



HAMURA NEWS

Published by: Hamura City

Edited by: Kouhou Kouchou-ka (Public Information & Public Opinion Section)

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

April 15th, 2017

第 48 回羽村市総合体育大会

THE 48th HAMURA ATHLETIC MEET EVENTS

The following sports categories will be included in the 48th Hamura Athletic Meet Events. This event is sponsored by *Hamura-shi Taiiku Kyoukai* (Hamura City Physical Education Association) to improve physical fitness of Hamura City citizens.

Event	Event Date	Place
Baseball	April 16 th (Sun) ~ November 12 th (Sun)	Musashino Park
Baseball for Junior High Students	August 2017 ~ March 2018	Each Junior High School
Baseball for Elementary School Kids	September 2 nd (Sat) ~ October 15 th (Sun)	Miyanoshita Sports Ground, Musashino Park, Asahi Park
Track and Field (various events)	September 17 th (Sun)	Fujimi Park
Youth Ekiden	October 15 th (Sun)	Miyanoshita Sports Ground, etc.
Kendo	September 10 th (Sun)	Sports Center
Judo	September 10 th (Sun)	Sports Center
Table Tennis	August 20 th (Sun)	Sports Center
Skiing	January 14 th (Sun), 2018	Sugadaira Kougen Ski Field
Soft Tennis	Junior High...October 15 th (Sun) Elementary teams & Other...Sep. 17 th (Sun) Senior teams (over 45) November 9 th (Thu)	Fujimi Park
Volleyball	Housewife & Other September 24 th (Sun) Elementary teams... November 4 th (Sat) Jr. High teams... November 4 th (Sat)	Sports Center, School grounds
Softball	August 27 th (Sun) ~ September 24 th (Sun)	Fujimi Park, Asahi Park
Tennis	October 1 st (Sun)	Fujimi Park, Hamura High School
Badminton	October 1 st (Sun)	Sports Center
Swimming	August 6 th (Sun)	Swimming Center
Kyuudou (Japanese Archery)	September 24 th (Sun)	Kyuudou Field
Gate Ball (Japanese Croquet)	October 18 th (Wed)	Fujimi Park
Soccer (Boys)	September 2 nd (Sat) ~ February 4 th (Sun) 2018	Relevant Elementary Schools
Soccer (Junior High Students)		Relevant Junior High Schools
Soccer (Seniors, Women, and Others)		Miyanoshita Sports Ground, Fujimi Park
Basketball	August 13 th (Sun) ~ March 2018	Sports Center
Dance Sports	November 25 th (Sat)	Sports Center
Golf	July 5 th (Wed)	Tachikawa Kokusai Golf Club
Indiaca	December 10 th (Sun)	Sports Center
Karate	September 18 th (Sun, Holiday)	Sports Center
Aikido	June 4 th (Sun), November 12 th (Sun)	Sports Center
Iaido	October 29 th (Sun)	Freshland Nishitama

*For more information please contact *Hamura-shi Taiiku Kyoukai* or refer to its Website.



Tel: ☎042-555-1698 Fax: 042-555-1699



Email: taikyou@herb.ocn.ne.jp



❖ The 6th Hamura Environment Festival Participants Wanted ❖

The 6th Hamura Environmental Festival will be held. Applications will be accepted for items listed below.

Date: June 3rd (Sat)

Place: *Yutorogi and Sangyou Fukushi Center, (Sangyou Fukushi Center is located near Yutorogi) Roadside nearby, and the Library*

< Share Your Environment-friendly Inventions >

Please introduce the creative environment-friendly inventions of daily household items. Inventions will be displayed at the Environment Festival, and the best invention for the contest will be voted on by the visitors. The winner will get a prize.

Inventions must be handed in by being brought directly into the *Kankyou Hozen Ka* no later than May 19th (Fri). (The office is open from 8:30AM ~ 5PM on weekdays, closed on weekends and holidays.)

Provide address, name, point of contact (telephone number or e-mail address) with your project.

