

Nara City Information for Residents

June 2022 Issued by Nara City Hall (No. 1219)

(All events, classes and lectures are conducted in Japanese.)

Please be advised that the programs in this issue may be put off, changed, or cancelled in order to prevent infection and spread of the new type of coronavirus.

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kaikan, Chuo Library, Seibu Library, Kintetsu Nara Station,
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: nsgghyk@gmail.com



Nara City Children's Center

Since this April, when the Children's Center opened next to Kashiwagi Park, many people including parents and children have visited the center to enjoy themselves, as well as to receive advice about child rearing from a counselor.

Date & Time: Tues.- Sun.& Holidays (basically) 10:00 – 16:00

Reservation: Necessary for 1. the community support center for child raising and 2. the indoor playground

The reservations are divided into three time slots. 90 min. per time

Tel. 0742-33-1021 Online counseling is available.

For the latest information, reservations and further information



1. Community support center for child raising

This center is for parents and children, from newborns to kids around three years old, to play together. Pregnant women can use the center as well. Additionally, counseling about child rearing is provided.

2. Kids' space (Indoor playground)

Kids will be more excited, more curious and more active in this space.

Parents and preschool children up to six years old can use this place.

3. Comprehensive support center for children and families

You can seek advice even for a small worry among your family.

When you have some questions or worries about your children, please visit the center. You will receive advice at the counseling desk.

Inquiries: Kosodate-Sodan-Ka (Child-rearing Counseling Section) Tel.0742-34-4804

Date & Time: Weekdays 9:00 – 17:00

E-mail: kosodatesoudan@city.nara.lg.jp

This center is featured on the city website.



4. Counseling center for children

To create a future filled with children's smiles

This is a place to cope with the increasing cases of child abuse and other problems experienced by children.

It deals with cases such as parent-child separation due to parent's sickness, various disabilities, delinquency, etc., as well as reported child abuse.

5. Support for children's development

A helping hand will be offered to you when you have some worries about preschool children's growth.

Talkative at home, but not good at talking to other children and teachers, or restless at the kindergarten...

This may be the confusion which children are likely to have on entering a new environment, going from home to group life at kindergarten. Counseling is available for concerns about preschoolers' development and growth.

Education Center KIDS LEARNING FLOOR

Class Name	Date Time Application	Deadline
Planetarium “Nijiro and Seasonal Constellations” Capacity:12 seat each time	Every Sat. and Sun. in June (1) 10:30-10:50 (2) 13:40-14:20	Reception on the day
Story Telling:” Delicious Porridge”	June 4 (Sat.) 11:00-11:30	
Movie screening: “Manga Fairy Tales of A Wonderful Organ / A story of the night of the summer solstice” Capacity: 40 seats	June 26 (Sun.) 13:00-13:30	
Robotics Classroom (beginners’ class): “Let’s run a race car!” Using LEGO WeDO 2.0 * The same contents on both days	July 2 (Sat.), 3 (Sun.) 10:00-11:30	June 13 (Mon.)
Science Experience Classroom “Let’s make a coin sorting machine!” Things to bring: Five coins each: 100 yen, 10 yen, and 1 yen One coin each: 500 yen, 50 yen, and 5 yen	July 3 (Sun.) 10:00-11:30	
Story Telling: “The most beautiful voice in the world”	July 9 (Sat.) 11:00-11:30	Reception on the day
Science Experience Classroom: “Miraculous Science!” The secret of water that changes color.	July 10 (Sun.) (1) 11:00-11:40 (2) 14:20-15:00	June 20 (Mon.)
Space Classroom: “Let’s make a planetary mobile.” Intended Participants: from elementary school 1 st grade.	July 16 (Sat.) (1) 10:00-11:30 (2) 13:30-15:00	June 27 (Mon.)
Craft Experience Classroom: “Let’s make it with woodchips!” Intended Participants: from elementary school 1 st grade	July 17 (Sun.) (1) 10:00-11:30 (2) 13:30-15:00	
Science Experience Classroom: “Let’s make a charcoal battery!” Intended Participants: from elementary 1 st grade	July 18 (Holiday) (1) 13:00-14:00 (2) 15:00- 16:00	

<p>Craft Experience Classroom: “Let’s learn from the master of bamboo work -Let’s make taketombo and a birdcall-“ Using a box cutter, etc.</p>	<p>July 21 (Thur.) 10:00-12:00</p>	<p>July 4 (Mon.)</p>
<p>Science Experience Classroom “Let’s Make a hand generator” Intended Participants: from elementary school 3rd grade</p>	<p>July 23 (Sat.) (1) 13:00-14:30 (2) 15:00-16:30</p>	
<p>Science Experience Classroom: “The world of minus 196 degrees” 15 pairs each time (about 15 to 20 children)</p>	<p>July 24 (Sun.) (1) 13:00-14:00 (2) 14:30-15:30</p>	

Capacity: 6 groups (6 to 10 children with guardians) unless the capacity is given above.

