

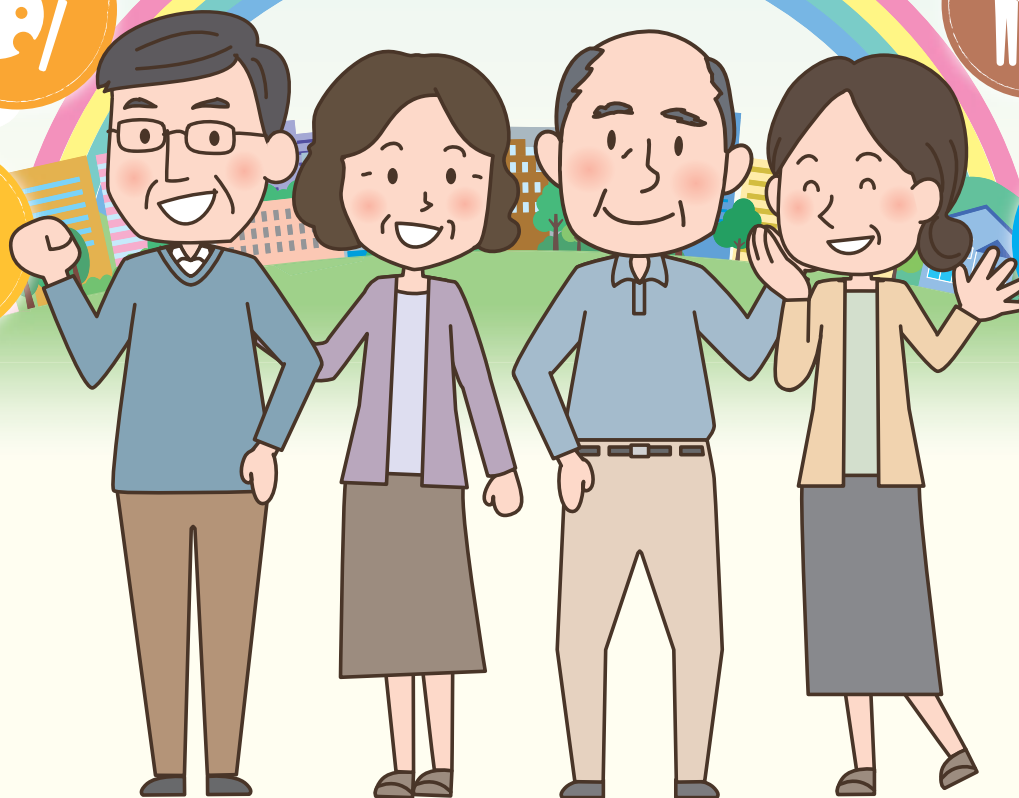
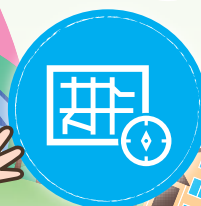
Kamikawa Town

Life



Support Guide

~Town for a healthy and enjoyable life~










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-  This guidebook comprehensively consolidates services about lifelong learning, health, health care, and medical care in order to be used by all town people including healthy people, or people who need health care and their families.
 -  Contents of business and a course of lectures may differ from contents in this guidebook, therefore, please check with a contact detail of each course of lectures in advance.
 -  This guidebook includes services such as “Delivery services of lunch boxes or groceries, etc.” or “Life support information that can be received at home” provided by shops in the town.
 -  Only business operators who offer some sort of “Life support” are introduced here.
 -  The information included in this guidebook has been collected mainly from the fiscal year of 2015 to 2016. The information may be changed without any prior notice. When using services, please directly contact business facilities.
 -  Regarding the detailed information and any complaints for “Life support” , please contact each business facility. Please also note that Kamikawa Town will not be responsible for any troubles relating to this guidebook.



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Chapter 1: Lifer Supporters

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2 Hobby & Quality of life

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Fonte di Dio

Mizubete

BOPPERS

[Delivery of dishes]

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Recommended walking/hiking courses in Kamikawa Town

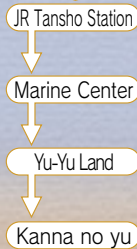
アカシア 九郷コース Akashia Kugo Course 徒歩編 Walking



Spider lily



Akashia Course
4.0km (an hour by walk)
Goal is "Kanna no Yu".
Walking course from Tansho Station through Yu-Yu Land



Kugo Course
4.0km (an hour by walk)
From the pedestrian path for health to Kanna no Yu.



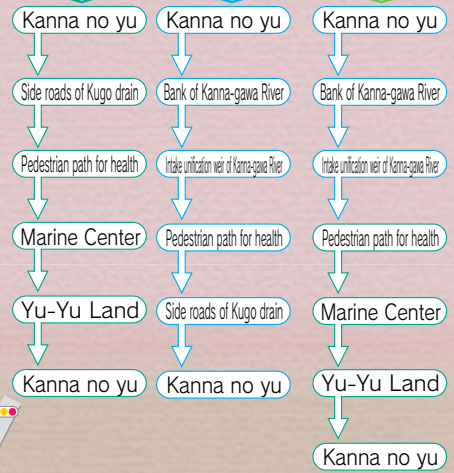
青柳コース Aoyagi Course サイクリング編 Cycling



Tansho Course
Length of the course: 3.5 km (an hour and 40 minutes by walk) (45 minutes by bicycle)
Let's go through a peaceful country scene and the center of the town.

Aoyagi Course
Length of the course: 3.5 km (an hour and 40 minutes by walk) (40 minutes by bicycle)
You can get a magnificent view of Kanna-gawa River all to yourself!

Challenge Course
Length of the course: 10 km (an hour by bicycle)
Long course to enjoy walking the entire Kamikawa



Go along with these signs!



金鑽・御嶽山コース Kanasana Mitakeyama Course 歴史めぐり編 History



Kanasana shrine

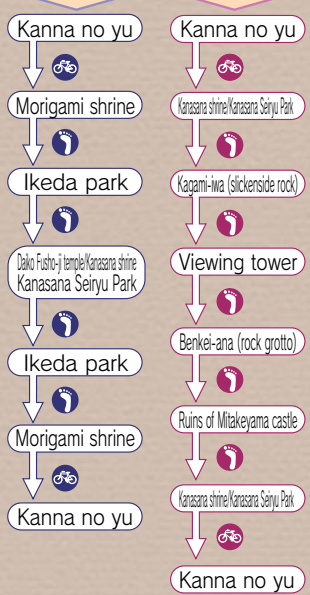


Ruins of Mitakeyama castle



Kanasana Course
Length of the course: 8.0 km (2 hours and 10 minutes by bicycle and walk)
Go to the Kanasana shrine area with forest bathing, Refreshing Woods Course

Mitakeyama Course
Length of the course: 9.6 km (2 hours and 30 minutes by bicycle and walk)
御嶽山は、歴史と自然の宝庫。気軽に登れます



Please also see from here for more information



Exercise



1 Exercise

Central Community Center

Kamikawa Qigong Circle

Activities	Every 2nd and 4th Tuesday of the month 14 : 00 ~ 16 : 00
Contact to	Hiromi Hamanaka Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please directly come to the venue on the activity day. A trial lesson is recommended.
Membership charge	Free enrollment. Monthly fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Recommended for: People who want to maintain bodily functions



People usually stiffen one's body when receiving suffering, hard times, or stresses. We are learning the exercise to relieve that stiffness of the body by improving the flow of qi (Houki Kancho method).

Kamikawa Outdoor Circle

Activities	Every 1st Thursday of the month, 19 : 30 ~ 21 : 00
Contact to	Shinichi Azami TEL:0274-52-4020 Kumiko Shimizu TEL:0495-77-4990 Central Community Center TEL:0495-77-3671
Venue	Central Community Center ((regular meeting))
How to join	An application can be received by telephone. After that, please fill in an application form.
Membership charge	Enrollment fee: 1,000 yen / Annual fee: 2,000 yen
Persons who can join	For all ages Any persons who are in a good health condition can be accepted.
Recommended for	Persons who want to improve their health



Persons who want to walk and enjoy natural scenes or plants and flowers in a leisurely pace. This is recommended for couples.

Kamikawa Town Dumbbell Work-out Circle

Activities	Every Saturday, 19 : 30 ~ 21 : 00
Contact to	Yoshimi Negishi TEL:0495-77-4600 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	After inquiry by telephone, please come to the venue.
Membership charge	Free enrollment. Annual fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Persons who want to live happily and healthy even in old age



After stretching exercise, we will do dumbbell work-outs. We will also teach how to improve the bad physical conditions (exercises, etc.). As we have dumbbell work-out classes in various places of the town other than the Central Community Center, we recommend a nearest venue.

Kamikawa Hiking Circle

Activities	Every 2nd Wednesday of the month 19:30 ~ 21:00
Contact to	Kazushige Arai TEL:0274-52-3875 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please inquire.
Membership charge	Enrollment fee: 1,000 yen / Annual fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Persons who want to maintain and improve their health through hiking



On every 2nd Wednesday of the month, we mainly have a meeting for explaining a hiking plan and debriefing. About 8 to 10 hiking plans are prepared and implemented for a year. On the hiking day, we usually gather together in front of the Central Community Center at around 5 o'clock in the morning, go to a start point of hiking by a middle-size bus by around 8 o'clock in the morning, enjoy hiking until around 3 o'clock in the afternoon, and then drop by a one-day hot spring before going home.

Employment Improvement Center

Ageless Exercise - Kamikawa

Activities	Every Tuesday, 10:00 ~ 12:00
Contact to	Fusae Saito TEL:0495-77-4834 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. Monthly fee: 2,000 yen
Persons who can join	For all ages. Mainly for middle-aged females.
Recommended for	Persons who have a lack of exercise Persons without any experience of exercise can also easily join here.



Stretching exercise and exercises for muscles of hands, legs, and sides of a body. We will do a rhythm dance and improvement exercises for distortion of a body using music. We are doing activities mainly for middle-aged females, but anyone who are interested in exercises, please join us.

Kamikawa Calisthenics

Activities	Every Thursday, 13:30 ~ 15:00
Contact to	Kimiko Oya TEL:0274-52-3230 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Referral by our member
Membership charge	We have an annual fee.
Persons who can join	For all ages
Recommended for	Middle-aged persons



Preventive exercises for stiff shoulder, neuralgia, low back pain, etc. Sometime, we also have social gatherings to spend a good time together, such as a Karaoke party, having meals together, or cherry-blossom viewing.

