newly register your child, please apply for the following Fiscal Year.

Term for Application:

<1st Term>: December 1st (Fri) ~ 14th (Thu)

<2nd Term>: Jan 24th (Wed) ~ Feb 6th (Tue), 2024

※December 9th (Sat) is acceptable. (Exclude 11:45AM~1PM)

※December 14th (Thu) is acceptable till 7PM.

Locations of Application Distribution: the Kosodate Shien Ka, Hoiku Youchien Kakari on the 2F of City Hall, Hamura City's Children Care Facilities and Children Centers.

※The documents can be downloaded from city official website.

Application: Kosodate Shien Ka, Hoiku. Youchien Kakari on the 2F of City Hall

※If you are relocating and are moving out of Hamura City, and wish to use a facility located outside of Hamura City, please contact the Kosodate Shien Ka, Hoiku Youchien Kakari at your earliest opportunity.

Inquiries: Kosodate Shien Ka, Hoiku. Youchien Kakari, Ext. ☎232



親子であそぼ！

Parent and Child Have Fun Together

わんわんひろば

< Wan Wan (Bow Wow) Hiroba >

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Date	Location	Time
November 30th (Thu)	Central Children Center	10AM~ (about 30 minutes)

Eligibility: 8 month old toddlers and parents (capacity: First 12 pairs).

KOGUMA HIROBA (CUB SPACE) at Children Centers こぐまひろば

Parents and small children can learn fun activities for exercise. Join and have fun!

Date	Location	Time
December 6th (Wed)	West Children Center	10AM~ (about 30 minutes)
December 14th (Thu)	Central Children Center	

Eligibility: Parents and Children from 9 months ~ younger than 2 years old (capacity: First 12 pairs).

KIRA KITA POCKET at Children Centers キラキラポケット

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Date	Location	Time
November 29th (Wed)	West Children Center	10AM~ (about 30 minutes)
December 7th (Thu)	Central Children Center	
December 12th (Tue)	East Children Center	
December 13th (Wed)	West Children Center	

Eligibility: Children from 2 years old to preschool age, and their parents (capacity: First 12 pairs).

Inquiries:

Children Center	Telephone ☎
Central Children Center	042-554-4552
West Children Center	042-554-7578
East Children Center	042-570-7751

情報アラカルト

MISCELLANEOUS INFORMATION
PRIMO LIBRARY HAMURA ☎042-554-2280



おはなし夢フェスティバル

< Story Telling Dream Festival >

The volunteer members from many organizations will get together and host this event. This event is enjoyable for everyone at any age.

Date & Time: December 9th (Sat), 11AM~ 11:40AM (Door opens 10:45AM)

Location: Primo Library Hamura 2F Volunteers Room

Capacity: 10 pairs (parent and child) (in order of application)

Application: Starting from Nov 24th (Fri) 10AM~5PM, please call or come to Main Library directly.

Participating organizations:

- "Ohanashi Pocket"...It is storytelling sessions for babies. Using puppets and music to entertain the audience with the world of picture books.
- "Kiichigo"... It is a storytelling group that tells stories without looking at picture books or scripts. This group is in charge of storytelling sessions for elementary school students.
- "Ohanashi Ippai Nezumi-kun": This circle is in charge of storytelling sessions for preschoolers. Using a large picture-story show and panel theater to entertain children.
- "Eichan and Mokuren"...This group entertains children with storytelling mainly through picture storytelling.
- If you are interested in these groups, for more information, please contact library.

郷土博物館

KYODO HAKUBUTSUKAN ☎ 042-558-2561

冬のバードウォッチング参加者募集

<Recruiting participants for winter bird watching>

The area around Hamura-weir and Asama-dake is a rich natural area in the city where many birds can be observed. Why don't you join us to see what kind of birds inhabit around Hamura-weir and Asama-dake in winter?

Date and Time: December 13th (Wed), Meet: 9AM in front of the statue of the Tamagawa brothers at Hamura-weir (scheduled to end at 11AM).

Location: Hamura-weir area (Hamura-weir → Weir bridge → Kyodo Hakubutsukan (local museum) → Asamadake → Kyodo Hakubutsukan (local museum)).

※ Elementary school students and under must be accompanied by a parent or guardian.

Fee: JPY 200 (including insurance fee).

Things to bring: Beverage, rain gear, writing utensils and binoculars (if you have).

※ Please wear comfortable walking shoes and clothes.

Lecture: Okutama Branch of Wild Bird Society of Japan.

