

TAMA CENTER ILLUMINATION 2019

There are many events to enjoy aside from walking along the area filled with illuminating ornaments. So, please come to Parthenon *Ohdori* and have fun!

▽For details, please refer to the website <http://www.tamacenter-cm.com/illumi/>

※Date, time and contents may be changed or cancelled due to the weather or the organizer's reasons.

▽Inquiries: Tama Center Illumination 2019 Project Comm. Office ☎090-8946-9909 (Closed on Sat., Sun., holidays 10am-5pm)



Date	Time	Contents
12/13 (Fri.) & 12/20 (Fri.)	17:30	Hello Kitty's Town: Illumination special parade [If rains, only the children's dances will be held at 3F of Sanrio Puroland entrance hall (17:50)]
12/14 (Sat.)	17:30	Waseda Univ. <i>Tsugaru Shamisen Aikokai</i> (Club) <i>Mitsudomoe "Tsugaru Shamisen Concert"</i>
12/15(Sun.)	16:30	Ochiai Junior High School Brass Band "Winter Concert 2019"
12/22(Hol.)	16:30, 17:30	Nagayama High School Wind Orchestra "Christmas Starlight Concert"

●ENTRIES WANTED FOR PHOTO CONTEST

Please share the photographs you took at the illuminated Tama Center such as scenery and people.

Entry deadline: Friday, January 24, 2020 (There are some requirements for minor entrants.)

For details on how and where to apply, please refer to the website <http://www.tamacenter-cm.com/illumi/>

EXPERIENCE ON HOW TO MAKE SHIMENAWA OF THE OLD TRADITIONAL JAPANESE HOUSE

The making of *shimenawa* to decorate for the New Year will be held. The experts in the district will guide you on how to make it. Please feel free to join this Japanese traditional way of preparing decorations for the new year.

▽Date/Time: Thursday, Dec. 26 13:00~15:30 ▽Place: The Old Kato's Residence (inside the Ipponsugi Park) ▽Who can join: Primary student & above (Grade 3 & below must be accompanied by their guardian)

▽Capacity: 15 persons (in order of application) ▽Instructor: Ms. Natsuyo Matsumoto, Mr. Michio Takizawa ▽Things to bring: About 3 sheets of paper, warm working clothes

▽Application/Inquiries: From Monday, Dec. 9 Education Promotion Section ☎042-338-6883

COLLECTION OF OVERSIZE TRASH/GARBAGE DURING YEAR-END AND NEW YEAR'S HOLIDAY

① About the oversize trash: Please be sure to make your application beforehand

By calling on the exclusive line "*Sodai Gomi Senyo Dial*" ☎042-375-9713 or you can apply also online through the official website (there might be some limits on items).

※As to the day of collection, please be sure to refer to the "*Garbage & Resources Collection Calendar*".

●For regular collection days: The last day in this year for accepting requests for collection of oversize trash is 3pm, Friday, December 27; while in the New Year will be from 8:30am, Monday, January 6.

※Requests through the internet will also be possible from Saturday, December 28 to Sunday, January 5. However, the notice of collection date and charges will be from January 6 or later.

※The oversize trash "pick-up collection" service within this year is until Friday, December 20, while in the New Year will be from Monday, January 6.

●For bringing oversize trash directly to the incineration plant: In this year, applications are accepted until 5pm Saturday, December 27 to be able to bring oversize trash directly to the plant on Monday, December 30, until 4:30pm (Not acceptable on Saturday, Dec. 28 and Sunday, Dec. 29)

※The service will resume its operation in the New Year from Monday, January 6.

●For bringing in directly to the plant on the 4th Sunday is also accepted: Applications are accepted until 5:00pm Friday, December 20, to be able to bring the item directly on Sunday, December 22.

②Garbage and Resources Collection Schedule during the year-end and New Year's holidays

Please be sure to dispose your trash/garbage strictly before 8:00 in the morning. Garbage disposed after 8am will not be collected.