Application: Web application from Nara City Website..

In case of excess application, a lottery will be held.



Application page is from this QR code

Others: Reception on the day of the class will start 20 minutes prior to the starting time of each class and will be closed when the prescribed number of applications is reached.

Please cooperate in measuring your body temperature beforehand, wearing a mask, and confirming your health condition when you arrive at the center.

Participation in classes may not to be possible depending on your health condition.

Other courses may also be held.

For the latest information, please check the city website or contact us directly.

Inquiries: Kids Learning Floor (Education Support and Consultation Section) Tel. 0742-36-0401

Information about Vaccination against COVID-19 and Infection

Fourth, Booster Vaccinations against COVID-19 Planned as of May 13, 2022

Vaccine Types: Messenger RNA vaccine (manufactured by Pfizer or Takeda/Moderna).

Those Eligible: A or B as below who have completed their third vaccinations at least five months before.

A: Sixty years of age and older

B: From age 18 to age 59 who have an underlying disease, or who have risk of potential severe conditions diagnosed by their doctor

Application for Vaccination Vouchers

It is not necessary for A, and those in group B who notified us of medical problems at prior vaccinations.

Vouchers will be sent before five months have passed after the third vaccinations.

It is necessary for those in group B to apply if they didn’t notify us of any medical problems at the first vaccinations.

If vouchers haven't arrived five months after the third vaccination, application is necessary.
Details about application and vaccinations sites can be checked through the website and Nara City Information.

Vaccination for 5 to 11 year old children

Children who were turning five-years-old were sent vouchers the month after their birthday. As vaccination vouchers have been sent to all eligible people, please contact COVID-19 Vaccine Inoculation Promotion Section if your child's voucher hasn't arrived. We would like to ask both parents and children to read the leaflet sent to those eligible people, carefully, and understand both positive points (such as infection prevention) as well as negative points (such as side effects) of the vaccination before deciding whether to receive it or not.

Inquiries: COVID-19 Vaccine Inoculation Promotion Section (Tel. 0120-340-112)

*Please make sure to dial the correct number.

How to Make a Reservation for Your Third Vaccination

~to receive a vaccination at your doctors (GP) or the nearest medical institution~

- 1) Make a reservation when you see your regular doctor.
- 2) Make a reservation using the Nara City internet reservation system.

QR code of reservation system:



- 3) Make a reservation by phone

Nara City COVID-19 Vaccination Call Center

Tel. 0120-340-112 9:00 -17:00 except for Sat., Sun., and holidays

* Please make sure to dial the correct number.

As the reception time may be changed, please check the website.

Reception for additional reservations starts from 11:00 by phone and website.

Reservation at vaccination sites in Nara

Ken Bunka Kaikan (Nara Prefecture Culture Hall), (Noborioji-cho) is available for reservations for June.

QR code for vaccination reservation:



Call Center: Tel. 0570-02-0120 9:00 -17:00 (9:00-18:30 on dates of vaccination)

This call center only can accept reservations until one hour before vaccinations on the same day.

QR code for the latest information about COVID-19 vaccinations on the Nara City website:



When you feel something unusual happening in your body

Please call your doctor or the counseling desk indicated below. You will be advised on how to see a doctor or how you can take a PCR test.

Nara Prefectural Counseling Desk for COVID-19 Patients and Feverish People

Tel. 0742-27-1132 Around the clock, year-round

Those who are Covid-19 positive, and have home treatment

Nara City distributes groceries, and lends a pulse oximeter for free to people infected with Covid-19.

Application: Medical Affairs Division in Nara City Tel. 0742-93-8392

*You can apply for groceries from the City's website



Preparation For Floods

You should consider evacuation measures regularly.

Please confirm the disaster risks in your neighboring area and your evacuation process by checking the city's hazard map, public map information websites, etc. And discuss fully where to evacuate with your family.