For more information please contact The 6th Hamura Environment Festival Executive Committee
Kankyou Hozen Ka, Kanyou Hozen Kakari ☎Ext.226



ゴーヤとアサガオの種無料配布しています

< Free Goya (Bitter Gourd) and Morning Glory Seed Give-away >

We will be giving away seeds for plants useful for the summer months.

Growing Green Curtains outside of the windows will not only prevent having direct sunshine into your rooms, but also conserve electricity used for air conditioning, and can contribute to reduce global warming.

Seeds Availability: 2,400 packets (Handout will end when supply runs out.)

Place to pick up seeds: *Hamura City Hall Main Reception (1st floor) and Kankyou Hozen-ka (2nd floor)*

Inquiry: *Kankyou Hozen-ka, Kankyou Hozen-kakari ☎Ext.225*

ほほえみ食事会

< “ Hohoemi (Smile) ” Lunch Event >

Hamura City Citizens over 65 years old who live alone, or whose household members are all 65 or older can attend this event. This service is organized by volunteer group “*Chigusa*”, who serve wholeheartedly.

Decorations at the venue are created by members of the “*Fureai Saloon*”.

Date: May 17th (Wed), Noon ~ 1:30PM (open from 11:30AM ~)

Place: Large Conference Room of the *Fukushi Center* Capacity: first 50 people Fee: ¥500

Please use the community bus route “*Hamuran*” (*Fukushi Center Bus Stop*) or other means of transportation.

Please reserve from April 17th (Mon) ~ May 9th (Tue) *Closed on weekends, Open weekdays from 8:30AM ~ 5PM *Menus do not accommodate persons who possess allergies. *Cooked items cannot be taken home.

Inquiry: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari at ☎Ext. 176*

自然休暇村紹介事業 参加者募集

< Shizen Kyuukamura One-Day Tour to Hamura Municipal Resort Lodging Facility >

Only a 2 hour drive from Hamura City, *Shizen Kyuukamura* (自然休暇村) in *Kiyosato* mountain resort, *Hokuto City, Yamanashi-ken*, is a lodging facility owned by *Hamura City*. Hotel accommodation, private lodges, and camping sites are available at reasonable fees to cater for each guest's travel style.

The tour goes to *Kiyosato* mountains' beautiful places, and lunch will be course meal at Japanese restaurant.

Transportation will be on bus. Date: May 26th (Fri), Meeting Place at 7:30AM in front of *Hamura City Hall*.

Eligibility: resident, commuter, or student of *Hamura City*. Group applications are accepted for up to 4 in a group. /Applicant cannot apply if they have already participated in this event in the past. Capacity: first 22

Fee: ¥2,000 per person + train fare for the local train ¥500. (Fee will be received if cancelled after May 19th.)

Inquiry / Application: Inquiries accepted until May 10th (Wed), 5PM by telephone (between 8:30AM~5PM on weekdays, excluding weekends and holidays.), fax, or e-mail at *Chiiki Shinkou Ka, Chiiki Shinkou Kakari*
☎City Hall, ext. 203, fax 042-554-2921, e-mail: s107000@city.hamura.tokyo.jp

<< BASIC RULES FOR RIDING BICYCLES >>

1. Ride on roadway, not on sidewalk

On a street with lined or elevated sidewalk, bicycles have to go on roadway, unless with these conditions:

- When there is a traffic sign allowing bicycles to go on sidewalk
- When the rider is either under 13 or over 70 years old, or the rider is disabled
- When the bicycle cannot go on the left side of roadway due to the construction or parked vehicles, or when car traffic is extremely heavy and dangerous

2. Ride on left side of roadway

Since the bicycles are considered as "vehicle", in principal, they have to go on the left side of roadway, not on right side. However, if a road-side strip line is a single line, bicycles can go thorough on any side.



3. Pedestrians have priority on sidewalk, bicycles go slowly on the roadway side

When you have to ride bicycle on sidewalk, go slowly on the roadway side and do not interrupt pedestrians' way.

If you get in their way, get off from bicycle and walk with your bicycle.