1 Exercise

Employment Improvement Center

Kamikawa Jazz Dance Club

Activities	Every Thursday, 10 : 00 ~ 11 : 30
Contact to	Kiyomi Nakahara, TEL:0495-77-4772 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Enrollment fee: 1,000 yen / Monthly fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Any persons who want to exercise for muscles of the lower body



The teacher comes from Kumagai city. We do mainly stretching exercise for an hour and easy dance for the rest of the time. The dance that moves hands and legs are useful for brain activation, stretching exercises may prevent injuries as keeping our joints limber as well as facilitate the blood circulation. This club is enjoyable as we can continue little by little for a long time.

Kamikawa Taijiquan Club

Activities	Every 1st and 3rd Wednesday of the month 13 : 30 ~ 15 : 00
Contact to	Sudo TEL:0495-71-6115 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. Monthly fee: 3,000 yen
Persons who can join	For all ages
Recommended for	Any persons for males and females of all ages



Learning Taijiquan. Both beginners and experienced persons are participating. We practice from the basics.

Kamikawa Town Minyo (local folk song) Society

Activities	Every Tuesday (no activity on the 3rd Tuesday), 19 : 30 ~ 21 : 00
Contact to	Yoko Kimura TEL:0495-77-2260 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment Annual fee: 4,000 yen (2,000 yen for 1st/2nd half, respectively)
Persons who can join	For all ages (mainly for age of fifties to seventies) We also welcome younger participants.
Recommended for	Persons who want to enjoy light exercise



We will share "Joy to dance with Minyo" with many people through participating town events, regional summer festivals, community exchanges in nursery schools, familiarizing/instructing the Kamikawa-ondo and the Warause-ondo to elementary schools, volunteer activities for welfare facilities, or participating recitals and contests of the prefecture/branches. We also welcome male members and younger members.

3B Exercise

Activities	Every Monday, 13 : 30 ~ 15 : 00
Contact to	Yukiko Noguchi TEL:0495-77-1227 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment / No annual fee Only at the initial time: a set of exercise-items
Persons who can join	Adult females
Recommended for	Persons who want to exercise for health Persons who want to carry youth for all time



Soft Aerobics

Activities	Random times (about 3 times for a month) 14 : 00 ~ 15 : 00
Contact to	Mizue Yamaguchi Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. Participation fee: 500 yen per lesson
Persons who can join	For all ages
Recommended for	Persons who want to improve their health



Any conditions including age, physical capacity, or sports experiences are not required. Depending on the physical condition of the day, please enjoy exercises.

Dumbbell Work-out Society

Activities	Every Monday, 9 : 00 ~ 10 : 00
Contact to	Fumiko Fukushima TEL:0495-77-4303 Central Community Center TEL:0495-77-3671
Venue	Employment Improvement Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment / No annual fee
Persons who can join	For all ages
Recommended for	Persons who want to enjoy light exercise



We will do easy exercises such as stretching, radio gymnastic exercises, or dumbbell work-outs. Currently, we are all females in the age of seventies. We also welcome male members. Let's extend healthy life expectancy with easy exercises.

1 Exercise

General Welfare Center - Ikoi no sato

Ikoi no sato - Hula Dance Circle

Activities	Every Friday, 10:00 ~ 12:00
Contact to	Mizue Yamaguchi TEL:0274-52-3885
Venue	General Welfare Center - Ikoi no sato
How to join	Please come to the venue on the activity day.
Membership charge	Monthly fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Persons who live healthy and happily.



Anyone can easily join as members are in a wide age range. We are repeating the dance practice, starting from the basic steps, so anyone can join at anytime. We also visit welfare facilities or participate events sometimes.

Refreshing Rhythmic Exercise

Activities	Every 2nd and 4th Thursday, 14:00 ~ 15:00
Contact to	Masae Nushiya TEL:0495-77-4355
Venue	General Welfare Center - Ikoi no sato
How to join	Please contact to the contact person.
Membership charge	300 yen per lesson
Persons who can join	For all ages
Recommended for	Persons who want to exercise for health



We are enjoying exercises with the sports instructor, Saito-sensei.

Fureai Center (Community Exchange Center)

Iki-iki Club (Yoga Club)

Activities	Every Wednesday, 19:30 ~ 20:30
Contact to	Miyako Tsuneki TEL:090-3427-6607 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages
Recommended for	Persons who don't like hard exercises.



Regardless of age, physical stiffness, or beginners, anyone can easily start exercises. Using breathing in a good way, we pose Yoga positions. We will do exercises slowly, having a cozy talk. Necessary things for exercise: towel, drink, Yoga mat or large towel (bath towel)

Calisthenics Circle

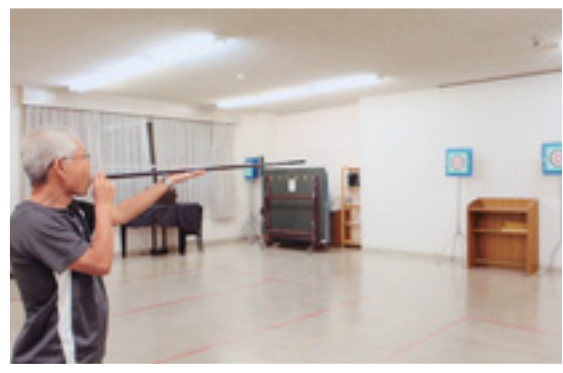
Activities	Every 2nd and 4th Wednesday of the month 18:30 ~ 19:30
Contact to	Sekiguchi TEL:0495-77-5888 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. Participation fee: 500 yen per day.
Persons who can join	For all ages
Recommended for	Persons who want to care the lower body



For persons who concern about the lower body, this exercise is good for prevention of a fall as increasing flexibility of the body. Currently, we have many female members aged around 60 years.

Saihoku Kamikawa Town Sport Blowgun

Activities	Every Thursday, 19:00 ~ 21:00
Contact to	Shizuo Ogawa TEL:0495-77-2448 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please call or come to the venue on the activity day.
Membership charge	Enrollment fee: 1,000 yen. Other charges as needed. Tube and arrows: about 20,000 yen
Persons who can join	Around 20 years or older
Recommended for	Persons who want to improve their health



- Practice of blowgun (19:00 - 21:00)
- Persons who want to get certified grades need to become a member of the association.
- Two male members aged over 70 years.
- Improvement of health. Learn how to abdominal breathing.

Social Dance Society

Activities	Every Tuesday, 19:00 ~ 21:30
Contact to	Noriko Sekiguchi TEL:0495-77-2528 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Anytime
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages
Recommended for	Persons who are aiming for competitions Persons who want to learn how to dance from the basics



Slow, Quick, Tango, Waltz, etc. We practice standard dances or Latin dances such as the cha-cha, rumba, paso-doble, or samba.

1 Exercise

B&G Marine Center

Kamikawa Walking Club

Activities	Every Saturday and Wednesday, 8 : 30 ~ 10 : 00
Contact to	Hiroshi Yamaguchi TEL:0495-77-3211 B&G Marine Center TEL:0495-77-4434
Venue	B&G Marine Center
How to join	Please come to the venue on the activity day (Saturday).
Membership charge	Enrollment fee / Annual fee
Persons who can join	For all ages



On every Saturday, we gather at the Marine Center. After a meeting from 8:30, certified instructors (currently, 12 instructors) will do stretching in turn and then walk the 6-km course. Additionally, we have a slow easy walk on every Wednesday. If participants on Wednesday get used to walking and can walk faster, those will walk on Saturday together.

Kamikawa Junior High School

Kamikawa Table Tennis Circle

Activities	Every 1st and 3rd Tuesday / Every 2nd and 4th Thursday 19 : 00 ~ 21 : 00
Contact to	Kan Ichikawa Central Community Center TEL:0495-77-3671
Venue	Judo practice hall (2F) of Kamikawa Junior High School
How to join	Please call and come to the venue on the activity day.
Membership charge	Enrollment fee: 1,000 yen / Annual fee: 1,000 yen
Persons who can join	Over 18 years old, for all ages.
Recommended for	Persons who like exercises.



This is a circle that was established by members in the Table Tennis class in the Kamikawa Central Community Center. Currently, we mainly have members aged in 50 to 60 years. Our goal is improving our Table Tennis, but we rather play Table Tennis based on the motto "happily and with energy".

Stela Kamiizumi

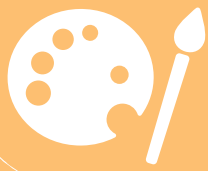
Kamiizumi Hula Dance Society

Activities	Every Thursday, 13 : 30 ~ 15 : 00
Contact to	Kojima TEL:0274-52-2932 Stela Kamiizumi TEL:0274-52-3275
Venue	Stela Kamiizumi
How to join	Please contact to the contact person.
Membership charge	Free enrollment. Monthly fee: 2,000 yen
Persons who can join	For all ages
Recommended for	We welcome anyone who wants to join.



We participate events in the town.

2



Hobby & Quality of life



2 Hobby & Quality of life

Central Community Center

Aka-tombo Circle (school songs/children's songs)

Activities	Every 3rd Wednesday of the month, 14:00 ~ 15:00
Contact to	Harumi Ito TEL:0495-77-2013 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact by telephone or come to the venue on the activity day.
Membership charge	Free enrollment. Annual fee: 6,000 yen (500 yen × 12 times)
Persons who can join	For all ages
Recommended for	Persons who want to be invigorated by singing.



Hoping that we sing school songs or children's songs that have been loved and sang for a long time by people as cheerful and happy songs in everyone's memory and hand those songs to the next generations, we have participated in some concerts in the town. Additionally, we go to home towns or museums of songwriters as a seminar once every 2 years to know about background of songs.

Uzuki - Haiku Society

Activities	Every 1st Thursday of the month, 9:30 ~ 12:00
Contact to	Shizuo Ogawa TEL:0495-77-2448 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 1,000 yen Others: as needed
Persons who can join	For all ages
Recommended for	Persons who enjoy Haiku with 5, 7, and 5 syllables.



Submit 4 poems of Haiku in a month. A subject is given for a poem of Haiku and free themes for others. Haiku is exhibited in the community centers or cultural festivals. Haiku is also good for prevention of dementia.

