

● Plan your bulky waste disposal requests for the New Year's holiday season!

In December, you'll have more opportunities to put out trash and recyclables due to spring cleaning and other reasons. Plan your disposal accordingly.



Please be sure to put out trash and recyclables by 8:00 AM.

Due to higher waste volumes than usual during the New Year's holiday season, collection times will vary significantly. (Trash and recyclables put out after 8:00 AM may not be collected.) Applications will be accepted from 8:30 AM on Monday, January 5th.

★**Oversized waste collection:** Advance application is required for both collection and delivery to the waste disposal plant. Please check the "Waste and Recyclable Resource Collection Calendar" for collection dates.

Regular collection/Phone applications: Applications close at 5:00 PM on Friday, December 26th this year (applications accepted until 3:00 PM the day before the desired collection date).

Online applications: Open year-round (applications made during the New Year's holiday period may take several days to be collected).

*Oversized waste removal service is available until the collection on Friday, December 12th this year. For the new year, applications will begin on Monday, January 5th.

Bringing it directly to the waste disposal plant If you apply by 5pm on Friday, December 26th, you can bring it in until 4:30pm on Tuesday, December 30th. *Note: - Reservations must be made by phone before bringing it in. - There is a limit to the number of units that can be accepted. Direct deliveries for the new year will begin on Monday, January 5th at 8:30am (please contact us in advance).

If you're busy during the week, we also accept in-person drop-offs on the fourth Sunday of every month. If you apply by 5:00 PM on Friday, December 26th, you can drop off your trash on Sunday, December 28th. *Note: There are limits on the number of trash we can accept.

◇Inquiries: Oversized Waste Hotline ☎042-375-9713 (Except December 26th, 5:00 PM - January 5th, 8:30 AM) ID: 1002127

● December is the payment month for child allowance. ~Please contact us early if you have a birth, moving, or other reasons to apply~

◇Payment date: Around Monday, December 15th. *Please contact us if you have not received the payment by Friday, December 26th. Payment will begin the month following the month of application.

◇Inquiries: Children and Youth Policy Division ☎042-338-6851 ID: 1003454

● The Relationship between Child Development and Language: What Adults Can Do

◇Date and Time: Monday, January 26th, 9:30 AM - 11:30 AM (Registration begins at 9:20 AM) ◇Location: Suwa Educational Complex "Kakehashi"

◇Target: Parents and staff concerned about their child's language development ◇Capacity: 15 people (first come, first served) ◇Content: Lectures on tips for interacting with children and how to better interact with them ◇Instructor: Satsuki Aoki (Speech-Language-Hearing Therapist) ◇ID: 1018215

◇Application: By phone or online from Monday, December 8th, 9:00 AM to Friday, January 16th, 5:00 PM, contact the Developmental Support Office, Disability Welfare Division, ☎ 042-374-2717

● "Digilog" Sports Day ~Mario Party Game Tournament~

◇Date and Time: Tuesday, January 6th, 2:00 PM - 4:00 PM (Doors open at 1:30 PM) ◇Location: Karakida Shobukan Hall ◇Target: Elementary school students and older interested in multi-generational interaction and brain training ◇Capacity: 32 people (first come, first served) ◇Contents: Mario Party, card games, physical education games, etc. ◇Location: Free play available 30 minutes before and after the event ◇ID: 1014089 ◇Inquiries: Nagayama Community Center ☎ 042-337-6661

● Get your appointment early! ① National Health Insurance Specific Health Checkup ② Health Checkup for the Elderly ③ Oral Frailty Checkup

◇Checkup Period: Until Saturday, January 31, 2026

◇Eligible: Tama City National Health Insurance and Tama City Medical Care System insured persons aged 40 and over. ③ (Those turning 76, 78, 80, 82, 84, or 86 this fiscal year)

◇What to bring: Proof of insurance eligibility (Health Insurance Eligibility Verification Card, My Number Card), medical examination ticket (if not present, must be reissued)

◇How to get an appointment: Make an appointment by phone at a medical institution or dental clinic. For details, see the enclosed notice or the official website.
 ◇Inquiries: Insurance and Pension Division ☎042-375-9704 ID: ①1010300 ②1010279 ③1002064

★ **Comprehensive Health Checkup (Dock) Cost Subsidy:** Up to half the examination fee will be subsidized (up to ¥10,000). Subsidies are available once per fiscal year. Applications must be submitted within two years of the day following the examination date. This subsidy cannot be combined with options ① and ② above. For details, please refer to the official website.