4. Obey the traffic rules

- Do not ride your bicycle under the influence of alcohol.
- road side strip (double)
- Do not ride bicycles side by side (except certain areas).
- Do not ride with another person. (except when riding with child of 6 years old or younger).
- Obey the traffic lights. Stop at stop signs- make sure it is safe to go. Turn the headlight on after dusk.
- Using umbrella and using mobile phone while riding bicycle is a violation of the traffic regulation.
- It is a violation of rules to ride while using your headset/ earphone.

5. Child has to wear a helmet

Please make sure that 13 years old or younger child wears helmet when riding bicycle.

Buy Insurance for your Bicycle

More bicycle riders are becoming offenders against the law in recent years. Bicycle riders should be more aware of themselves as a "vehicle" rider, and also buy insurance for the bicycle. In addition to regular liability insurance available from general insurance company, there is TS mark regulation issued by Japan Traffic Management Technology Association. TS Mark (a sticker to be placed on bicycle) This mark serves as a certificate for accident and liability insurance, issued with fee to serviced bicycles that are confirmed as safe vehicle.

TS Mark insurance can be purchased at bike shops certified as TS Mark agency, and its validity is for one year.

Illegally Parked Bicycles

Leaving bicycles on road and/sidewalk could cause a lot of troubles such as following:

1. Bicycles parked over the yellow braille blocks make it difficult for visually-challenged people to walk on the street safely.
2. Get in the way of evacuation route in case of disaster.
3. Randomly parked bicycles on streets disturb the scenery.

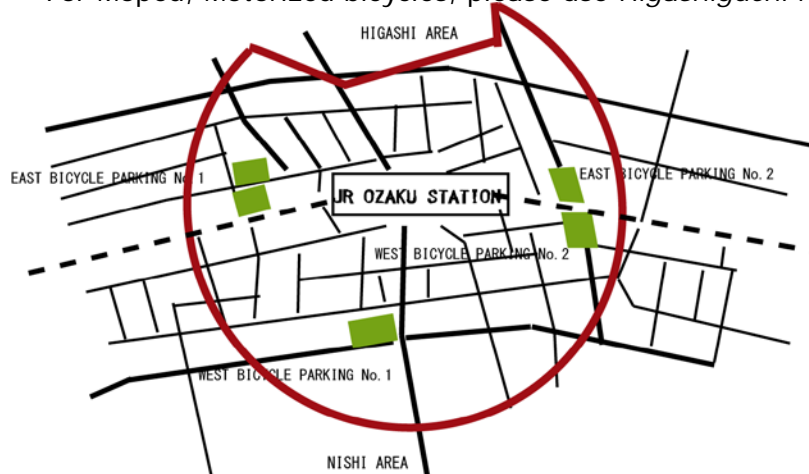
Bicycle Parkings Near Rail Stations ~ Higashiguchi(east) and Nishiguchi (west)

- Near JR Hamura Station... 8 parking areas

*For Motorized bicycles, please use Nishiguchi No. 3 Parking only.

- Near JR Ozaku Station ... 4 parking areas

* For Moped, Motorized bicycles, please use Higashiguchi No.1, Nishiguchi No. 1 and 2 Parking only.



No Parking Zone for Bicycles: JR Ozaku Station



No Parking Zone for Bicycles: JR Hamura Station

No Street Parking Allowed around Rail Stations

The areas within 400 meters from JR Hamura and JR Ozaku stations are designated as no-bicycle-parking area. Any bicycles or motorized bicycles parked within these areas will be towed to the city's storage facility. To pick up towed bicycles the owner has to pay a fine. **Fine:** Bicycle... ¥2,000 / Motorized Bicycle... ¥3,000

Opening Hours for Bicycle Storage : Mon. Tue. Thu. Fri. 9AM ~ 4PM / Wed. 9AM ~ 7:30PM / Sat. 9AM ~ Noon / Sun. & Holiday closed

Inquiries: Jitensha Hokanjyo(Bicycle Storage) ☎042-579-4815

平成 29 年度の後期高齢者医療保険料

< Late Elderly Medical Insurance for 2017 >

~ Premiums ~

For residents of metropolitan Tokyo, annual premium amount is calculated at a fixed levy of ¥ 42,400 per insured person, plus an income-based levy of 9.07%. These figures are valid for FY 2016 and FY 2017.