Choir - Kirikabu

Activities	Every 2nd and 4th Sunday, 13:00 ~ 17:00
Contact to	Yoshitaka Sasaki TEL:0495-77-7070 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please call to the contact person and then come to the venue.
Membership charge	Free enrollment. Annual fee: 10,000 yen Expenses for musical scores (actual expense), Social gatherings (actual expense)
Persons who can join	For all ages
Recommended for	Persons who like singing and chorus. Persons who are interested in this Choir. Persons who can try as much as possible.



- Mixed chorus (17 males, 20 females)
- Registered in the Choral Association of the Kodama county in Honjo City
- Participating to summer concerts and chorus festivals of the Association
- Participating to the Kamikawa Town Fureai Concert
- Holding our own concert about every 2 years
- We are a group who try as much as possible to the extent that we can. Many members have attracted by chorus when young. We create our music together.

Kamikawa Wind Symphony

Activities	Every Saturday, 18 : 00 ~ 21 : 00
Contact to	Kazuto Sakamoto TEL:090-4626-0187 Email : info.kwind+ing@gmail.com Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please call to the contact person or come to the venue on the activity day.
Membership charge	Free enrollment. Monthly fee: 1,000 yen
Persons who can join	For all ages Persons who have music instruments and experiences of musical performance * Our Symphony owns some kinds of instruments.
Recommended for	We welcome persons who are interested in a brass band regardless of age or gender.



- Music performance in events of Kamikawa Town
- Music performance in the social welfare facilities, etc. to express sympathy or as requested.
- There are a wide range of member form Junior high school students to those in their 60s regardless of gender. We practice on every Saturday for events. As we are a group who loves music, persons who join for the first time can easily blend in with members and enjoy playing music soon.

Kamikawa Ocarina 23

Activities	Every Thursday, 19 : 00 ~ 20 : 30
Contact to	Yukiko Noguchi TEL:0495-77-1227 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. Purchase an Ocarina. Monthly fee: 1,000 yen (the equivalent amount of half a year' s fee to be collected at once)
Persons who can join	For all ages
Recommended for	We welcome any persons.



- Performing ocarina once a year in a charity concert
- Performing voluntarily in the regional iki-iki salons or join other occasions as requested.
- Participating in cultural festivals of the Town.
- We have lessons from an instructor twice a month and play a wide range of songs such as school songs or children' s songs, etc.

Kamikawa Apine Plants Circle

Activities	Every 3rd Saturday, 13 : 30 ~ 16 : 00
Contact to	Mieko Horiuchi TEL:0495-77-3577 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please call to the contact person.
Membership charge	Free enrollment. No annual fee. Material costs needed.
Persons who can join	For all ages
Recommended for	Persons who likes flowers.



1 Exercise

2 Hobby & Quality of life

3 Salon

4 Life support

5 Hospitals & Health care facilities

6 Health center & Community general support center

2 Hobby & Quality of life

Kamikawa Handcraft Circle

Activities	Every Friday, 9 : 30 ~ 11 : 30
Contact to	Kiyoko Harada TEL:0495-24-0662 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 2,000 yen
Persons who can join	For all ages



Patchwork once a week. There' s no problem for persons who join us for the first time.

Kamikawa Houjou Daiko (Japanese drum)

Activities	Every Wednesday, 19 : 00 ~ 21 : 30
Contact to	Mitsunobu Kimura TEL:0495-71-8000 (in daytime) 77-2890 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 1,000 yen Monthly fee: Adult 1,000 yen High school students or younger 500 yen
Persons who can join	Junior high school students or older
Recommended for	Persons who are interested in a Japanese drum / local folk songs.



We are doing activities for inheriting the Kamikawa Hojo Bayashi for the future. We participate in about some types of 15 events in a year and have relationships with regions in Tohoku, as well as neighboring Japanese drum groups. At the New Year, we dedicate the Shishi lion for Kanasana shrine.

Kamikawa Houjou Daiko - Harukoma (Japanese drum)

Activities	Every 1st, 3rd, and 5th Saturday of the month 13 : 30 ~ 15 : 30
Contact to	Mitsunobu Kimura TEL:0495-71-8000 (in daytime) 77-2890 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 1,000 yen / Monthly fee: 500 yen
Persons who can join	Elementary school students or younger
Recommended for	Children who are interested in a Japanese drum / local folk songs.



Mainly by elementary school students, Harukoma, the second song of the Kamikawa Hojo Bayashi for the Kamikawa Hojo Daiko will be performed. We have music performances for about 10 time a year mainly in the Town events. Other than regular music performances, we also perform in social gatherings or dedicate the Shishi lion for Kanasana shrine.

Kamikawa Town Sado (Japanese tea ceremony) Club

Activities	Every 1st, 2nd, and 3rd Saturday of the month 9 : 00 ~ 12 : 00
Contact to	Toyoko Ogawa TEL:0495-77-2448 Central Community Center TEL:0495-77-3671
Venue	中央公民館及び講師の自宅
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. Material cost as needed.
Persons who can join	A consultation is needed.



A course of Sado (Japanese tea ceremony)

Paper Clay Class (Clay Craft)

Activities	Every 2nd and 4th Friday of the month 9 : 30 ~ 12 : 00
Contact to	Asae Azami (representative person) Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please call to the contact person.
Membership charge	Free enrollment. Monthly fee: 1,000 yen Material cost is also needed.
Persons who can join	For all ages
Recommended for	Persons who likes handcraft, beautiful things, or cute things.



Using paper clay (for clay craft), we make several pieces of works such as items for wall hanging, dimensional and useful items, accessories, or animal symbols of the Oriental Zodiac, etc. There are members aged in their 50s to 60s.

Kimono Dressing Club

Activities	Every 1st and 3rd Friday 19 : 00 ~ 21 : 00
Contact to	Tamiko Asami TEL:0495-77-4889 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	You can join at anytime.
Membership charge	Free enrollment. Monthly fee: 1,500 yen Material cost to be collected as needed.
Persons who can join	For all ages
Recommended for	Persons who are interested in Kimono, Japanese-style clothing,



For inheriting beauty of hair styles, face expressions, dressing, spirit, health, and the Japanese culture. This is a class to improve dressing skills and enjoy dressing Kimono.

2 Hobby & Quality of life

Cosmos Harmony

Activities	Every Wednesday, 19 : 30 ~ 21 : 00
Contact to	Toshiko Urawa TEL:0495-77-3995 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. For more details, please contact to the contact person.
Persons who can join	For all ages
Recommended for	Persons who want to sing in a chorus.



We enjoy practicing songs with harmony once a week, having coaching from an instructor. Vocalization may be good for health both mentally and physically. We participate events in Honjo City (summer concert, chorus festival) and Kamikawa Town (cultural festival, Fureai concert). We welcome new members. For persons who are interested in our club, please come to view.

Saibi - Painting Club

Activities	Every 2nd Friday, 13 : 30 ~ 16 : 30
Contact to	Motoe Miyashita TEL:0495-77-4120 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Enrollment fee is needed. Annual fee: 20,000 yen Material cost is needed by oneself.
Persons who can join	For all ages



Under coaching from an instructor, drawings will be submitted in the cultural festival. If you want to submit each type of art exhibition, you can submit your drawings.

Life Enjoying Circle (PC circle)

Activities	Every 2nd and 4th Friday 19 : 00 ~ 21 : 00
Contact to	Hideo Kono TEL:0495-77-4139 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. Material cost: 500 yen
Persons who can join	For all ages
Recommended for	We welcome anyone.



From basics to more practical use of PC. Through making New Year greeting cards or summer greeting cards, calendars, paper fans, or useful items using Word or Excel, we repeatedly learn about basic skills.

Chikuyu-kai (Bamboo flute circle)

Activities	Every 2nd and 4th Saturday 13:30 ~ 15:30
Contact to	須藤 昌弘 ☎0274-52-3760 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages
Recommended for	Any persons who are interested in bamboo flute can join.



We do basic practice of a bamboo flute, perform as a group and in concerts.

Hand Knitting Circle

Activities	Every 2nd and 4th Wednesday 9:30 ~ 12:00
Contact to	Teruko Iwazaki TEL:0495-77-2271 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	お問合せください
Membership charge	Free enrollment. Monthly fee: 500 yen Material cost is needed by oneself.
Persons who can join	For all ages
Recommended for	Persons who are interested in hand knitting.



We have female members in their 60s to 70s for hand knitting.

Cloth Atelier (Hanging hina-dolls)

Activities	Every 1st and 3rd Wednesday 13:30 ~ 16:00
Contact to	Etsuko Yamaguchi TEL:0274-52-2594 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. Material cost is needed by oneself.
Persons who can join	For all ages
Recommended for	For persons who want to make hanging hina-dolls, please join us.



Persons who want to make hanging hina-dolls gather and enjoy making the hina-dolls under coaching from an instructor. We show our hina-dolls in the cultural festival every year.

2 Hobby & Quality of life

Reading Volunteer - Tampopo (Creating/performing a picture-story show)

Activities	Every 3rd Thursday, 10:00 ~ 12:00 or others
Contact to	Yoko Tamura TEL:0495-77-2797 Central Community Center TEL:0495-77-3671
Venue	Central Community Center
How to join	Please contact to the contact person. Please come to the craft room of the community center on the 3rd Thursday.
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages



- Creation/performance of large-sized picture-story show (activities as below)
- Every 2nd Thursday, from 10:10, at Kamikawa Kindergarten. Every 4th Wednesday, 10:30, at Lupinus Kamikawa Home
- Every 4th Friday, from 14:50, during the Christmas season, Tansho/Aoyagi Nursery Schools
- Perform at anytime as requested from the iki-iki salon or group home, etc.

Flower Pressing Club

Activities	Every 3rd Wednesday, 9:30 ~ 11:30
Contact to	Shigeko Yokoyama Central Community Center TEL:0495-77-3671
Venue	Lecture room-B of the Central Community Center
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. Material cost: 500 yen per month
Persons who can join	For all ages



Starting for looking for season's flowers pick them up, we will dry those flowers and complete for flower pressing.