※ In case of cancellation, it will be posted on the website of the Wild Bird Society of Japan, Okutama Branch after 8PM on the previous day.

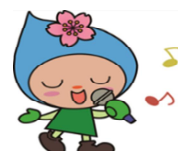
PRIMO HALL YUTOROGI ☎ 042-570-0707

ニューイヤーコンサート高橋多佳子 With 新倉瞳

<New Year Concert Takako Takahashi With Hitomi Niikura>

New Year's music celebrated with Piano and Cello.

Date and Time: January 6th (Sat), 2024 2PM (Doors open at 1:15PM)



Location: Primo Hall Yutorogi Main Hall

Capacity: 854 (in the order of application / all seats reserved)

Performers: Piano ~ Ms. Takako Takahashi / Cello ~ Ms. Hitomi Niikura

Programs: Chopin ~ Nocturne No. 10 (A flat major), Cello Sonata (G minor) Op. 65 and
Elgar ~ Love Greetings.

Application & Inquiries: The ticket will be distributed via Yutorogi service counter and the Ome Sato
Foundation website. (2 tickets / per person).

Inquiries: The Association for Raising Tama Youth ☎090-5195-3030



■ はむりんスクラッチ2023

< Hamurin Scratch 2023 >

Starting from December 1st (Fri), 210,000 scratch cards will liven up Hamura. Citizens may get one for every ¥500 spend at about 240 stores in city (up to 10 tickets for per purchase).

The Prizes of Winner: ¥1,000 yen x 1,200 vouchers,
¥300 yen x 15,600 vouchers

** For details, please check Hamura News Nov 15th version and the distributed flyer.

Scratch distribution and use period ~ December 1st (Fri), 2023 ~ January 15th (Mon), 2024.

- Stores distribute tickets till out.

チャンス券 (はずれ券) でダブルチャンス! はむりん大抽選会

< Double chance for missing tickets! Big Hamurin Grand Lottery >

Winning tickets can be used at scratch member stores and even if they come off, still can apply for "Hamurin Grand Lottery" which you may win a luxurious prize with 10 tickets.

Application Method: Please paste 10 chance tickets on the application postcard, fill in the necessary information and mail it to the Chamber of Commerce and Industry or send it to the application box (located at the Chamber of Commerce and Industry, City Hall 1st Floor Information Counter, Sangyou Fukushi Center and Tourist Information Center).

※Entry postcards will be distributed at participating scratch stores and can be downloaded in advance from the Hamura Chamber of Commerce and Industry website.

※For details, please check the website of the Hamura Chamber of Commerce and Industry.

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

こどものページ

EVENT INFORMATION for CHILDREN & PARENTS

Children Centers: (Central)☎042-554-4552 (West)☎042-554-7578 (East)☎042-570-7751

Central Children's Center (Close Friday) 中央児童館

< **Daytime Moon Observation. Astronomical Observation** > 昼間の月観測会 . 天体観測会

Date: November 22nd (Wed)

Time: ○ Daytime Moon Observation: 4PM~

○ Astronomical Observation: 6PM~

※ At the astronomical observation group, people will observe the Moon, Jupiter, Saturn, M45 (Subaru) etc.

※ If it rains, it will be held "Tonight's starry sky commentary" at planetarium.

- Eligibility: Preschoolers ~ 18 years old

* Junior High School Students or younger must be accompanied by an adult.

- Capacity: 46 (in the order of application and include guardian)

※ If you are late, unable to participate.

手作り教室「クリスマス刺し繍しゅうカード」

<Handmade Class "Christmas Stitch Embroidery Cards">

Date and Time: December 23rd (Sat), 1:30PM~2:30PM

Eligibility: Elementary school students ~ 18 years old who are residing in Hamura.

Capacity: 12 (in the order of application)

Things to bring: A bag to put your artwork in and water bottle (water or tea).

Application for all above: Starting from November 15th (Wed), the participator need to call or come directly to the Central Children Center.

West Children Center (Close Tuesday) 西児童館

手作り教室「キラキラ☆クリスマス. スノードームを作ろう」

<Handcraft class "Sparkling Christmas. Let's make a Snow Dome"!!>

Date and time: December 16th (Sat) 10AM ~ 11AM

Eligibility: Elementary school students ~ 18 years old who are residing in Hamura.

Capacity: 12 (in the order of application)

Things to bring: Bag to take home and beverage (water or tea).

Application: November 22nd (Wed) ~ December 15th (Fri) 9AM ~ 4:30PM, participator needs to call or come directly to West Children Center in person.