City's Hazard Map, Public Map Information website →



Special attention for disaster evacuation

Please consider dispersive evacuation to prevent the spread of infection at the evacuation site.

<Examples of dispersive evacuation>

Evacuating to a friend's or relative's house, if possible

Utilizing hotels, depending on the situation

Evacuating vertically to the second floor of your house

Sheltering inside a car in a safe place (on high ground or at an evacuation site)

Going to a evacuation site

* Prepare the things to bring to evacuation sites.

When evacuating, bring sanitation materials such as face masks, disinfectant, etc. to prevent the spread of COVID-19.

<Examples of things to bring to evacuation sites>

Face masks

Disinfectants

Wet tissue

Drinking water

Clinical thermometers

Daily Preparedness

* Make good use of the disaster/weather information issued by the Meteorological Agency.

* Prepare emergency food and other things to bring for use during blackouts or power outages, water stoppages, and evacuation.

* Replenish your stock piles whenever necessary, using the rotation stock method
(purchasing → preserving → consuming daily)

Disaster prevention loudspeaker system

In a disaster, disaster and evacuation information will be broadcast through the outdoor loudspeaker system.

You can confirm the information by Tel 0120-090-163. (The outdoor loudspeaker systems are installed at 72 places in the city.)

Disaster prevention loudspeaker system website →



Emergency information email

Nara City will deliver emergency information related to natural disasters such as alerts, warnings, and evacuation orders immediately. (Pre-registration is required.) To register, please scan the QR code below and send a blank message. The content broadcast by the disaster prevention loudspeaker system will also be delivered.



← Smart phone, tablet

Feature phone→



Disaster prevention related applications

You can receive disaster prevention information such as early earthquake warnings or heavy rain forecasts and disaster/evacuation information by push notification. Please make use of these to get information for emergencies and/or normal times.



← NHK news
disaster prevention application

Yahoo!
disaster prevention early warning application



Catch-up Vaccination for HPV (human papillomavirus) Has Started

Catch-up vaccinations will be given from April 1, 2022 till March 31, 2025 to give equal opportunities to those who lost the chance to receive HPV vaccinations. A notification letter will be mailed to eligible people from the end of May sequentially. Please also note that you can receive the vaccination without a notification letter.

Those who are eligible for the year of 2022:

A Girls who are registered as Nara citizens on the day of vaccination, and born between April 2, 1997 and April 1, 2006

B Those who have not received the HPV vaccination three times in total including voluntary vaccination

*You are required to comply with the above two items.

Things to bring:

1. *Mother's and Child's Health Book*
2. Your ID such as Health Insurance Card, etc.
3. Certificate of past HPV vaccination if any

*The questionnaire sheet is available at the medical facility.

Number of vaccine doses: Three doses. Those who suspended vaccination for a long time after the first or second dose are also eligible. In that case she will be given the remaining number of doses.

Caution: There are two kinds of doses. You are required to receive same doses for the three shots. Simultaneous vaccination of the COVID-19 vaccine and the HPV vaccine is not allowed. You must keep a two week interval between the two shots.

How to apply: Please contact a medical facility listed on the City's website for reservation. Those who want to receive the vaccination outside of Nara City or prefecture are required to submit another application at Kenko-Zoshin-Ka (Health Care Section Branch Office) located on the 3rd floor of Hagukumi Center. Tel. 0742-34-5129

Miscellaneous: Those who have received a voluntary inoculation are eligible for a refund. (The amount will be limited.) Further details will be posted on the city website as soon as a decision is made.

Please refer to the City's website for further details and recent notifications.



Garbage Collection

Bring Garbage to the Collection Site Before 7:30

Collection Dates & Areas in June

Area	Burnable	Unburnable
A, F	Monday & Thursday	June 1, 15, 29 (Wednesday)
B, E		
C, H	Tuesday & Friday	June 8, 22 (Wednesday)
D, G		

The garbage collection from May 3 (Holiday) to May 5 (Holiday) is scheduled as usual.

*Areas A – D are covered by Nara City, and areas E – H are covered by City Seibi Kosha or Takeda-Kankyo & Yamato-Seibi Kyodo Kigyotai.

The garbage collection dates are different in some areas, so please check the Nara City website.

Inquiries: Shushu-Ka (Collection Section) Nara City Tel. 0742-71-3012

City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

Takeda-Kankyo & Yamato-Seibi Kyodo Kigyotai Tel. 0742-63-2552

Pay Attention to Ixodids (Hard Ticks) During Outdoor Activities

Ixodids which cause severe febrile thrombocytopenia syndrome (SFTS) becomes active from spring to fall.