General Welfare Center - Ikoi no sato

Kamikawa Igo Club

Activities	Every 1st, 3rd Thursday and 2nd, 4th Friday (at Ikoi no sato) Every 2nd, 4th Sunday (at Stela Kamiizumi) 9:00 ~ 16:00
Contact to	Yoshitaka Takahashi TEL:0495-77-2965
Venue	General Welfare Center - Ikoi no sato, stela Kamiizumi
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 1,000 yen. Annual fee: 1,000 yen For competitions: about 1,000 yen
Persons who can join	For all ages
Recommended for	Persons who like Igo.



- Having a good relationship each other through playing Igo
- Prevention of dementia by thinking
- We have many members in their 70s, but also welcome younger members.
- We invite Ms. Narumi Osawa, 4-dan, a female professional Igo player once a year, and have the Igo competition and instruction of Igo with neighboring Igo clubs.

Kamikawa Ginei Circle (chanting a poem)

Activities	Every Thursday, 13 : 30 ~ 15 : 30
Contact to	Yasutaka Wtabe TEL:090-3596-4285 General Welfare Center TEL:0495-74-1155
Venue	General Welfare Center - Ikoi no sato
How to join	Please directly come to the venue on the activity day.
Membership charge	Free enrollment. No annual fee. (Textbooks are needed to be paid)
Persons who can join	For all ages
Recommended for	Persons who do not go out so often.



Aiming improvement of health, through ancient poems, let's let your voice out from your heart and body and release stress.

Kamikawa Minyo (local folk song) Society

Activities	Every 1st, 3rd, 4th Wednesday 13 : 30 ~ 15 : 30
Contact to	Gosuke Fukaishi TEL:0495-77-1367 General Welfare Center TEL:0495-74-1155 Central Community Center TEL:0495-77-3671
Venue	General Welfare Center - Ikoi no sato At the Central Community Center from April 2017.
How to join	A consultation is needed.
Membership charge	Monthly fee: 2,000 yen
Persons who can join	Persons who likes Minyo.



Minyo is said as "the home of the heart" . For persons who likes and are interested in Minyo, please come and listen Minyo once. As volunteer activities, we perform Minyo in the social welfare facilities or gatherings for respect-for-the-elderlies in the neighborhood.

Harmonica Circle

Activities	Every 2nd and 4th Wednesday 13 : 30 ~ 15 : 30
Contact to	Yoshino Motogi TEL:0274-52-4625 General Welfare Center TEL:0495-74-1155
Venue	General Welfare Center - Ikoi no sato
How to join	Please directly come to the venue on the activity day.
Membership charge	None
Persons who can join	For all ages
Recommended for	Persons who likes music



We play various songs including good old melodies with a harmonica. I think this is good for a right posture, improvement of breathing capacity and health.

2 Hobby & Quality of life

Fureai Center (Community Exchange Center)

Kobama Karaoke Circle

Activities	Every 2nd and 4th Saturday, 19 : 00 ~ 21 : 00
Contact to	Shigeji Yokoyama TEL:0495-77-3882 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact a circle member. We will consider.
Membership charge	Free enrollment. Annual fee: 3,000 yen × 2
Persons who can join	Up to 50 - 65 years old
Recommended for	Persons who want to sing in front of people proactively



Regardless of gender, we are doing our activities with members in the above range of age. Also, we participate concerts and competitions in the neighborhood.

Kamikawa Town Karaoke Society

Activities	Every 2nd and 4th Wednesday, 13 : 30 ~ 15 : 30
Contact to	Toshie Yamaguchi TEL:0495-77-3383 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Free enrollment. Monthly fee: 1,500 yen
Persons who can join	For all ages



We bring our own favorite songs to practice, asking to our instructor.

Kamikawa Dance Society

Activities	Every 1st and 3rd Thursday, 13 : 00 ~ 16 : 00
Contact to	Miyoko Mori TEL:0495-77-3059 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee. Instructor fee: once a month
Persons who can join	For all ages



Recital once a year. We do volunteer activities for about 4 - 5 times in the social welfare facilities. The purpose of our activity is improvement of health.

Sakura-kai (handcraft)

Activities	Every 2nd and 3rd Friday, 13 : 30 ~ 17 : 00
Contact to	Keiko Ishii. TEL:0495-77-2040 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Free enrollment. Monthly fee: 1,000 yen
Persons who can join	For all ages
Recommended for	Persons who are interested in patchworks.



We bring rampant each other and make items that each person likes. For the 2nd week, an instructor comes from Kitamoto City, and in the 3rd week, each member continues to saw their own piece of works.

Salvia-kai (story-telling with picture books for children)

Activities	Every 4th Thursday, 9 : 30 ~ 11 : 30
Contact to	Sayoko Nishiyama TEL:0274-52-4418 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	なし
Persons who can join	For all ages
Recommended for	Persons who are interested in children's books.



We have 12 female members now, and read for children. For student from the first grade to the third grade in Wataruse Elementary School (9 times a year), Aoyagi Elementary School (15 times a year) We are also doing activities for children in the age of 3 to 5 years in Kamikawa Kindergarten (6 times a year) and the Story Square (3 times a year).

Tampopo (singing)

Activities	Every Friday, 19 : 00 ~ 21 : 00
Contact to	Ryoichi Mori TEL:0495-77-2342 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Enrollment fee: 5,000 yen / Annual fee: 2,000 yen
Persons who can join	For all ages



We practice singing.

2 Hobby & Quality of life

Tsubomi-kai (Sado: Japanese tea ceremony)

Activities	Every 1st, 3rd, and 4th Wednesday 9 : 00 ~ 12 : 00
Contact to	Kiyoko Toya TEL:0495-77-3295 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Anytime
Membership charge	Free enrollment. Monthly fee: 2,000 yen
Persons who can join	For all ages



We do exercise for Sado with female members aged in their 60s.

Donguri no kai

Activities	Every 2nd and 4th Friday 19 : 00 ~ 21 : 00
Contact to	Akira Yazima ☎0495-77-4777 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	We welcome at anytime. Please contact to the contact person.
Membership charge	Enrollment fee: 1,000 yen / Annual fee: 4,000 yen
Persons who can join	For all ages
Recommended for	Persons who want to sing children's songs.



We regularly practice twice a month. The number of members are gradually increasing, and now we have 37 members. We participate the cultural festival of the Town, gatherings for respect-for-the-elderlies, Fureai salons, and the elderly facilities for performance, and people in those events enjoyed our songs. In order to have good relationships each other, we have a strip once a year.

Red Cross Volunteer Work Group - Fabric-Picture Book Circle

Activities	Every 1st and 3rd Tuesday 13 : 30 ~ 16 : 00
Contact to	Misao Furukawa TEL:0495-77-4540 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please come to the venue on the activity day.
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages



Making fabric picture books and small fabric items. There are female members in their 60s or older now. We make small items with fabric, sell them in the events such as the Cosmos festival, and then donate those sales proceeds.

Patchwork Quilt - Nuno-Asobi

Activities	Every 1st Saturday, 10 : 00 ~ 12 : 00
Contact to	Ryoko Ishizaka, TEL:0495-77-1300 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please call or come to the venue on the activity day.
Membership charge	Free enrollment. No annual fee. Other fees as needed.
Persons who can join	For all ages
Recommended for	Anyone regardless of age or gender Persons who want to have a life-long hobby



We saw bags, tapestries, covers, etc with scraps of cloth or one's own favorite cloth. We are premised that there will be no problem in our activities for persons who use a needle and thread for the first time.

1 Exercise

2 Hobby & Quality of life

3 Salon

4 Life support

5 Hospitals & Health care facilities

6 Health center & Community general support center

25

Singing-with-friends Club

Activities	Every 1st, 3rd, and 4th Friday 19 : 00 ~ 21 : 00
Contact to	Setuko Nakajima Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Monthly fee: 2,000 yen
Persons who can join	For all ages
Recommended for	Persons who enjoy singing



We will perform in various events. Members enjoy singing each other.

Focus - Photo Circle

Activities	Once every 2 months on the 3rd Tuesday 19 : 00 ~ 21 : 00
Contact to	Shunsaku Funayama, TEL:0495-77-0418 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Anytime
Membership charge	Enrollment fee: 500 yen / Monthly fee: 5,000 yen
Persons who can join	For all ages
Recommended for	Persons who live in the town and are interested in taking pictures.



There are 18 members aged in their 60s to 80s. We have our permanent spaces to show pictures (the chamber, Central community center, Fureai center, Onishi Hospital, Fuyuzakura no yado). We have a meeting and a photo session once every 2 months.

2 Hobby & Quality of life

Dressing Club (Kimono dressing)

Activities	Every 1st Wednesday, 14 : 00 ~ 16 : 00
Contact to	Hiroko Iwaki, TEL:0274-52-3220 Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	Please contact to the contact person.
Membership charge	Free enrollment. 2,000 yen for each of the instructor fee (twice a year) and other cost.
Persons who can join	Female
Recommended for	Persons who want to wear Kimono but don' t have chances. Persons who want to wear Kimono By themselves.



We usually go out for a meal, cherry-blossom viewing and so on as an exchange party wearing a Kimono once or a twice a year. The chance of going out wearing a Kimono gets reduced in these days. Normally Kimono Dressing is once a month. Our goal is teaching someone to wear a Kimono by oneself or making someone able to fit Kimono up for others but we are placing importance on the short-time chatter while drinking some tea after party in addition.

Remaking Club (Recycle of Kimono and clothes)

Activities	Every 2nd and 4th Saturday 13 : 30 ~ 16 : 00
Contact to	Masako Takahashi (representative person) Fureai Center (Community Exchange Center) TEL:0495-77-1521
Venue	Fureai Center (Community Exchange Center)
How to join	At the venue. However, we do not accept new members now.
Membership charge	Free enrollment. Monthly fee: 1,500 yen Actual material costs needed.
Persons who can join	For all ages



Remake of Kimono and other clothes. Sometimes we make clothes newly.

Stela Kamiizumi

Asawo Haiku Society

Activities	Every 3rd Thursday, 13 : 30 ~ 15 : 00
Contact to	Yoko Nukui, TEL:0274-52-2911 Stela Kamiizumi, TEL:0274-52-3275
Venue	Stela Kamiizumi
How to join	Please contact to the contact person.
Membership charge	Free enrollment. Annual fee: 10,000 yen
Persons who can join	For all ages
Recommended for	Persons who are interested in Haiku



We hold the Kukai (Haiku meets) preparing Haiku (5 Haiku per person) every month. There are one instructor (male) and 6 female members.

