

● Tama Center Illuminations 2022 Economy & Tourism Div. ☎042-338-6830

■ **Christmas Tree Light-up:** 4:30 – 10:30 p.m. every night from October 29 (Sat.) – Feb. 28 (Tue.)

■ **Other Illuminations:** 4:30 – 10:30 p.m. every night from December 3 (Sat.) – January 9 (Holiday)

Inquiries: Tama Center Illumination Exec. Comm. ☎090-8946-9909 (Weekdays 10 a.m.~5 p.m.)

■ **Special Illuminations Event – Fir Tree Light-up Ceremony**

December 3 (Sat.) 4:30 p.m. open; 5 p.m. Fantasy show by volunteers from Fujimo-cho

“KIYARI”; 6 p.m. Light-up (fir trees will be illuminated through December 25 (Sun.))

■ **Illumination Shows** 5 p.m. every Saturday from December 10th – 24th at Parthenon Tama



● Free distribution of food and other necessities to those affected by COVID-19

Tama City will distribute food packages containing rice, retort-pouch foods, snacks and other daily necessities to households with children below university age and university students who live or attend school in the city and are in need. (These packages are provided on a first-come, first-served basis.)

■ **Dates & Places:** December 16 (Fri.) Otsuma Women's University Meeting Room (2-7-1 Karakida);

December 17 (Sat.) Former Toyogaoka Jr. High School Clubhouse (4-4 Toyogaoka); December 18 (Sun.)

Tama Volunteer / Civic Activity Support Center (VITA Commune)

■ **Time:** 11 a.m. – 1 p.m. ■ **Sponsor:** Tama Business & University Liaison Group (yurutamanet)

■ **Applications:** Please apply online by 5 p.m., November 21 (Mon.) to Tama Volunteer /

Civic Activity Support Center at <https://www.tamavc.jp/> Tel: 042-373-6611 Fax: 042-373-6629

■ **Note:** For details, please refer to the November issue of the Volunteer Newsletter, the November 15 issue of Fukushi Dayori and/or the Tama Volunteer / Civic Activity Support Center website.



● Coronavirus Vaccinations Coronavirus Vaccination Call Center ☎042-313-7003

■ Please check your My COVID Record (proof of vaccination status)

If the pre-vaccination screening questionnaire and vaccination certificate you received with your vaccination voucher did not contain your My COVID Record (proof of vaccination status), please contact the Coronavirus Vaccination Call Center.

■ **Omicron-Specific Vaccines**

The vaccination interval has been shortened so that vaccinations can be given 3 months after the previous (2nd – 4th) shot. Those who have already made appointments for vaccinations at a date more than 5 months after their previous shot can change their appointments via the Tama City Vaccine Appointment website or the Coronavirus Vaccination Call Center.

[Note] Vaccination vouchers for the omicron-specific vaccine were sent out on October 31 to residents who are 12 years or older and have already received 2-4 inoculations against the coronavirus between June 1 and Aug. 31, 2022.

Residents over 60: The city will specify in advance the date and time of vaccination (having processed the reduced vaccination interval), the group vaccination center and the vaccine to be used (Pfizer's BA.4-5-specific vaccine). (The date and time are printed on the vaccination voucher, but can be changed. For details, please refer to the notice enclosed with your voucher.)

Residents aged between 12 and 59: Once you receive your vaccination voucher, you can make an appointment for a date at least 3 months since your last inoculation.

■ **1st and 2nd doses of the conventional vaccine and 1st to 3rd doses for children (aged 5-11)**

For details, including dates and times, please visit the official website.

■ **Infants (aged 6 months to 4 years)**

Vaccinations are scheduled to begin in November. As soon as the details are finalized, we will inform you via Tama Public Relations and the official website.

● Miso Making Workshop – An event for both visually impaired and non-visually impaired people

Date: 9:15-11:30 on November 21 (Mon.)

Location: Consumer Life Center Cooking Room (BELBU Nagayama) Charge for ingredients: ¥1,500

Applications / Inquiries: sai31sunsun@yahoo.ne.jp (Contact: Saruwatari)

● Tama Refreshing Walk Meet-up Health Promotion Div. (Health Center) ☎042-376-9139

■ **Date:** 9 a.m. (reception from 8:30) November 23 (Wed.) ■ **Meeting Place:** Tama Central Park Lawn Area

■ **Eligibility:** Elementary school students and older children who can walk independently and live, work or study in the city (elementary school students must be accompanied by a parent or guardian).