Ixodids are different from house (soft) ticks. They live in gardens, fields, the footpaths between rice fields, and forests.

Symptoms and treatment

*Within five to fourteen days from being bitten there might be symptoms such as a fever, a feeling of physical tiredness, vomiting and rarely a mental disorder.

*There is no effective vaccine so far. Please don't deal with a bite by yourself; see a surgeon or a specialist in dermatology as soon as possible.

Measures for preventing bites

*Wear clothes such as long-sleeved shirts, long pants with their bottoms tucked into long boots, and cotton gloves for field activities.

*Use insect repellent containing DEET.

*Check whether there are ixodids on your clothes or body after outdoor activities. Take a bath, and wash your clothes.

*Brush your pets after walking and use acaricides effectively.

Inquiries: Hoken-Yobo-Ka (Health Protection Section)

Tel: 0742-93-8397

Hoken-Eisei-Ka (Health Sanitation Section)

Tel: 0742-93-8395

Preliminary Examination Leaflets Were Sent in Late May (to Those Born in April 2022)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you can receive vaccinations. If you have not received the preliminary examination

leaflet due to moving into the city, etc., call Kenko-Zoshin Ka (Health Care Section).

Inquiries: Kenko-Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129

Japanese Encephalitis Vaccinations to Start (for Those Born in June 2019)

Those Eligible: Between age 3 to one day before the 7-1/2-year birthday

Method: The first vaccinations are 1 to 4 weeks apart, and an additional vaccination is given one year after the second

Things to bring: Preliminary examination leaflet, *Mother's and Child's Health Handbook* and your child's ID document

Those who are not registered as residents of Nara City are not eligible.

Application: Make an appointment at one of the registered medical facilities listed on the city website.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in March 2022)	From the 4-month birthday until the day before turning 6 months old	Designated Medical Facilities in Nara City * Checkup terms for two months for the time being
10-month-old Babies Checkup (Born in September 2021)	From the 10-month birthday until the day before turning one year old	
19-month-old Babies Checkup	Eligible children will receive individual notices.	Designated Medical Facilities in Nara City *Internal medicine and dental examinations are given at two medical facilities temporarily.
3-1/2-year-old Babies Checkup		

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*

* The questionnaire will be sent at the end of June. People who moved to Nara City after June 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-ka (Mother and Child Health Section).

Tel. 0742-34-1978

Maternal and Infant Health Care Consultations

Hagukumi Center 3F

Consultation by phone or in person with public health nurses or midwives.

Date & Time: 8:30-17:15 on weekdays (9:00-15:00 with midwives) * An appointment is required.

Seibu-Kaikan 2F, The Consulting Room (Gakuen-Minami 3-chome)

Consultation in person (with midwives)

Date & Time: 10:00-14:00 on weekdays (Reception until 13:30)

* The counselor may be a public health nurse. An appointment is required.

Things to Bring: *Mother's and Child's Health Handbook* and a bath towel

Inquiries: Please call Boshi-Hoken-Ka (Mother and Child Health Section) by 14:00 before the day.

Tel. 0742-34-1978

Tsuge Hoken Center

Consultation by phone or in person (with public health nurses)

Date & Time: 8:30-17:15 on weekdays

Travelling Consultations with public health nurses

Date & Time: July 8 (Fri.) 10:00-12:00

Place: Tsukigase Welfare Center (Oyama Tsukigase)

Things to Bring: *Mother's and Child's Health Handbook*

Inquiries: Tsuge Hoken Center Tel. 0743-82-0341

Tsukigase Health Consultation Room

Consultation by phone or in person (with public health nurses)

Date & Time: 9:00-16:30 on weekdays * An appointment is required.

Inquiries: Tsukigase Health Consultation Room Tel. 0743-92-0480

Cancer Examinations (July)

Applications: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or on the city website.

Applications for Tsuge Hoken Center are accepted only by phone.

Free of charge for those who are on social welfare or belong to households receiving residential tax exemption. Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Application Period: From June 1 (Wed.) to 20 (Mon.)

*Internet application will be accepted until June 10 (Fri.).