Kamiizumi Photo Society

Activities	Anytime
Contact to	Kiyonobu Ishii, TEL:0274-52-4274 Stela Kamiizumi, TEL:0274-52-3275
Venue	Stela Kamiizumi
How to join	Please contact to the contact person.
Membership charge	Free enrollment. No annual fee.
Persons who can join	For all ages
Recommended for	Persons who are interested in taking pictures of scenery or flowers in the Kamiizumi district.



We take pictures mainly sceneries in the Kamiizumi district and show those pictures to promote our region. We also have seminars to improve skills for shooting pictures.

Masakado Taiko Preservation Society (Japanese drum)

Activities	Every 2nd and 4th Friday 19 : 00 ~ 21 : 00
Contact to	Hiroyuki Nakazato Stela Kamiizumi, TEL:0274-52-3275
Venue	Stela Kamiizumi
How to join	Please come to the venue on the activity day.
Membership charge	Fees collected as needed.
Persons who can join	For all ages
Recommended for	Persons who want to play a Japanese drum.



We have a wide range of members from early elementary grades to adults. We will practice twice a month, once every 2weeks, and perform in the Kamiizumi summer festival or others.

Mihara meeting place

Design Club

Activities	Every 1st and 3rd Monday 13 : 30 ~ 15 : 30
Contact to	Fusae Akutsu, TEL:0495-77-1079
Venue	Mihara meeting place
How to join	Anytime
Membership charge	Free enrollment. No annual fee. Actual material costs needed.
Persons who can join	For all ages
Recommended for	Persons who are interested in hand craft.



We have a good relationship through hand craft.



What is the “locomotive syndrome” ?

It is the state that there are risks to have troubles about movements such as “standing” or “walking”, require health care, or end up being bedridden due to decrease in functions of locomotor (bone, muscle, joints, etc.).

“Seven check items for locomotive syndromes”

“Seven check items for locomotive syndromes” is a simple self checklist to recognize risks of locomotive syndromes. All seven items show signs for decrease in functions of locomotor such as bone, joints, or muscles. Even if only one item is applicable, there is a risk of locomotive syndromes. Aiming to 0 (zero), let's start the locomotion training.

1



You cannot wear a sock on one-leg stand.

2



You stumble or slip in the house.

3



You need a handrail to go up stairs.

4



You have troubles to do a little hard work in the house.

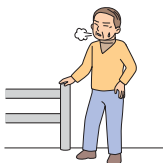
5



It is difficult to bring back about 2-kg purchased things[※].

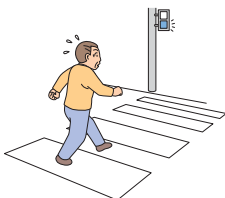
※ It means about two packs of a liter of milk.

6



You cannot walk continuously for about 15 minutes.

7

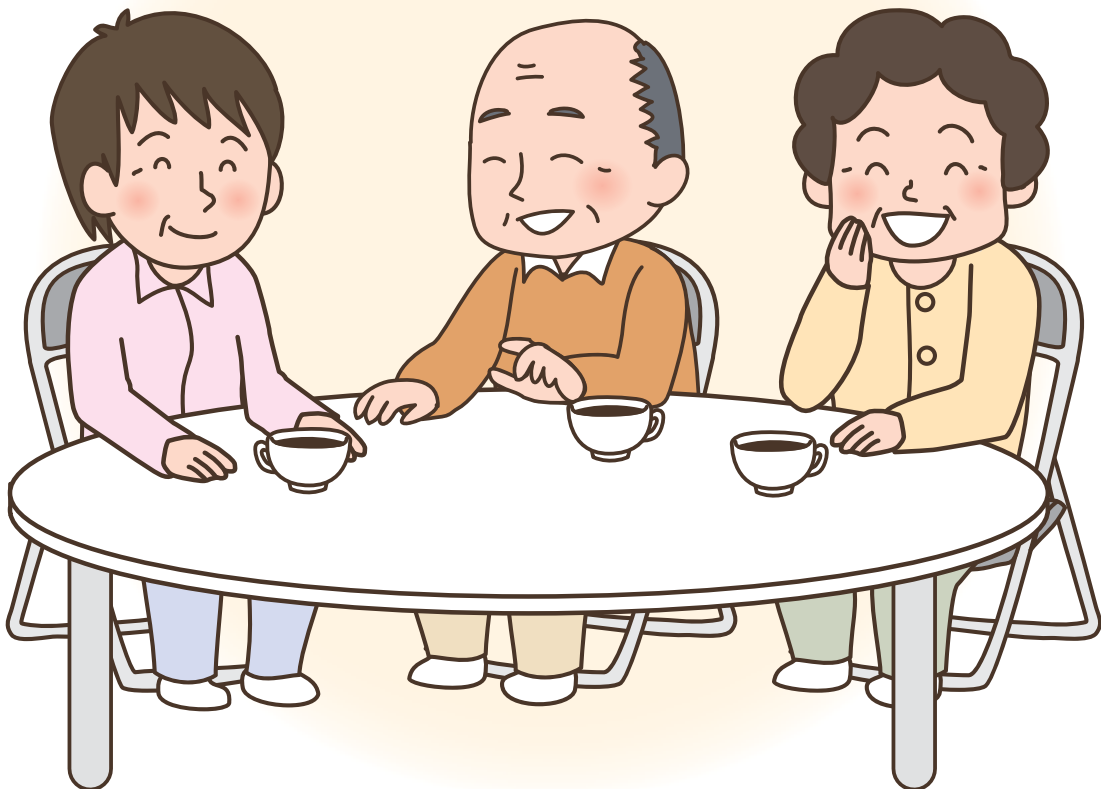


You cannot complete to cross at the cross walk during the green signal.

3



Salon



3 Salon

Ikeda Salon

Activities	Every 3rd Thursday of the month, 10 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Ikeda regional center
Number of members	Active members: about 25 persons
Recommended for	Anyone living in Ikeda including elderlies, persons with disabilities, or mothers raising children.



Having a good time for enjoying talks, doing dumbbell exercise, hearing from a police officer, or sometimes going to a hot spring.

Niisato Salon

Activities	Every 1st Friday of the month, 10 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Niisato multi-purpose meeting place
Number of members	Active members: about 20 persons
Recommended for	Any elderlies who live in Niisato.



Having a good time for cherry-blossom viewing, entertainment shows, or making Manju (bean cakes).

Naka-niisato Salon

Activities	Every 2d Wednesday of the month, 10 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Naka-niisato meeting place
Number of members	Active members: about 20 persons
Recommended for	Any elderlies who live in Nakaniisato.



Enjoying talks, a bingo game, eating handmade sweets, or sometimes going to a hot spring, Kanna no yu.

Kobama Nenrin Salon

Activities	Every 20th of the month, 11 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Mukai community center
Number of members	Active members: about 43 persons
Recommended for	Anyone living in Kobama including elderlies, persons with disabilities, or mothers raising children.



Having a good time for exercises, traditional games such as Ayatori, Kendama, or Ohajiki.

Nukui Salon

Activities	Every last Sturday of the month, 11 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Nukui meeting place
Number of members	Active members: about 20 persons
Recommended for	Anyone living in Nukui including elderlies, persons with disabilities, or mothers raising children.



Having a good time for enjoying talks or dance appreciation.

Uedake Salon

Activities	Every 2nd Tuesday of the month, 10 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Uedake regional center
Number of members	Active members: about 20 persons
Recommended for	Anyone living in Uedake including elderlies, persons with disabilities, or mothers raising children.



Having a good time for viewing cherry-blossom, making sweets, enjoying exercises, Karuta, or making Senryu (a satirical haiku).

3 Salon

Salon 3rd (Uedake)

Activities	Every 4th Tuesday of the month, 10 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Uedake 3rd meeting place
Number of members	Active members: about 15 persons
Recommended for	Any elderlies who live in the Uedake 3rd area.



Having a good time for singing, doing exercises, dance appreciation, or a bingo game.

Sekiguchi Salon

Activities	Every 4th Thursday of the month, 11 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Sekiguchi regional center.
Number of members	Active members: about 45 persons
Recommended for	Anyone living in Sekiguchi including elderlies, persons with disabilities, or mothers raising children.



Having a good time for viewing cherry-blossom, having Karaoke, a bingo game, enjoying talks, or hearing from a police officer.

Motoabo Salon

Activities	Every 3rd Thursday of the month, 10 : 00 ~ 13 : 00 (9 times a year)
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Motoabo public assembly hall
Number of members	Active members: about 20 persons
Recommended for	Anyone living in Motoabo including elderlies, persons with disabilities, or mothers raising children.



Having a good time for exercises, traditional games such as Ayatori, Kendama, or Ohajiki. If needed, transportation survice can be used.

Let's have a good relationship in the neighborhood.

Yokaichi Salon

Activities	As shown in the schedule. 10 times a year, 10:00~13:00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Yokaichi meeting place
Number of members	Active members: about 42 persons
Recommended for	Anyone living in Yokaichi including elderlies, persons with disabilities, or mothers raising children.



Having a good time for exercises, singing, doing a bingo game, or Karaoke.

Harashinden Salon

Activities	Every 2nd Monday of the month, 10:00~13:00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Harashinden meeting place
Number of members	Active members: about 10 persons
Recommended for	Anyone living in Harashinden including elderlies, persons with disabilities, or mothers raising children.



Having a good time for viewing cherry-blossom, having a tea ceremony, or seasons' events such as Tanabata.

Kumanodo Salon

Activities	Every 2nd Wednesday of the month, 10:00~14:00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	About 500 yen for once (for lunch)
Venue	Mihara meeting place
Number of members	Active members: about 20 persons
Recommended for	Anyone living in Kumanodo including elderlies, persons with disabilities, or mothers raising children.



Having a good time for talks with tea, doing Karaoke, radio gymnastic exercises, or making decorated Sushi.

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Sumaino Salon

Activities	Every 2nd Wednesday of the month, 11 : 00 ~ 13 : 00
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	Actual expenses (to be determined at the time)
Venue	Sumaino meeting place
Number of members	Active members: about 6 persons
Recommended for	Any persons living in the Sumaino area



Having a good time for making Manju or cooking with seasons' vegetables.

