

● FILING OF INCOME TAX RETURN

Announcement from Hino Tax Office regarding income tax return processing and where to submit it.

▽Period: Feb. 18 (Mon.)~Mar. 15 (Fri.) *(Closed on Sat. & Sun except on Feb. 24 & Mar.3, Sundays)

▽Hours: 8:30am~4:00pm (Filing is until 5:00pm) ※Consultation is 9:00am~5:00pm

▽Place: Hino Tax Office (6-36-2 Manganji, Hino City)

※There is no parking space during this period. Even before this period, please use public transport when coming to the place as the number of parking space nearby is limited.

◆FREE ADVISORY ON FINAL TAX RETURNS

Please take this opportunity to consult about tax returns preparations since advisory is not provided from Monday, February 18 which is the starting day of acceptance of municipal and metropolitan inhabitant tax returns at Tama City Office.

▽Date/Time: Jan. 24 (Thu.)~30 (Wed.) (Closed on Sat. & Sun.) 9:30am~11am, 1pm~3pm

▽Place: Nishi-kaigishitsu, 1F, Tama City Hall

※Inquiries: About final returns= Hino Tax Office Individual Taxation Section No.1 ☎042(585)5661;
Matters concerning mun. and metropolitan taxes=Taxation Section, Tama City Office ☎042(338)6821

“TAMA ECO FIESTA 2019” LET’S PROMOTE THE ECOLOGY OF TAMA

Participants can enjoy and experience with their five senses about matters concerning environmental issues such as through exhibits, presentations and handicrafts. During this two days event, giveaways will be given to those who joined the quiz rally and answered correctly. (Has limited giveaways)

▽Date/Time: Jan. 19 (Sat.) • 20(Sun.) 10:00am~5:00pm

▽Place: Parthenon Tama Citizens Gallery & Special Exhibition Room

▽Main contents (※Please refer to the official website for details)

- Exhibition corner: Various kinds of exhibits such as activities of participating groups, schools in Tama City, programs of the City and introduction of different goods.
- Handicrafts making and presentation corner
- Outdoor= Jan. 19 10:00am~3:00pm Exhibit of fuel cell vehicles (Will be cancelled if it rains.)

▽Sponsored by Tama Eco Fiesta 2019 Exec. Comm. ▽Supported by: Tama City Board of Education



SEKIDO PUBLIC HALL: LECTURE ON PARENTING “TEENAGE ANGER MANAGEMENT”

Learn how to control your irritation and anger in order not be overwhelmed by the attitudes and behavior peculiar to adolescents, and watch them grow up with a smile.

▽Date/Time: Fri., Feb. 8 10am~12nn (Opens 9:45) ▽Place: Dai-kaigishitsu, Sekido Public Hall

▽Eligible: Mainly for parents of teenagers ▽Capacity:30 persons (In order of application)

▽Childcare: Limited to 10 children [Preschool children aged 1 yr. & older Apply by Thu., Jan. 31 5:00pm. In order of application. Charge for snacks is 100 yen per child.] ▽Lecturer: Maki Shino (Senior Facilitator of Japan Anger Management Asso.) ▽Things to bring: Pen and paper

▽Application/Inquiries: Starting Fri., January 4 9:00am Sekido Public Hall ☎042(374)9711

THE BASICS ON HOW TO WEAR KIMONO ALONE ~ Kimono etiquette~

A four-series lesson to help you learn on how to act and behave when wearing Japanese kimono.

▽Date/Time: Jan. 27, Feb. 10 & 24, March 10 Sunday 10:00am~12:00nn

▽Place: Dai-1 & 2 Japanese Room, Parthenon Tama ▽Eligible: Elem. grade 3 & above (Height 135cm & over, Adult participating alone is possible) ▽Capacity: Limited to 20 persons (In order of application) ▽Participation fee:1,000yen [plus study materials fee (About manners=Jr. high & below 1,200yen • High school & over 1,950 yen; Practical skills=1,550yen)]

▽Teacher: Akemi Taguchi, Director of Sodoreihou Kimono College Branch

*Note: Those who have joined before, please bring your study materials. Free lending of kimono.
▽Application: Starting Fri., January 4 10:00am, apply from the website of Parthenon Tama.

VITA MONTLY CONCERT

lala with Go Nijima New Year's Pops Concert

▽Date/Time: Fri., Jan. 25 7:00pm (Hall opens 6:30pm) ▽Venue: VITA Hall ▽Capacity: Limited to 250 persons (In order of arrival. Please come directly to the venue. ▽Performers: lala (vocal), Go Nijima (piano), Akihiro Uchimura (bass guitar), Tadasu Ohtsuki (drums), Mami Chiba (flute)
▽Selections: Amazing Grace, The Umbrellas of Cherbourg, Vacances de L'amour, etc. (plan)

NORDIC WALKING CLASS FOR BEGINNERS

▽Date/Time: Sun., February 10 9:30am~11:30am ※Will be cancelled if it rains. ▽Meeting place: Tama Central Park ▽Eligible: Those who will try Nordic Walking for the first time. Must be living, working or studying in Tama City or those who belong in any group or association in Tama City.
▽Capacity: 20 persons (In order of application) ※Priority is given to first timers.
▽Instructor: Tama City Sports Promotion Staff ▽Things to bring: Hat and drinks ※Wear comfortable workout clothes, walking shoes (the one you regularly wear) and a bag, which you can use your both hands freely. ※Lending of Nordic walking poles are available.
▽Application & inquiries: Send your application with your name, address, age and phone number by post, fax, bring directly in person or online through the official website. Must arrive by Mon., Jan. 7 8:30am~Fri., Feb. 1 5:00pm. Send to "Kenko Machizukuri Suishin-shitsu", 1F Tama City Hall 〒206-8666 ☎042(338)6916 Fax: 042(371)1200 ※If you sent your application by fax, pls. call for confirmation.

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

1/14 (Mon.)	Saito Internal Medicine & Respiratory Clinic	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
1/20 (Sun.)	Aragaki Internal Medicine & Surgery Clinic	3F Shintoshir Ctr. Bldg., 1-24-1 Tsurumaki	☎042(373)0514
1/27 (Sun.)	Fusegawa Clinic	1329 Ochigawa	☎042(373)5858
2/ 3 (Sun.)	Nakamura Internal Medicine Clinic	5-10-7 Suwa	☎042(375)7757
2/10 (Sun.)	Miyuki Clinic	1-8-3 Renkoji	☎042(372)4853
2/11 (Sun.)	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!

Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.)

※Projects entrusted by
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.	1/7.21.28	2/4,18,25	
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	1/7.21.28	2/4,18,25	
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	1/10.17.24	2/7,14,21,28	
"	(Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	1/10.17.24	2/7,14,21,28
"	(Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	1/12.19.26	2/2,16,23

▲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: Tsutomu Mogami