Date (July)	Place	Reception Time	Capacity
6 (Wed.)	Seibu Toshokan (Library)	9:45 – 10:15	10 each
		10:15 – 10:45	
7 (Thurs.) 14 (Thurs.) 19 (Tues.) 22 (Fri.)	Hagukumi Center	8:45 – 9:15	17
		9:15 – 9:45	16
8 (Fri.)	Seibu Shogai Sports Center Club House	9:15 – 9:45	14
		9:45 – 10:15	13
11 (Mon.) 25 (Mon.)	Hokubu Shutchosho	9:15 – 9:45	8 each
		9:45 – 10:15	
12 (Tues.)	Tsuge Hoken Center	9:00 – 10:00 There is a time limit	30
13 (Wed.)	Tomio Kominkan	9:15 – 9:45	14
		9:45 – 10:15	13
15 (Fri.)	Co-op Oshikuma	9:15 – 9:45	14
		9:45 – 10:15	13
21 (Thurs.)	Tomio Minami Kominkan	9:15 – 9:45	14
		9:45 – 10:15	13

Lung Cancer Examination

Date (July)	Place	Reception Time	Capacity
11 (Mon.)	Hagukumi Center	14:00 – 14:30	30 each
		14:30 – 15:00	

Stomach Cancer Examination: X-Ray (involving drinking barium on that day)

Lung Cancer Examination: Chest-X-Ray (including tuberculosis test)

Fee: 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only)

600 yen as an additional fee for sputum test based on a general check-up for lung cancer (postage might need to be paid).

Those eligible: 40 years old and over. Pregnant women; those who had stomach, lung, or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible) are excluded.

Others: For those who are breastfeeding, please notify us of such when you apply. The examination interval is once a year. There might be cases when you may not be able to take the examination depending on your health or questionnaire.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145

Tsuge Hoken Center Tel. 0743-82-0341

Asayama Miyuki Exhibition "Adorable Things"

Art Project in *Tsushi-Nikai*, a Small Room with a Low Ceiling on the Second Floor (vol. 27)

Date & Time: From June 2 (Thurs.) to June 16 (Thurs.) 9:00-17:00

Place: Naramachi Nigiwai-no-Ie (5 Naka-no-shin-ya-cho, 630-8333) Tel. 0742-20-1917

Contents: Exhibition of installation works made of cloth and Japanese paper

Information from Seibu Lifelong Sports Center

The heated indoor swimming pool will be open to the public from 14:00 on June 12 (Sun.)

Inquiries: Seibu Lifelong Sports Center Tel. 0742-51-1521

City Hall *Fureai* Concert

Date & Time: June 17 (Fri.) 12:20-12:50 (Free entry)

Place: Entrance Hall of Nara City Hall

Contents & Performers: Performance by *Tsugaru-Shamisen* Yamabiko, members
of Nara City International Music Exchange Committee (Nara IMEC)

Inquiries: Bunka-Shinko-Ka (Cultural Promotion Section) Tel. 0742-34-4942

Culture Hall in the Garden of the Former Daijo-in Temple

1083-1, Takabatake-cho, 630-8301 Tel. 0742-24-0808

Exhibition of materials about "Painted the Garden of the Former Daijo-in Temple"

Date & Time: June 25 (Sat.) – July 30 (Sat.) 9:00- 17:00, Free admission

Why don't you come to see fawns to Roku-en (Deer pen) ?

Date & Time: June 1 (Weds.) – June 30 (Thurs.) 11:00- 14:00 Closed on Mondays

Place: Roku-en (Deer pen) in Kasuga-Taisha(Grand) Shrine, Kasugano-cho Nara City

Inquiries: Nara Deer Protection Association Tel.0742-22-2388

Nara Toastmasters Club (Brush Up English through Speeches)

Date & Time: Second Sunday each month 14:00-16:30

Place: Online or Seibu Komin-kan (Gakuen Minami 3-chome)

Eligible: 18 years old and over

Fee: Required

Inquiries: Nara Toastmasters Club (e-mail: naramasa111@gmail.com)

Lifelong Learning Center

23 Surugamachi 630-8357 Tel. 0742-26-8811 Fax. 0742-26-8813

Event Name	Date and Contents	Application
Salon Concert Connect with friends through harmony	Mixed chorus by group "Blue Apple" June 10 (Fri.) 13:30-14:30 Free entry	No application is needed.
Salon Concert Showa Songs "The world of Enka"	Guitar performance and singing by 'MEGA-CI-CAS' June 25 (Sat.) 14:00-15:00 Free entry	
Salon Concert Bringing the Hawaiian Wind to You	Hula Dance and Hawaiian Band Performance by Yumekaze Club June 26 (Sun.) 14:00-15:00 Free entry	

Wakakusa Kominkan

575 Kawakami-cho 630-8202 Tel. & Fax. 0742-26-0130

Event Name	Date and Contents	Application
On your lap	Enjoy the Tanabata Festival, such as making Bamboo Grass Ornaments, with parents and children July 7 (Thurs.) 10:30 -11:30 Those eligible: prekindergarten children and their guardians Free entry	No application is needed.