Mutsumi-kai (Unamuro)

Activities	Every 2nd and 4th Monday of th month, from 13 : 00 ※ from 15:00 during July to september.
Contact to	Social Welfare Council
Telephone Number	TEL:0495-74-1188
How to join	Contact to the Social Welfare Council, check with dates, and then you will be able to join.
Membership charge	Actual expenses (to be determined at the time)
Venue	Multi-purpose seminar center
Number of members	Active members: about 8 persons
Recommended for	Any persons living in Unamuro



Having a good time for exercises, singing, brain training, seasons' events (Tanabata, Christmas, New Years decorations).



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Life support



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※ The information is posted regarding companies and stores who answered for the questionnaire about Life Support from 2016 to 2015 to 2016.

We can deliver boxed meals.

Seven Eleven Niisato shop (convenience store)

Business hour	24 hours
Holidays	No holidays
A representative person	Ryo Kubota
Address	160-9 Niisato, Map page 62, 3-C
Telephone Number	TEL:0495-77-7111
Number of delivery	Not less than 500 yen in total for one delivery
Available area for delivery	Within 1 km
Delivery fee	Free charge (delivered by Kuroneko Yamato)



Registration of Seven Meal membership needed. Ordered by telephone or via the Internet before 10:30am of the previous day.

We can deliver boxed meals.

Seven Eleven Yokaichi shop (convenience store)

Business hour	24 hours
Holidays	No holidays
A representative person	Akemi Mori
Address	14-1 Yokaichi, Map page 63, 5-B
Telephone Number	TEL:0495-74-1700
Number of delivery	Not less than 500 yen in total for one delivery
Available area for delivery	Within 3 km
Delivery fee	Free charge (delivered by Kuroneko Yamato)



Registration of Seven Meal membership needed. Ordered by telephone or via the Internet before 10:30am of the previous day.

We can deliver boxed meals.

Seven Eleven Wataruse shop (convenience store)

Business hour	24 hours
Holidays	No holidays
A representative person	Hidenori Kanazawa
Address	1074-6 Wataruse, Map page 65, 5-B
Telephone Number	☎0274-25-8847
Number of delivery	Not less than 500 yen in total for one delivery
Available area for delivery	Within 3 km
Delivery fee	Free charge (delivered by Kuroneko Yamato)



Registration of Seven Meal membership needed. Ordered by telephone or via the Internet before 10:30am of the previous day.

If you have any troubles for shopping or cleaning...

We can deliver boxed meals.

Fonte di Dio (Italian restaurant)

Business hour	11 : 30 ~ 14 : 30 17 : 30 ~ 21 : 30
Holidays	Wednesday
A representative person	Hiroyuki Arai
Address	2559-1 Yokaichi, Map page 63, 5-C
Telephone Number	TEL:0495-77-1169
Number of delivery	A consultation is needed.
Available area for delivery	Tansho area
Delivery fee	Free charge



We will deliver a lunch box with a menu of the day (500 yen including tax). Please order before 18:00 in the previous day.

We can deliver boxed meals.

Mizubete

Business hour	11 : 00 ~ 15 : 00
Holidays	Irregular holidays
A representative person	Yasuyoshi Ichikawa
Address	1020 Wataruse, Map page 65, 5-B
Telephone Number	TEL:0274-52-2464
Number of delivery	A consultation is needed.
Available area for delivery	All areas of Kamikawa Town
Delivery fee	Free delivery charge (including the price)



We can deliver boxed meals.

BOPPERS (delicatessen foods/boxed meals)

Business hour	11 : 00 ~ 18 : 00
Holidays	Sunday
A representative person	Kenichi Nagata
Address	358-1 Shinshuku, Map page 62, 2-C
Telephone Number	TEL:0495-71-9933
Number of delivery	A consultation is needed.
Available area for delivery	Tansho, Aoyagi, Wataruse
Delivery fee	Free charge



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※ The information is posted regarding companies and stores who answered for the questionnaire about Life Support from 2016 to 2015 to 2016.

We can deliver dishes.

Kiku-zushi (sushi)

Business hour	11 : 00 ~ 13 : 30 17 : 00 ~ 21 : 00
Holidays	Monday
A representative person	Susumu Okubo
Address	646-1 Uedake, Map page 63, 4-B
Telephone Number	TEL: &FAX0495-77-4676
Number of delivery	A consultation is needed.
Available area for delivery	All area (negotiable)
Delivery fee	Free charge



We can deliver dishes.

Kin-zushi (sushi)

Business hour	11 : 00 ~ 14 : 00 17 : 00 ~ 22 : 00
Holidays	Monday
A representative person	Misao Kobayashi
Address	4-2 Sikenzaike, Map page 63, 4-A
Telephone Number	TEL: &FAX0495-77-4741
Number of delivery	A consultation is needed.
Available area for delivery	Tansho, Aoyagi, and Wataruse areas
Delivery fee	Free charge



We can deliver dishes.

Hokkai Udon (Udon restaurant)

Business hour	11 : 00 ~ 22 : 00
Holidays	Monday
A representative person	Susumu Egawa
Address	148-3 Kumanodo, Map page 63, 6-C
Telephone Number	TEL:0495-77-4290
Number of delivery	Delivery acceptable for not less than 3 meals
Available area for delivery	Yokaichi, Kumanodo, Motohara, Hanrashinden
Delivery fee	Free delivery charge (including the price)



配達料金と店内料金が異なります。

If you have any troubles for shopping or cleaning...

We will support carrying purchased products in the store, and deliver purchased products.

Sanesu Drug Kamikawa shop (Drug store)

Business hour	9 : 30 ~ 19 : 30
Holidays	Thursday
A representative person	Mikihiro Baba
Address	651-1 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-1556
Number of delivery	We can accept delivery orders by telephone or FAX.
Available area for delivery	Tansho, Aoyagi, Wataruse areas are available. Negotiable in the Kamiizumi area.
Delivery fee	Free charge



We will support carrying purchased products in the store.

We will delivery purchased products.

Super Shimizu (Super Shimizu)

Business hour	9 : 00 ~ 19 : 15
Holidays	Sunday
A representative person	Toshinobu Shimizu
Address	580 Wataruse, Map page 65, 5-A
Telephone Number	TEL:0274-52-2210
Number of delivery	We can accept delivery orders by telephone or FAX.
Available area for delivery	All areas of Kamikawa Town
Delivery fee	Free delivery charge when the purchased amount is over 3,000 yen.



As requested, we can accept door-to-door sales.

We will delivery purchased products.

Takayanagi Shouten (Alcohol and groceries)

Business hour	8 : 00 ~ 18 : 00
Holidays	Sunday
A representative person	Masaru Takayanagi
Address	381-1 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-2047
Number of delivery	We can accept delivery orders by telephone or FAX. We will deliver when the purchased amount is over 2,000 yen.
Available area for delivery	All areas of Kamikawa Town
Delivery fee	Free charge



We will deliver when the purchased amount is over 2,000 yen. As requested, we can accept door-to-door sales.

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※ The information is posted regarding companies and stores who answered for the questionnaire about Life Support from 2016 to 2015 to 2016.

We will deliver breads.

Katakuri (bakery)

Business hour	8 : 00 ~ 18 : 00
Holidays	Sunday, Monday, Tuesday, Staurday, and public holidays
A representative person	Kazuyuki Ubukawa
Address	824-2 Shimoaguhara Map page 65, 4-C
Telephone Number	TEL:0274-52-3631
Number of delivery	We can accept delivery order by telephone.
Available area for delivery	All area of Kamikawa Town (delivery timing cannot be specified)
Delivery fee	Free charge



As requested, we can accept door-to-door sales.

We will deliver meats or delicatessen foods.

Meat-Shop - Marukyu (Meats/delicatessen foods)

Business hour	9 : 30 ~ 19 : 30
Holidays	Monday
A representative person	Masahiro Horikoshi
Address	636-6 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-2052
Number of delivery	We can accept delivery orders by telephone or FAX.
Available area for delivery	Tansho and Aoyagi areas
Delivery fee	We will deliver when the purchased amount is over 3,000 yen.



We will support carrying purchased products in the store.

Fuji Mart Kamikawa shop (supermarket)

Business hour	8 : 30 ~ 22 : 00
Holidays	No holidays
A representative person	Masaomi Mori
Address	631 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-5378
Order / Delivery	We will accept delivery orders by telephone for applicable products. We will hand ordered products at the shop.



We will support carrying purchased products in the store.

If you have any troubles for shopping or cleaning...

We will support snow removing or repairs for heavy snows.

Kanna facilities (pipework)

A representative person	Atsushi Fujio
Address	761-6 Yokaichi, Map page 63, 4-C
Telephone Number	TEL:0495-77-3089
Snow removing	We will remove snow when heavy snow.
Repair	We will repair for sudden damages due to typhoon or others.
Available area	All areas of Kamikawa Town
Charge	Charged



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We will support snow removing or repairs for heavy snows.

Sunaga (art product merchant/gardening)

A representative person	Kiyoshi Ishizaka
Address	564-4 Yokaichi, Map page 63, 5-C
Telephone Number	TEL:0495-77-2450
Snow removing	Negotiable
Repair	Negotiable
Available area	All areas of Kamikawa Town
Charge	Charged



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We will support snow removing or repairs for heavy snows.

Daichi Construction (civil engineering/pavement construction)

A representative person	Yasuo Fukushima
Address	1139-1 Niisato, Map page 62, 3-C
Telephone Number	TEL:0495-77-1370
Snow removing	We will remove snow when heavy snow.
Repair	We will repair for sudden damages due to typhoon or others.
Available area	For the Aoyagi area
Charge	Charged



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※ The information is posted regarding companies and stores who answered for the questionnaire about Life Support from 2016 to 2015 to 2016.

We will repair.

Fukushima Construction (civil engineering)

A representative person	Soichiro Fukushima
Address	443 Yokaichi, Map page 63, 5-C
Telephone Number	TEL:0495-77-3418
Snow removing	Not available
Repair	We will repair for sudden damages due to typhoon or others.
Available area	Tansho area
Charge	Charged



When there are requests from the government, sometimes we cannot accept an order.

We will support snow removing or repairs for heavy snows.

Matsumoto Kogyo (civil engineering)

A representative person	Nobuo Matsumoto
Address	305-3 Yokaichi, Map page 63, 5-C
Telephone Number	TEL:0495-77-1924
Snow removing	Negotiable
Repair	Negotiable
Available area	Tansho area
Charge	Charged



When natural disasters, we may not accept an individual as we cannot have enough manpower for undertaking public facilities.