East Children Center (Close Tuesday) 東児童館

手作り教室「もうすぐクリスマス!カラフルリースを作ろう☆」

<Handcraft class "Christmas is coming soon! Let's make colorful wreaths☆">

Date and Time: December 9th (Sat) 1:30PM ~ 2:30PM

Eligibility: Elementary school students ~ 18 years old who are residing in Hamura.

Capacity: 12 (in the order of application)

Things to bring: Indoor shoes, beverage (water or tea) and hand towel.

Application: November 17th (Fri) ~ December 8th (Fri) 9AM~4:30PM, participator need to come directly to the East Children Center.

図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

< Story Telling for Children > 図書館おはなし会

▶ **at the Main Library**

Story Telling *Elementary School Students >> December 16th (Sat), 11AM~

▶ **at the Ozakudai Branch** >> December 13th (Sat) 3:30PM~

PRIMO HALL YUTOROGI

< Movie Screening for Children > 子供映画会

Date & Time: December 3rd (Sun) 10:30AM~11:30AM

Location: Kouzashitsu 1

Capacity: First 50

Program: 3 titles scheduled

Supported by: Hamura Eiga Club

「団体のひろば」

< GROUPS SQUARE >

This is a page to support civic activity groups in the city. Registration is required, if you wish to publish, please check the publication standards in advance and submit the "Published organization registration form" to the person in charge below.

For details, please inquiry to Chiiki Shinkou Ka, Shimin Katsudou Center Kakari ☎Ext. 632

EVENTS 催し物

▼ お名前の意味解明体験会 <Experience event to discover the meaning of your name>

Let's learn the Kanji of names on Saturday.

First Day: December 2nd (Sat)

Location: Community Center

Eligibility: 20 years old and over

Fee: JPY 200 / per time

Capacity: First 5

Inquiries: Ms. Toshio Kiyota ☎042-554-8483

MEMBER RECRUITMENT 会員募集

▼ Art Friend アートフレンド

This is a circle that enjoys oil painting. You can freely create profound pictures easily.

Date and Time: The 1st and 3rd Wednesday 9:30AM~Noon

Location: Primo Hall Yutorogi Creation Room 2

Eligibility: Anyone

Fee: JPY1,000 / monthly

Capacity: 3

Inquiries: Mr. Toshiaki Morita ☎080-1250-5946

▼ Jigyujutsu Youyoukai 自彊術悠々会

This is the first health exercise in Japan. Feel free to join us.

Date and Time: Every Friday 10AM~Noon

Location: Sakae Kaikan

Fee: JPY2,500 / monthly (including venue fee), JPY3,000 annual fee

Inquiries: Hosokawa San ☎042-555-5808

▼ Wai Wai Seal Club ワイワイシールクラブ

People who want to learn basic swimming skills and have fun in swimming are welcome.

Trial swimming is available.

Date and Time: Every Thursday 9AM~11AM

Location: S&D Swimming Plaza Hamura

Eligibility: Age is 18 or over

Fee: JPY3,000 (monthly) and admission fee JPY1,000

Capacity: 5

Inquiries: Oyake San ☎042-555-0228

▼ Hamura Tai Chi Group 羽村太極拳グループ

For those who are lacking in exercise and physical fitness, why don't you join us for a gentle and fun way to exercise your body?

Date and Time: Every Saturday 3PM~5PM

Location: S&D Sports Arena Hamura

Fee: JPY3,000 /month

Inquiries: Kubota San ☎090-1122-4128

▼ Hamura Underwater Health Club 羽村水中健康クラブ

Beginners and experienced swimmers are welcome. Mainly underwater exercise. Free trial available.

Date and Time: Every Tuesday (3 times / month) 2PM ~ 4PM

Location: S&D Swimming Plaza Hamura

Eligibility: 18 years old or older

Fee: JPY3,000 /month, admission fee JPY1,500/month

Inquiries: Kondo San ☎042-554-4334

▼ Hamura City Brass Band 羽村市吹奏楽団

All parts are welcome! Please feel free to come and see us. We are looking forward to seeing you!

Date and Time: Every Saturday 6PM~9:30PM

Location: Hamura Higashi Elementary School Music Hall

Eligibility: Junior High schoolers or older

Fee: JPY2,000 yen/month, admission fee: JPY1,000

Capacity: No restrictions

Inquiries: Yamazaki San ✉hamura.wo@gmail.com

** Please contact each club for details information on events and membership applications and also are available on the city's official website.