Heatstroke Alert

A Heatstroke Alert is issued when the Heat Index is higher than 33 degrees Celsius and to encourage residents to take preventative measures against heatstroke. If an alert is issued, the following actions will be recommended.

1. Don't Go Out and Avoid Heat.

The most effective way to prevent heatstroke is to avoid heat. Make moderate use of air conditioning day and night, and maintain an appropriate room temperature. Refrain from going out unless necessary.

2. Reach Out to the Vulnerable.

Elderly people, children, people with medical conditions, obese people, people with disabilities, etc. are at higher risk of heatstroke. If you have a family member or a friend like this, please encourage them to use air conditioning during the day and night and to stay well hydrated.

3. Take More Preventive Actions Than Usual.

* Drink water frequently before you feel thirsty. (The recommended amount of water per day is 1.2 liters.)

* Wear cool clothing.

* If you are outdoors and can maintain a proper distance (at least 2 meters apart), you may remove your face mask.

Child-raising spots in Nara

The kominkan (community centers) shown below will regularly host child-raising spots through March 2023, providing a place where young children and their guardians can easily come and play for free. For the detailed schedule, please contact each kominkan.

There are many other child-raising spots in Nara, which are listed on p. 6 of the Japanese edition.

Chubu Kominkan 23-4, Kamisanjo-cho 630-8228 Tel. 0742-26-6506 Fax. 0742-26-3263	Oyako Hiroba (Parents and Children Square)	<ul style="list-style-type: none"> • Free playground with lots of wooden toys, storytelling, etc. • As a rule, 10:00-13:00 on the 2nd and 4th Tuesdays of the month • For prekindergarten children and their guardians
Mikasa Kominkan 313-3, Omiyacho 4-Chome 630-8115 Tel. & Fax. 0742-33-0515	Kosodate Mama no Hitotoki (Good Time for Moms)	<ul style="list-style-type: none"> • Free playground for kids and guardians (sensory activities, crafts, body exercises, storytelling, etc.) • As a rule, 9:30-12:30 on the 2nd Saturday and the 4th Friday of the month • For prekindergarten children and their guardians
Kasuga Kominkan 86-1, Minamikyobate-cho 1-Chome 630-8141 Tel. & Fax. 0742-62-2253	Kosodate Nonbiri Kukan (Relaxing Space for Parents and Children)	<ul style="list-style-type: none"> • Free playground for kids and guardians (sharing childcare information, sensory activities, seasonal crafts, etc.) • As a rule, 9:30-12:30 on the 1st and 3rd Tuesdays of the month • For prekindergarten children and their guardians
Keisei Kominkan 3-43-2, Rokujo Nishi 1-Chome 630-8044 Tel. & Fax. 0742-44-2669	Puyo Puyo no Kai (Group Puyo Puyo)	<ul style="list-style-type: none"> • Free playground for kids and guardians (seasonal play, simple crafts, storytelling, etc.) • As a rule, 9:00-12:00 on the 2nd and 4th Wednesdays of the month • 0-3 year old children and their guardians
Koutou Kominkan 3633, Oyagyū-cho 630-1242 Tel. & Fax. 0742-93-0400	Nakayoshi Kurabu (Good Friends Club)	<ul style="list-style-type: none"> • Free playground for kids and guardians to have fun. • As a rule, 9:00-12:00 on the 2nd and 4th Tuesdays of the month • For prekindergarten children and their guardians
Nimyo Kominkan 3684, Gakuen Aakamastu-cho 631-0027 Tel. & Fax. 0742-46-9113	Nimyo Nikoniko Hiroba (Nimyo Smile Square)	<ul style="list-style-type: none"> • Fingerplay, storytelling, exercises for parents and children, eurhythmics, etc. • As a rule, 9:00-12:00 on the 2nd and 4th Thursdays of the month • For prekindergarten children and their guardians