For persons who use our service, we will support transportation from the shop.

Barber Seki (barber)

Business hour	8 : 00 ~ 19 : 00
Holidays	Monday, every 1st and 3rd Tuesday
A representative person	Takao Seki
Address	182-1 Ikeda, Map page 62, 2-C
Telephone Number	TEL:0495-77-2511
Transportation support	We will support transportations to the shop.
Available area for supporting transportations	Aoyagi area
Charge for supporting transportations	Included in the service charge of 4,000 yen.
Physical conditions	We can accept if you can remain sitting.



We will provide this service from Tuesday to Friday.

If you have any troubles for shopping or cleaning...

For persons who use our service, we will support transportation from the shop.

Fresh More Lion (barber)

Business hour	8 : 00 ~ 22 : 00
Holidays	Monday, every 2nd and 3rd Tuesday
A representative person	Hatsuo Iijima
Address	359-1 Shinshuku, Map page 62, 2-C
Telephone Number	TEL:0495-77-2025
Transportation support	We will support transportations to the shop.
Available area for supporting transportations	All areas of Kamikawa Town
Charge for supporting transportations	Included in the service charge of 4,000 yen.
Physical conditions	We can accept if you can remain sitting.



As we provide this service on business days, please ask.

We will delivery heating oil.

Kamei (gas station)

Business hour	8 : 00 ~ 19 : 00
Holidays	Sunday
A representative person	Naoki Kamei
Address	663-1 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-1226
Order / Delivery	We will accept orders and delivery heating oil
Available area for delivery	All areas of Kamikawa Town
Delivery fee	Free charge



We will accept a delivery with one polystyrene tank.

We will delivery heating oil.

Nukui Oil (gas station)

Business hour	7 : 15 ~ 19 : 00 (7 : 30 ~ 19 : 00 on Saturday)
Holidays	Sudany and public holidays
A representative person	Jiro Nukui
Address	817-15 Shimoaguhara Map page 65, 4-C
Telephone Number	TEL:0274-52-3386
Order / Delivery	We will accept orders and delivery heating oil
Available area for delivery	Kamiizumi
Delivery fee	About 8 yen per liter



We will accept a delivery with one polystyrene tank.

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※ The information is posted regarding companies and stores who answered for the questionnaire about Life Support from 2016 to 2015 to 2016.

We will deliver laundries.

Cleaning Kawaguchi-ya (cleaning business)

Business hour	8 : 30 ~ 19 : 00
Holidays	Sunday
A representative person	Akio Iwamaru
Address	38-1 Shinshuku, Map page 62, 1-D
Telephone Number	TEL:0495-77-0832
配達など	We will receive and deliver laundries at home.
Available area for delivery	All area of the town
Delivery fee	Free charge



We will accept laundries after washing as needed, although there is no price setting now. (negotiable)

We will deliver laundries.

Cleaning House Yahata (cleaning business)

Business hour	8 : 00 ~ 19 : 00
Holidays	Sunday and public holidays
A representative person	Masaharu Yahata
Address	19-1 Yokaichi, Map page 63, 5-C
Telephone Number	TEL:0495-77-0753
配達など	We will receive and deliver laundries at home.
Available area for delivery	Tansho, Aoyagi, Wataruse
Delivery fee	Free charge



We will accept laundries after washing as needed, although there is no price setting now. (negotiable)

We will support carrying luggages when using our taxi.

Kamikawa Kotsu (taxi)

Business hour	5 : 00 ~ 20 : 00 * A taxi ticket can be accepted.
A representative person	Kenji Ishizaka
Address	1386 Uedake, Map page 63, 4-B
Telephone Number	TEL:0495-77-2007
Charge	Charged



- When getting in or out of a taxi, we will support depending on the levels how you can move your body.
- For wheelchair users, we will support lodging it into a trunk.
- To an entrance of a hospital or from a taxi to an entrance of a house, we will support carrying luggages.
- When using as a reserved car, 2,950 yen will be charged every 30 minutes.

If you have any troubles for shopping or cleaning...

We will support carrying luggages when using our taxi.

Onishi Taxi

Business hour	7 : 00 ~ 22 : 00 * A taxi ticket can be accepted.
A representative person	Takao Nagai
Address	120-2 Onishi, Fujioka City.
Telephone Number	TEL:0274-52-2621
Charge	Charged



- We will support shopping.
- When getting in or out of a taxi, we will support depending on the levels how you can move your body.
- For wheelchair users, we will support lodging it into a trunk.
- To an entrance of a hospital or from a taxi to an entrance of a house, we will support carrying luggages.
- When using as a reserved car, 2,950 yen will be charged every 30 minutes.

Persons who need health care can use a taxi.

Kodama Health Care Taxi (health care taxi)

Business hour	5 : 00 ~ 20 : 00 * A taxi ticket can be accepted.
A representative person	Seiichi Asahina
Address	2614-1 Kumanodo, Map page 63, 5-C
Telephone Number	TEL:0495-77-3975
Charge	Charged



- We have wheelchairs or stretchers.
- We will support reception of a hospital or escorting. (Additional charge)
- For wheelchair users, we will support caring a wheelchair and carrying luggages for shopping.
- We will accept a long distance transportation. We have actual histories for a long distance transportation.
- We will accept and support going out for ceremonial occasions. We can escort for visiting a grave.
- We can support persons who need oxygen or infusions. (Our wheelchair has the function to set an infusion on the wheelchair.)

Persons who need health care can use a taxi.

Health Care Taxi - Smile

Business hour	24 hours * A taxi ticket can be accepted.
A representative person	Takanobu Yamaguchi
Address	486-18 Onishi, Fujioka City.
Telephone Number	Mobile: 080-9580-1818 TEL:0274-52-3460
Charge	Charged



- We have wheelchairs or stretchers.
- We will support reception of a hospital or escorting to a pharmacy
- For wheelchair users, we will support caring a wheelchair and carrying luggages for shopping.
- We will accept a long distance transportation. We have actual histories for a long distance transportation.
- We will accept and support traveling, going out for ceremonial occasions, or visiting a grave.
- When getting in or out of a taxi, we will support depending on the levels how you can move your body.
- We can support persons who need oxygen or infusions. (Our wheelchair has the function to set an infusion on the wheelchair.)

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There are services for house keeping support and gardening.

Kamikawa Town Silver Human Resources Center

Business hour	Monday to Friday 8 : 30 ~ 17 : 15
Address	Uedake 909 Uedake, Map page 63 4-B
Contents of services	House keeping support: cleaning, shopping, replacement of shoji/fusuma/mosquito screens. Gardening: pruning, weeding, cutting grass
Available area	All areas of Kamikawa Town
料 金	Depending on working durations or contents of works, we have several price settings. Please ask us for more details.
Contact to	TEL:0495-77-1769



We will provide services for house keeping or weeding.

Kamikawa Town Social Welfare Council "Supporting Service Business each other"

This is the business that volunteers including healthy elderlies will support a life with a small help when someone need some small help in a daily life.

Persons who can use the service (users)

※ Registration is needed in advance.

- Persons who are 65 years old or older living in Kamikawa Town and requiring some helps.
- Persons with disabilities
- Persons who need temporary support due to illness or childbirth.

How to use

Service hours: 9:00am - 5:00pm in week days

Service charge: 500 yen per hour

Users purchase a regional gift voucher issued by the commerce and industry association in advance and give it to a supporter as a fee after completion of the service.

Services that can be used

- Simple cooking
 - Washing clothes, airing beddings
 - Cleaning and tidying up a room
 - Go shopping instead of a user
 - Escorting when going out
 - Simple gardening such as weeding, etc.
 - Support for some paperworks relating to a daily life
 - Conversation partner or just watching daily activities
- Other easy services may be included.

We are waiting for additional supporting members.

We are looking for persons who understand the purpose of the business and cooperate with the supporting services. As a fee, you can receive a regional gift voucher (500 yen par value) for an hour of service providing. You can use the voucher in 21 shops in the town.

Contact to:

Kamikawa Town Social Welfare Council TEL:0495-74-1188
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Police



Name	Address	Telephone Number
Tansho police station	110-1 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-77-3505
Aoyagi police station	79-3 Ninomiya, Ooaza, Kamikawa Town	TEL:0495-77-4042
Wataruse police station	863-1 Wataruse, Ooaza, Kamikawa Town	TEL:0495-77-3261
Kamiizumi police station	917-2 Shimoaguhara, Ooaza, Kamikawa Town	TEL:0274-52-4789

Fire-fighting facility



Name	Address	Telephone Number
Kamikawa branch, regional fire-fightings in Kodama county	396-1 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-2086
Kamiizumi branch, regional fire-fightings in Kodama county	879-12 Shimoaguhara, Ooaza, Kamikawa Town	TEL:0274-52-3409



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Consultation counter for elderlies / Facilities for elderlies / Health Insurance service