※Registered residents who are at age 75 or older are subject to the enrollment to this insurance. And registered residents who are between the ages of 65 and 74, and have been assessed as having a permanent disability can also enroll to this insurance before they turn 75 years old. (Each subscriber pays his /her own premiums in this system. There is no subscription as a "dependent".) Premium amount is calculated based on the taxable income from the previous calendar year.

Reduction of Premium

According to the level of income, a reduction is applied when each member's premium is calculated.

Example: is a member by this insurance who earned less than ¥330,000, and his/her household earnings from pension are less than ¥0.8 mil in the previous year: premium amount per person is reduced by four different reduction rates. To know more about the reduction requirements, please inquire.

Help Desk for Late Elderly Medical Insurance (in Japanese): ☎0570-086-519 / 03-3222-4496 weekdays 9AM ~ 5PM
City Hall Consultation: Inquiries: Shimin Ka, Kourei Iryou, Nenkin Kakari, ☎Ext. 137

後期高齢者医療保険料 特別徴収額の調整を行います

MEDICAL INSURANCE FEE for MEMBERS of the Late-Elderly Medical Insurance Program/System

There will be a special collection of Late Elderly Medical Insurance Fees (deducted from your Public Pension) which will be withdrawn from your bank account in April, June, and August. This is necessary because the previous year's income, which will be the basis for calculating what amount will be charged for the individual, has not been confirmed. The tentative medical insurance fee will be withdrawn, and the difference between amount charged in the special collection and the confirmed collection amount for October, December, and February of the following year's withdrawal will settle the difference. Please inquire regarding the details concerning this matter, City Hall, ShiminkKa, Kourei Iryou / Nenkin ka ☎Ext.137

障害者の各種手当・助成制度 **WELFARE ALLOWANCES/SUBSIDIES for HANDICAPPED PERSONS**

For more details, please contact: *Shougai Fukushi-ka Shougai Fukushi-kakari* ☎Ext.173.

Allowances	Eligibility
<i>Tokubetsu Shougaisha Teate</i> (Special Allowance for the Disabled) ¥26,810 / month	Age 20 years or older, and requires special support/care at all times due to severe disability. *
<i>Shougaiji Fukushi Teate</i> (Welfare Allowance for Disabled Children) ¥14,580 / month	Children who have not reached 20 years old, and requires special support/care at all times due to severe disability. *
<i>Juudo Shinshin Shougaisha Teate</i> (Allowance for Persons with Severe Physical and Mental Disability) ¥60,000 / month	Person with severe impairment of intelligence, in constant care needs and unable to stay in a sitting position due to limb and trunk dysfunction. Those 65 or older cannot become certified. *
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥15,500 / month Provided by Tokyo Metropolitan Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade1~3, or person with brain paralysis or progressive muscular atrophy. * Those 65 or older cannot become certified.
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥12,000 / month Provided by <i>Hamura City Government</i>	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade3~4 or Certificate for Adults and Children with Mental Deficiency grade4. * Those 65 or older/already have disability support subsidy cannot become certified.
<i>Nanbyou Kanja Fukushi Teate</i> (Intractable Disease Allowance) ¥7,500 / month	Person with intractable disease which the government specifies under Medical Subsidy of Tokyo Metropolitan Government Policy, who is not receiving Hepatitis B,C and Respiratory Intractable Disease.
<i>Takushii Hiyou / or Jidousha Gasorinhi Josei</i> (Subsidy for Taxi Fare or Gasoline Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 (grade 1~3 for lower limb, trunk, or internal dysfunction) or Certificate for Adults and Children with Mental Deficiency grade1~2, or person with brain paralysis or progressive muscular atrophy. *
<i>Riyou / Biyou Saabisu Hiyou Josei</i> (Subsidy for Hair Dressing Fee) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2. Not applicable if hospitalized or living in special care facility. If under 20 years old the provider, and if over 20 years old, that individual, must be tax exempt.
<i>Kinou Kaifuku Sejutsuhiyou Josei</i> (Subsidy for Physical Therapy Fee) Acupuncture/Massage Therapy Tickets	Person who holds Physical Disability Certificate grade1~4 (grade 1~6 for those at age 70 years or older). Not applicable if hospitalized or living in special care facility.
<i>Suidou/Gesuidou Shiyouryou Josei</i> (Subsidy for Water and Sewage Fee) ¥872 plus consumption tax / month	Residents tax exempt household that includes a member who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.