◇Inquiries: Insurance and Pension Division ☎042-375-9704 ID: National Health Insurance 1002023, Long-Term Care Insurance for the Elderly 1002066

★ **A ¥2,000 reward will be presented to those who meet the conditions!**

Those who have continued to be enrolled in Tama City National Health Insurance since April 1, 2025, meet other conditions, and provide the results of a health checkup at work, etc. ◇ Submission Deadline: Thursday, March 12th ◇ Details: Please visit the official website or inquire. ID: 1002030

● **Green Live Center Christmas Event: December 20th (Sat) and 21st (Sun), 10:00 AM - 5:00 PM**

◇Event Details: Live music, Christmas crafts, illuminations, photo spots, food trucks, and more.

◇Please contact the Green Live Center directly on the day. ◇Inquiries: Green Live Center ☎042-375-8716 ID: 101878

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

12/14 (Sun) Ezaki children clinic: 3-20-3, Ochiai	☎042-376-5225
12/21 (Sun) Nakamura Internal clinic: 5-10-7, Suwa	☎042-375-7757
12/28 (Sun) Seiseki Yuzu Clinic, 1-20-2, Sekido, Sakrates mall 3 Floor	☎042-401-8100
Miyuki Gastrointestinal Endoscopy Clinic, 1-5 Nagayama, Belvu Nagayama 211	☎042-372-4853
12/29 (Year End) Ai Clinic; 1431-3, Kaidori	☎042-375-9581
Maebara Children Clinic 4-72, Sekido, Seisekisakuragaoka Opa 5 th Floor	☎042-374-5028
12/30 (Year End) Tamacenter Clinic Mirai 1-38 Ochiai, Maglev Parking bldg. 1 st Floor	☎042-316-8570
Takei Pediatrics 2-69-3 Sekido	☎042-357-3030
12/31 (Year End) Tamura Clinic 1-32-1 Tamacenter Peperi bldg. 4 th Floor	☎042-356-0677
Children's clinic Shimizu 1-24-1 Tsurumaki, Shintosh Center Bldg 3 rd Floor	☎042-373-0512
1/1 (wed) -3 (Fri) Tamura Clinic 1-32-1 Tamacenter Peperi bldg. 4 th Floor	☎042-376-5225
1/4 (Sun) Seiseki Children's clinic 4-20-23 Ichinomiya, Vamos Seiseki 1st Floor	☎042-400-5032
Hijirigaoka hospital 2-69-6, Renkoji	☎042-338-8111

- Emergency cases only ●Be sure to bring your health insurance card and infant healthcare card (if applicable)
- Please visit during clinic hours ※Always call in advance ※This list is subject to change

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Center)

Please visit this clinic first if your child has an emergency (19:00-21:45) ☎042-375-0909



Emergency Call Center (Tama Fire Dept.)

☎042-375-9999

Fire Dept. Emergency Consultation Service #7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)

Tokyo Met. Med. Health Info Service (Himawari)

☎03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) ☎042-376-8009

(9:00-15:30: Sundays and public holidays)

*Note: Please call in advance.

INFORMATION ON MEDICAL INSTITUTIONS

(24-HOURS)

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

☆ **Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (13:30-16:30) TIC Rm. (7F VITA) *By appointment only

☆ **Japanese Class Schedule** (Classes are free for TIC members) *Commissioned by Tama City

	Venue	Time	Dates	
			Dec	Jan
Monday classes	Parthenon Tama 3 and 4F Meeting room Nagayama Community Center, 5th floor, Bell Hall	9:45~11:45	1st, 8th, 15th	19th, 26th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	1 st , 8th, 15th, 22th	19th, 26th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	4th, 11th, 18th	8th, 22th, 29th
		19:00~21:00	4th, 11th, 18th	8th, 15th, 22th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	6th, 13th, 20th	10th, 24th, 31th

*If you are unable to attend the class in person for special reasons, we can discuss online participation. Please contact the TIC office.

☆ **Japanese Chat Salon** Saturday, January 18th 10:30-12:00 TIC Activity Room, no reservation required, open participation, free