▽Inquiries: Garbage Control Section inside ECO Plaza Tama ☎042-338-6836

ROTA OF DOCTORS ON HOLIDAYS 9:00am-5:00pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

12/15 (Sun.) Kaitori-Uchida Clinic	1F <i>Nohburu</i> Kaidori, 1-52-1 Kaidori	☎042-389-3646
12/22 (Sun.) Nagayama Internal Medicine Clinic	2F KTA Bldg., 1426 Kotta	☎042-338-2355
12/29 (Sun.) Kodomo Clinic Shimizu (Pediatrics)	3F, Shintoshi Center Bldg., 1-24-1 Tsurumaki	☎042-373-0512
Yamazken Internal Medicine Clinic	1F Seiseki Sakuragaoka Garden House, 4-40-3 Ichinomiya	☎042-372-5588
Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
12/30(Mon.) Takei Pediatrics	2-69-3 Sekido	☎042-357-3030
Hasegawa Clinic	1-15-11 Kaidori	☎042-337-0166
Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
Ai Clinic Nakazawa	1F Yuimahru A-Bldg., 2-5-3 Nakazawa	☎042-311-2820
12/31(Tue.) Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
(Pediatrics) Tama City Night Clinic for Children	City Health Center, 4-19-5 Sekido	☎042-375-0909
Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
1/1 (Wed./New Year) Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
(Pediatrics) Tama City Night Clinic for Children	City Health Center, 4-19-5 Sekido	☎042-375-0909
1/2 (Thur.) Tama Center Clinic Mirai	1F Maghreb Parking Bldg., 1-38 Ochiai	☎042-316-8570
(Pediatrics) Tama City Night Clinic for Children	City Health Center, 4-19-5 Sekido	☎042-375-0909
Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
1/3 (Fri.) Fusegawa Clinic	1329 Ochikawa	☎042-373-5858
Karakida Kodomo Clinic (Pediatrics)	2F Karakida Center Bldg., 1-53-9 Karakida	☎042-355-8505
Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
1/5 (Sun.) Nakamura Internal Med. Clinic	5-10-7 Suwa	☎042-375-7757
1/12 (Sun.) Saito Internal Med. & Respiratory Clinic	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
1/13 (Mon./Hol.) Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145

*Limited to emergency cases only. *Please phone the clinic before visiting and make sure to visit during clinic hours. *Bring along your health insurance card and the infant healthcare card (if applicable) to the clinic. *There might be changes of clinics on the list.

NIGHT CLINIC FOR CHILDREN (Pediatrics)
(Health Center = *Kenko Senta*) 19:00-21:45
Children are to first consult here for emergency illness
☎ 042-375-0909



MEDICAL INSTITUTIONS INFORMATION (24-HOURS)
Emergency Tel. Center (Tama Fire Dept.) ☎042-375-9999
Fire Department Emergency Consultation Center
Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)
Tokyo Met. Med. Health Info Service (Himawari) ☎ 03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS
(Health Center) Dental care 9:00-15:30 ☎ 042-376-8009
(Sun., public holidays, year-end and New Year holidays)
*Appointment is necessary. Be sure to call first in advance.

MEDICAL INFORMATION IN FOREIGN LANGUAGES
(Tokyo Metropolitan Health and Medical Info Center)
9:00-20:00 ☎03-5285-8181

★**COUNSELING FOR FOREIGNERS** *By appointment basis only! ☎Projects entrusted by
Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.) Tama City

★**SCHEDULE OF JAPANESE CLASSES** (TIC members can attend the classes for free)

*Tama Center Class (Monday 11:00-12:50)	Cocolia Hall, 7F, Cocolia Tama Ctr.	12/16	(1/6.20 Parthenon Tama)
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 <i>Higashi Nagayama Fukugo Shisetsu, etc.</i>	12/16	1/6.20.27
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	12/12	1/9.16.23
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	12/12	1/9.16.23
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	12/14.21	1/11.18.25

▲ For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

Published by **Culture & Citizens Cooperation Section, Living & Culture Dept., Tama City Hall** ☎042-338-6882 every 10th of the month.



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Open from Monday to Saturday 10:00-17:00 (Closed on Sun., 1st & 3rd Mon., New Year holidays and other special holidays)

※ If you have any opinions concerning HAND in HAND in TAMA, or if you want a copy of this newsletter which is available in four languages (Japanese, English, Chinese and Hangul), please contact the above. Editing: Yoko Sugai