*...Income restriction and/or exclusion regulation may apply. Please refer to *Hamura City's Official Website* also.

羽村市動物公園入園者 1000 万人突破

< **Hamura Zoo Celebrates the 10 Millionth Guest** >

A little boy was confirmed as the Hamura Zoo's 10 millionth guest on March 20th! He came to the zoo with his family, and this visit was the first time in 30 years to come back to Hamura Zoo for his father. They were given a warm welcome by the staff. *Doboku Ka, Kouen Kanri kakari*, ☎Ext. 284

平成 28 年度就学援助制度の申請受付を行います

< **School Attendance Support** > Inquiries: *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.356

Hamura City provides financial aid to parents who are having economical difficulty with funding their children's school lunch fee and other expenses for schooling in elementary or junior high school.

If an application is approved, the aid will be provided starting from the month in which the application is filed.

Deadline for Application: April 28th (Fri)

- ▶ Application forms are already distributed to students of Elementary and Junior High Schools in *Hamura*.
- ▶ If your child is attending to a school in other municipality, please come to city hall for a special procedure, with your *Inkan*, rent statement and proof of bank account to which you want the benefit to be deposited.

臨時福祉給付金（経済対策分）を支給します

< **Temporary Welfare Benefit (for tax exempt household) (Rinji Fukushi Kyuufukin (Keizai Taisaku))** >
Hamura City will offer a one-time temporary welfare benefit for citizens whose primary income is tax exempt. Application packets will be mailed out to applicable citizens in early May. Details will be in later news bulletin. May 1st Edition and the Official City Website plans to list the details regarding this matter.

Eligibility: Income is tax exempt for 2016, and are a Hamura City resident as of January 1st, 2016
Eligibility will not be authorized for welfare recipients.

Benefit Amount: ¥15,000 per eligible person Inquiries: *Shakai Fukushi Ka, Shomu Kakari*, ☎Ext. 112

高次脳機能障害の相談窓口のご利用を

< **Please Utilize the High Ordered Brain Dysfunction Symptoms Consultation Service** >

Symptoms such as irritability, not being able function to do things that you were able to before, and shortness of memory may be signs of High Order Brain Dysfunction. Malfunctions of these sorts are difficult to grasp, and may be dismissed as just some troublesome actions. The city has a consultation services operated by consultants on every 3rd Wednesday, 2PM ~ 4PM. Place: *Shougai Fukushi Ka* reception

Inquiries: *Shougai Fukushi Ka, Shougai-sha Shien Kakari*, ☎Ext. 186

オリ・パラ 通信 1

< **Tokyo Olympic / Paralympic Games Update** >

Hamura City is promoting its basic principles for engaging in the upcoming Tokyo Olympic/ Paralympic Games. As Hamura City makes preparations, it will adhere to these principles.

- Coordination and Cooperation to enhance/ brighten expectations for Olympic Games
- Promoting group sports activities by citizen, and activities to maintain the overall health through sports
- Showing splendid characteristics of Hamura City and expanding industrial activities within Hamura City
- Promoting Culture, Arts, and the development of a global citizen
- To strive in becoming a town that anyone can feel welcomed to

Hamura City is showing its support for the Olympic games by attracting sport teams from various countries to place their strategic operations base in Hamura City. Coordination with citizen organizations is being considered valuable to the success as well.

