



Excerpts from the Newsletter issued by Abiko City [Tel:04-7185-1111](tel:04-7185-1111)

Happy New Year Events!

Date: January 6 (Sat) 10:00

Place: Abishirube

Shishi lion dance by Abiko Furusato Kai, Unakichi-san snacks treats

Fee: Free

Tel: 04-7100-0014, Abishirube

Kids! Try making *mochi* rice cakes in the traditional way!

Date: January 20 (Sat), 10:00 to 14:00, canceled in case of rainy or stormy weather

Shishi lion dance, rice cake sales, balloon art, etc.

Rice cake pounding experience at 10:00, 11:20, and 12:40 (no need for reservations)

Place: Restaurant "Mai Mai Tei" open deck

Fee: Free (Partially charged)

Tel: 04-7128-7770, (9:00 to 17:00, Monday, Tuesday, Thursday, except holiday),

The "local production for local consumption" Promotion Council Secretariat



New Year Firefighters' Ceremony

Date: January 6 (Sat)

Ceremony from 9:30 to 10:40

Performance from 10:45 to 12:00 :Kids performance, Abiko Junior High School Brass

Band Performance, Simultaneous water discharge by firefighters

Place: City Gymnasium

Tel: 04-7181-7700, Abiko Fire Department Headquarters

Garbage Incineration Plant "Clean Center" Family Tour

Date: February 18, (Sun), from 10:00 to 11:00

Learn all about combustible garbage disposal process in Abiko

40 people (elementary school children and children under 6 years of age must be accompanied by guardians)

Place: Clean Center

Fee: Free

Application: Please write your names, address, and phone number on a postcard and mail

it to: Abiko Kankyo Technology Corporation

2274 Nakabyo, Abiko City 270-1121

by January 31 (Wed)

Fax applications also accepted at 04-7126-0216

Tel: 04-7126-0215, Abiko Kankyo Technology corporation

EVENTS by Abiko Civic Plaza

Place: Abiko Civic Plaza

Inquiries and reservations: 04-7183-2111

1. New Year Yose (Storyteller Theater)

Date: January 8 (holiday) from 13:00 to 15:00

Limited to the first 200 people

Fee: 1,200 yen (advance ticket 1000 yen)

2. Yoga (Honwaka Enjoy Yoga)

Date: from 9:50 to 11:00 on January 9 (Tue), 16 (Tue), 24 (Wed) and 31 (Wed)

from 19:20 to 20:30 on January 9 (Tue), 16 (Tue), and 23 (Tue)

Limited to the first 30 people per each class

Fee: 1000 yen per class

Please bring a drink, yoga mat (if you have one) and comfortable sportswear.

3. Yoga (Relax Aroma Yoga)

Date: from 19:30 to 20:30 on January 11 (Thu), 18 (Thu) and 25 (Thu)

Limited to the first 30 people per each class

Fee: 800 yen per class

Please bring a drink, yoga mat (if you have one) and comfortable sportswear.

4. Let's make Resin Accessories

Date: January 21 (Sun), 10:00 to 12:00

Limited to the first 24 people

Fee: 800 yen

Please bring a set of tweezers.

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30 to 17:00 on weekdays, except national holidays) for a reservation by the day before.

Dates and Hours		Reservation will be accepted
January 14 (Sun)	9:00 to 12:00	Accepting reservations
February 17 (Sat)	9:00 to 12:00	from 9:00 on January 31 (Wed)

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, two types of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- January, 2024 * Reservation required

Item	Date/Time	Location	Contact
Legal Advice	January 11, 18, 23, 25 and 30 9:30 to 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section *Tel: 04-7185-1714 Call for an appointment after January 5.
Daily Life Advice	Weekdays (except national holidays) 8:30 to 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 to 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 to 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 to 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

Public Health Care Center Programs – Jan. 2024 Tel: 04-7185-1126*

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Jan 13, 20 and 27 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	Jan 9 (Tue) and 16 (Tue)	Children born in August 2023
Health Checkup for 18-month-old children	Jan 11 (Thu) and 18 (Thu)	Children born between May 20 and June 30, 2022
Dental Checkup for 2-year and 8-month-old children	Jan 25 (Thu)	Children born in May, 2021
Health Checkup for 3-year-old children	Jan 11 (Thu) and 18 (Thu)	Children born between May 18 and June 29, 2020
Dental Checkup for 5-year-old children	Jan 25 (Thu)	Children born from Dec 23, 2018 to Jan 23, 2019
Baby Food Class for 4 to 6-month-old babies	Jan 26 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Jan 10 (Wed) Reservation required*	First 20 applicants. Children born in April, 2023

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: Hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: Telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 to 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: Telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 to 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 to 8:00 next day

4. Illness or Toothaches on Holidays: Contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 to 11:30 (2) Internal Medicine & Pediatrician: 9:00 to 11:30, 13:00 to 16:30

Days: Sundays, national holidays, year-end / New Year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko No.351 January 1, 2024

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

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