■ **Capacity:** 50 people on Courses 1 and 2; 60 people on Course 3 (all on a first-come, first-served basis)

■ **Courses:** Course 1: Autumn foliage and babbling streams route (beginner-friendly; distance: approx. 5 km ending at Nagayama Kita Park

Course 2: Park tour route (beginner-friendly; distance: approx. 7 km ending at Tama Central Park)

Course 3: Atagoyama / Ogura River route (intermediate; approx. 9 km ending at Kuzuryu Park)

■ **Things to bring:** Beverages, hats, rain gear (no umbrellas). For details, see the official website.

■ **Applications:** Apply online via the official website or call the Health Promotion Division



● Special Days at Sanrio Puroland through December 4th!



Special Discount Campaign for Tama Residents

Adults (aged 18-64) will receive a ¥1,000 discount and children (aged 3-17 and high-school students) and seniors (aged 65 and over) a ¥300 discount on the regular admission price, with free admission for children under 2. Special discount tickets are available on the city's official website and at the Tama Center Branch of City Hall, the Nagayama and Sekido Community Centers. Discounts are available for up to five people with one special discount ticket. Bookings should be made in advance and tickets purchased at the entrance to Sanrio Puroland. When purchasing tickets, present the special discount ticket and ID (for the ticket purchaser only; a driver's license, health insurance card, or other identification that proves the individual lives and/or works in Tama).

For more information, including charges, visit the Sanrio Puroland website at <https://www.puroland.jp/>
Inquiries: Sanrio Puroland Guest Center Tel: 042-339-1111 Tama City Hall Economy and Tourism Div. Tel: 042-338-6830

● Use your electric heaters safely! Tama Fire Dept. Fire Prevention and Inspection Div. Tel. 042-375-0119

Fires are more likely to occur in the coming season, as the use of heating appliances increases and the air becomes drier. Pay particular attention when using electric heaters (including carbon heaters, halogen heaters and warm air blowers).

Safety tips to protect yourself from electric stove fires!

*Always turn off heaters before leaving the house or going to bed. *Do not place flammable items near heaters. *Do not dry laundry on heaters. *Unplug heaters when not in use

Rota of On-Duty Doctors on Holidays 9:00~17:00 TAMA CITY DOCTORS' ASSOCIATION: <http://www.tama-med.or.jp/toban/>

11/13 (Sun.) Watanabe Clinic 5-8-1 Toyogaoka ☎042-371-3321
11/20 (Sun.) Fusegawa Clinic 1329 Ochiai ☎042-373-5858
11/23 (Hol.) Maehara Pediatrician Clinic
5F OPA Seiseki Sakuragaoka, 4-72 Sekido ☎042-374-5028
11/27 (Sun.) Esaki Pediatrician Clinic 3-20-2 Ochiai ☎042-376-5225
12/4 (Sun.) Takeshima Internal Medicine Clinic
3-11-3 Ochiai ☎042-338-5665
12/11 (Sun.) Matsuda Clinic 1-48-1 Kaidori ☎042-373-3205

12/18 (Sun.) Seiseki Satoh Clinic ☎042-337-2715
1F Keio Seiseki Sakuragaoka C Bldg. 1-7-5 Sekido
● 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

Nighttime Clinic for Children (Pediatrics) Health Center

Please visit this clinic first if your child develops a sudden illness.
(19:00-21:45) 042-375-0909

Emergency Dental Treatment on Public Holidays

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

042-376-8009

Note Please call in advance



Information on Medical Institutions (available 24/7)

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
Medical Information in Foreign Languages (Tokyo Metropolitan Health and Medical Information Center)
9:00~20:00 ☎03-5285-8181

☆☆ Counseling for Foreign Residents Every 1st and 3rd Thursday of the month (1:30-4:30 p.m.) TIC Rm. (7F VITA) * By appointment only

☆ Japanese Class Schedule (Classes are free for TIC members)

*Commissioned by Tama City

Class	Venue	Time	Dates	
			November	December
Monday classes	Parthenon Tama 4F Meeting Room / Career Mam Hall	9:45~11:45	7 th / 14 th / 28 th	5 th / 12 th / 19 th
	Nagayama Community Center (5F BELBU Hall)	9:30~11:30	7 th / 14 th / 28 th	5 th / 12 th / 19 th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	17 th / 24 th	1 st / 8 th / 15 th
		19:00~21:00	10 th / 17 th / 24 th	1 st / 8 th / 15 th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	5 th / 12 th / 26 th	3 rd / 10 th / 17 th

△For reservations and inquiries regarding the above, please call the TIC Office 042-355-2118

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Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays, year-end and new year holidays and extra holidays.

✂ If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Secretariat if you would like a copy. Editing: Yoko Sugai Translation: Amanda Wade