The Tokyo Olympic / Paralympic Preparations Office, ☎Ext. 344

緊急速報メールを活用した洪水情報のプッシュ型配信の開始について

Emergency Information E-mail Service by Ministry of Land, Infrastructure, Transport and Tourism will start a notification service regarding safety during flooding for those areas that are prone to disaster on May 1st. When the water level has reached a certain danger level, an evacuation notice will be issued. These notices will also be sent under the "Push-Based Information Delivery" System to subscribers of various mobile carriers. Kanto Area Coordination Agency for Flood Disaster Prevention ☎048-601-3151

イチゴ・ジャガイモの区画売り

< **Strawberry & Potato Pick-Your-Own Farm Plots** >

Enjoy strawberries and potatoes that you picked or dug up! The harvesting right of local farmer-grown fresh strawberries and potatoes will be sold by farm plots. Springtime is perfect for enjoying harvest with friends!

♣ **Strawberries**

Harvesting Season: Beginning of May Price: ¥5,000 each plot (Approximately 40 roots in each plot)

Farm Location: *Hanekami 4-22* Number of Plots: 18 (sold in order of application received)

♣ **Potatoes**

Harvest Season: Middle of June Price: ¥3,000 each plot (Approximately 30 roots per block)

Farm Locations: ①*Hanekami 1-18-5*, ②*Hanekami 4-20*, ③*Midorigaoka 5-9-10*, ④*Sakaechou 2-20*

Number of Plots: ① 25, ②, ③&④ 20 at each location (sold in order of application received)

Application & Inquiry: Starting April 24th(Mon), from 9AM to Noon, visit directly to *Sangyou-ka Nousei-kakari* ☎Ext.663 in City Hall West Annex Building (*Nishi Bunshitsu*). *Please pay as you apply.

< Volunteers Wanted for Agricultural Work! >

This is a great opportunity to learn about *Hamura's* local Agriculture. Through volunteering among farmers, you will get to see the great efforts that they exert into safety of the agricultural produce which is sold. Farmers need extra helping hands especially during the busy season. Your help will be a great contribution!

Farm Options: ①Vegetable Farm ②Flowers and Ornamental Plants Farm

Eligibility: Long-term volunteers... Anyone who can participate at least once a week through out a year.

Short-term volunteers... Anyone who can participate during the busy season.

Application: by April 28th(Fri). Please come directly to the City Hall West Annex Building (*Nishi Bunshitsu*), 2nd Floor on weekdays. (closed Saturday, Sunday, and Holidays) between 8:30AM ~ 5PM.

*This is strictly volunteer work. No salary or wage will be paid.

*Dispatch to a particular field or assigned work may not meet your request.

*Applicants who have registered before do not have to register again.

Inquiry: *Sangyou-Shinkou ka Nousei-kakari* ☎Ext.663

< FY 2017 Property Tax and City Planning Tax Notification >

FY2017 Property Tax and City Planning Tax Notification (固定資産税・都市計画税納税通知書) will be mailed to the applicable residents in early May. These taxes are levied on the owners of fixed property based on the property registration information as of January 1st 2017. If you have sold or demolished your land / house/ building after January 2nd 2017, you are still obligated with the tax payment on those properties. Please be sure to pay before the due date.

Inquiries: *Kazei-ka Shisanzei-kakari* ☎Ext.157

< Census Of Hamura City Elderly Residents >

Hamura City conducts an annual Interview-based survey on health and living conditions of elderly residents at age 75 or older. This survey aims to protect life and rights of elderly residents, as well as to prevent abuse and elderly-targeting crimes. The commissioned welfare volunteers (*Minsei Iin*) of each district association will visit homes of applicable elderly residents during a period from late April to June.

Main questions to be asked during the interview will be about household situation, socializing capability and frequency, and emergency contact. If you are a family member of an applicable elderly person and want to consult about something for them, please feel free to do so at this occasion.

Inquiry: *Kourei FukushiKaigo-ka Kourei Fukushi-kakari* ☎Ext.175

< Pneumococcal Vaccination for Elderly >

The pneumococcal vaccine was included in the vaccination schedule implemented by the City from October 1st, 2014. 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 will reach age 65, 70, 75, 80, 85, 90, 95, and 100 or older at year in which the vaccination is administered
- ② 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)

Fee for Residents: ¥4,000 will be subsidized, so please pay the balance at a medical facility.

Location: Medical facilities in *Hamura City* Term: ~ March 31st (Sat), 2018

If vaccination is not received within the specified dates, subsidization will not be applied.

How to be Inoculated: Reserve at designated medical facility located in *Hamura City*, and bring the **Sesshu Josei Ken* (coupon), Health Insurance Card (*Kenkou Hoken*) on the date of appointment.

Those who are eligible have been sent a letter including the coupon from the city in early April.

The subsidy for Pneumococcal Vaccination for Elderly will be offered until fiscal year 2018.

Inquiry: *Hoken Center* ☎042-555-1111, Ext.623

はむら市民ギャラリー

< Art Gallery with Works Created by Citizens >

Place: Community Center 2F Hall

Feature: Pressed Flower (Ms. Chieko Kinoshita) and Flower Arrangement (Ms. Kozue Ogishima and students)

Date: April 23rd (Sun) ~ 30th (Sun), 10AM ~ 5PM (~3PM on final day) .

Please call : ☎090-6533-0229(Ito) if you are interested in holding an exhibition.

SWIMMING CENTER ☎042-579-3210

体引き締めエクササイズ

< Physical Fitness Exercise >

The entire body can be toned up with this exercise using a balance ball and expanding rubber items It is a great class for beginners at exercise. Date & Time: Every Friday from 2PM ~ 3PM Capacity: first 20 Fee: ¥500 Place: Training Room Wear comfortable gym clothes, drink and towel, indoor shoes Please come directly to the 2nd floor reception counter at sauna to register on lesson day. *

< Martial Arts > マーシャルアーツ

This is a combination of punching and kick moves. The motions are simple and they will condition and develop your inner core muscles. Date & Time: Every Wednesday from 2PM ~ 3PM or 7PM ~ 8PM

Every Saturday from 9:30AM ~ 10:30AM Place: Training Room

▶For Physical Fitness and Martial Arts Classes◀

Capacity: 20 people per day Lesson Fee: ¥500 per lesson

Things to bring: comfortable gym clothes, drink and towel, indoor shoes

*Please come directly to the 2nd floor reception counter at sauna to register on lesson day.

初心者教室

< Kyudou (Japanese Archery) Class for Beginners >

Date&Time: Wednesdays and Saturdays between May 10th (Wed) ~ 31st (Wed) (Total of 7 times), 7PM~9PM

Place: Kyudou Center Capacity: First 15 applicants Fee: ¥3,500 (for 7 classes, including insurance)

Eligibility: Junior high school students or older (Junior High students must be accompanied by an adult)

*Please participate in exercise wear. (long-sleeved T-shirt without any buttons and socks or tabi-socks)

Application: Before May 2nd (Tue), provide your address, name, age (grade), and phone number via mail, or by fax to the center; Ozakudai 4-2-8, Hamura-shi Tokyo 〒205-0001, Fax: 042-555-9255. ☎042-555-9255

商工会女性部主催第4回 もう一度花嫁!

< Wedding Dress Memorial Photo Session >

Recollect your memories of the younger days when you wore a wedding dress. You can pose for a photograph at this time! Date: June 18th (Sun) 9:30AM ~ 3PM (reception)

Eligibility: those who are 65 or older. Place: Yutorogi Reception Hall Capacity: First 12 Fee: ¥1,000

Inquiry: Please call and provide your address, name, phone number, age, and dress size at from April 17th (Mon) ~ May 15th (Mon) at Shoukoukai ☎042-555-6211

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
April	9AM~5PM		5AM~10PM		9AM~5PM	
16 th (Sun)	Izumi Clinic	☎042-555-8018	Fussa-shi Hoken Center	☎042-552-0099	Tsushima Shika Iin	☎042-579-1800
23 rd (Sun)	Nishitama Byouin	☎042-554-0838	Fussa-shi Hoken Center	☎042-552-0099	Nakano Shika Iin	☎042-554-7053
29 th (Sat) Holiday	Yanagida Iin	☎042-555-1800	Arai Clinic (Mizuho-machi)	☎042-557-0018	Honda Shika Iin	☎042-554-5902
30 th (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Station Dental Clinic	☎042-570-5621

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