	Name	Address	Telephone Number	Features
Consultation	Insurance Health Division of Kamikawa Town Office	909 Uedake, Ooaza, Kamikawa Town	TEL:0495-77-2113	You can consult about health, health care, medical care for elderlies.
	Kamikawa Town Community General Support Center	90 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-74-1155	
Medical institutes	Sakamoto Clinic	362 Motoabo, Ooaza, Kamikawa Town	TEL: 0495-77-0013	Internal medicine department / Department of respiratory disease
	Sekine Clininc of Internal Med. & Surgery	221-1 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-7667	Department of Internal medicine / Surgery / Anesthesiology / Orthopedic surgery / Digestive surgery / Bowel & Proctology
	Tominaga Clinic	367-2 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-0762	Department of Internal medicine / Pediatrics / Respiratory disease / Cardiovascular / Digestive organs
	Yoshida Hospital	307-1 Nakaniiisato, Ooaza, Kamikawa Town	TEL:0495-77-2015	Department of Internal medicine / Pediatrics
	Kamikawa Town Medical Office for National Health Insurance	92-1 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-77-2413	Internal medicine department
Dental Clinic	Nishimura Dental Office	73-4 Kumanodo, Ooaza, Kamikawa Town	TEL:0495-77-0648	
	Hkaru Dental Clinic	652-1 Uedake, Ooaza, Kamikawa Town	TEL:0495-77-1418	
	Maekawa Dental Clinic	241-5, Ninomiya, Ooaza, Kamikawa Town	TEL:0495-77-4978	
	Kamikawa Dental Clinic	490-12 Uedake, Ooaza, Kamikawa Town	TEL:0495-77-4451	
	Satoko Dental Clinic	305-1 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-77-1477	
Pharmacy	Kurumi Pharmacy	360-1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-77-5552	
	Sakura Pharmacy	374-5 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-7007	
	Sanesu Drug Kamikawa shop	651-1 Uedake, Ooaza, Kamikawa Town	TEL:0495-77-1556	
	Tamura Pharmacy	81-1 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-77-2027	
Home health care support	Hanawa home health care support office	146-3 Harashinden, Ooaza, Kamikawa Town	TEL:0495-77-3522	
	Home health care support center - Izumi	567 Kamiaguhara, Ooaza, Kamikawa Town	TEL:0274-52-6038	
	Home health care support office - Kodama	256-8 Uedake, Ooaza, Kamikawa Town	TEL:0495-77-4510	
	Elderly Health Facility - Kamikawa	2783-5 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-2060	
	Kamikawa Town Social Welfare Council. Care Plan Center.	90 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-74-1188	
Special elderly nursing home	Izumi	567 Kamiaguhara, Ooaza, Kamikawa Town	TEL:0274-52-6038	Available for a short stay
	Irori no tomo	739-2 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-77-1212	Available for a short stay
Elderly Health Facility	Elderly Health Facility - Kamikawa	2783-5 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-2060	Available for a short stay
Ambulatory rehabilitation	Elderly Health Facility - Kamikawa	2783-5 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-2060	Ambulatory rehabilitation
Rehabilitation with care attendants	Elderly Health Facility - Kamikawa	2783-5 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-2060	Rehabilitation with care attendants
Attendant Care Service	MY Iris Corporation. Iris Attendant Care Service	752-34 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-77-4617	Attendant Care Service Station

Hospitals & Healthcare facilities in neighborhood

	Name	Address	Telephone Number	Features
Dementia Group Home	Sakura Plaza	639-1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-74-2330	For treatment of dementia
	Yu Yu Club	220 Hido, Ooaza, Kamikawa Town	TEL:0495-74-2333	For treatment of dementia
	Ran Ran Club	2578 Kumanodo, Ooaza, Kamikawa Town	TEL:0495-74-2323	For treatment of dementia
	Watado	1024-3 Wataruse, Ooaza, Kamikawa Town	TEL:0274-20-3355	For treatment of dementia
Specified facility	Best Care Residence Hadoromo	186-6 Niisato, Ooaza, Kamikawa Town	TEL:0495-77-1000	Fee-based homes for the elderly with health care
Ambulatory health care	Arinomi Day Service Center	778-1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-77-2939	
	Day Service Center - Rinka	360-1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-71-5334	Nurse on duty at all times
	Care Station - Asahi	911- 1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-74-1101	
	Day Service Center - Izumi	567 Kamiaguhara, Ooaza, Kamikawa Town	TEL:0274-52-603	
	Day Service Center - Gaia	64-7 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-9744	
	Day Service Center - Dan Dan	64-8 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-8305	
	Day Service Center - Megumi Kamikawa	216 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-9920	
	Day Service Center - Pentas	24-4 Yokaichi, Ooaza, Kamikawa Town	TEL: 0495-74-1116	
	Hanawa Day Service	146-3 Harashinden, Ooaza, Kamikawa Town	TEL:0495-77-3522	
	Ikoi no sato - Day service	90 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-74-1188	
Attendant Care Service	Care Station - Asahi	911- 1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-74-1101	
	Life Station - Katakuri	824-2 Simoaguhara, Ooaza, Kamikawa Town	TEL:0274-52-3631	
	Kamikawa Town Attendant Care Service Station	90 Sekiguchi, Ooaza, Kamikawa Town	TEL:0495-74-1188	
	Attendant Care Service - Pentas	24-4 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-74-1116	
	Hanawa Attendant Care Service	146-3 Harashinden, Ooaza, Kamikawa Town	TEL:0495-77-3522	
House for the elderly with services	Hanawa Home	146-3 Harashinden, Ooaza, Kamikawa Town	TEL:0495-77-3522	This is a "residence for elderly people" that is out of application for the health care insurance. Specific services may differ in each facility. Please contact to each facility.
	Hanawa Home A building	146-3 Harashinden, Ooaza, Kamikawa Town	TEL:0495-77-3522	
	Furusato Home Kamikawa	911- 1 Motoabo, Ooaza, Kamikawa Town	TEL:0495-74-1102	
	Megumi Kamikawa	216 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-9920	
Residence type fee-based homes for the elderly	Koshino Kamikawa	64-8 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-6080	
	Silver Home Pentas	24-4 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-74-1116	
	Gaia Kamikawa	64-27 Yokaichi, Ooaza, Kamikawa Town	TEL:0495-71-8013	

※ Contents in the table were just consolidated with the general and easy-to-understand expressions.

※ There are maps on page 62 to 65.

1 Exercise

2 Hobby & Quality of life

3 Salon

4 Life support

5 Hospitals & Health care facilities

6 Health center & Community general support center

“Symptoms of dementia” or “memory loss” ? Kamikawa Town Community General Support Center will support you!

**None = 0 point Sometimes Yes = 1 point
Frequently Yes = 2 points**

- Repeat talking the same story unconsciously
- Can not recall the name of the person you know.
- Forget where a thing is stored.
- Forget Chinese characters.
- Forget what one would do now.
- Being lazy to read instruction for equipment.
- Get depressed without reasons.
- Not care about one's appearance.
- Not feel like going out.
- Blame others for cases where one cannot find a thing (wallet, etc.)

0 - 8 points = Normal

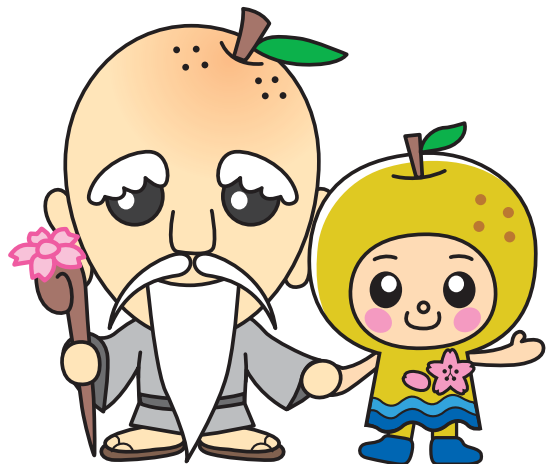
9 - 13 points = Caution needed

**14- 20 points = Consult with a
medical specialist**

Important to find in the early time!!

A person oneself or his/her families can easily predict initial symptoms of dementia using this test. Check if there are anything you are familiar with based on the checklist (according to the website of the Foundation for Dementia Prevention).

Website of Kamikawa Town URL ; <http://www.town.kamikawa.saitama.jp/index.html>



6



Health center & Community general support center



Adult Health business

[Medical checkup / Health check]

● Health checkup

Type	Intended participants	Contents	Venue
Special medical checkup	Participants of the national health insurance in 40 years old or older	Measurement, Blood pressure, Urine test, Clinical examination, Blood test, Funduscopic examination, Electrocardiogram	Health Center Stela Kamiizumi
Medical check for the elderly aged 75 or over	Participants of medical care for the elderly aged 75 or over		

● がん集団検診

Type	Intended participants	Contents	Venue
Test for tuberculosis/ lung cancer	20 years old or older	X-ray for the breast region, Sputum test (as requested)	Health Center Stela Kamiizumi
Screening for gastric cancer	20 years old or older	X-ray for the gastric region (with barium)	Health Center Stela Kamiizumi
Colorectal cancer screening	20 years old or older	Test for response of blood in the stool (2-day method)	Wataruse Community meeting place
Breast cancer screening	Females in 40 years old or older	Mammography	Health Center Stela Kamiizumi
Uterine cervix cancer screening	Females in 20 years old or older	Cervical cytology	

● Cancer individual screening

Type	Intended participants	Contents	Venue
Prostate cancer screening	Males in 40 years old or older	Blood test	Specified medical institutes
Colorectal cancer screening	40 years old or older	Test for response of blood in the stool (2-day method)	
Breast cancer screening	Females in 20 years old or older	Mammography / Inspection and palpation	
Uterine cervix cancer screening	Females in 20 years old or older	Cervical cytology	

● Other checkups

Type	Intended participants	Contents	Venue
Gastric cancer risk screening	40 years old or older	Blood test (test for gastric atrophy and Helicobacter pylori)	Specified medical institutes
Osteoporosis screening	Females in 20 years old or older	Measurement of the bone density	Health Center Stela Kamiizumi
Hepatitis virus screening	Not-screened persons in 30 years old or older	Blood test (test for hepatitis B and C virus)	
Medical check for periodontal diseases	Age by 5 years from 30 to 80 years old	Medical interview / dental checkup	Specified medical institutes



【Health Class】

Type	Intended participants	Contents	Venue
Challenge class in spring	40 - 64 years old	Exercise class for improvement of health	Employment Improvement Center
Walking class (6 times in total)	20 - 64 years old	Lectures and practices for the proper way of walking	B&G Marine Cente

【10,000 steps exercise for a day】

Implementation period	Application	Intended participants	Contents
All year	Once a year	Residents in 20 - 74 years old	Walking by oneself with a pedometer made by Tanita. The record will be managed by submitting the data about once a week. Implementing measurement of physical fitness and a blood test will be utilized as a part of health management.

【Health consultation】

(Venue: Health Center)

We have a health consultation day on every Wednesday in the morning. We provide consultation about a healthy life including meals and exercises.

【Regular vaccination】

Type	Intended participants	Self-pay	Venue for vaccination	Remarks
Pneumococcus for elderlies [※]	Age by 5 years in 65 years old or older	2,000 yen	Specified medical institutes	Once in a lifetime
Influenza for elderlies	65 years old or older	1,000 yen		Once every year

※ Intended persons for Pneumococcus for elderlies are persons in 65 years old only from the fiscal year of 2019.

※ Regarding Pneumococcus for elderlies for persons other than the intended age, a grant may be given for vaccination as requested. (65 years old or older)

〈Telephone consultation of first-aid for adults in Saitama〉

A nurse will give an advice how to treat at home and necessity of visiting a clinic for sudden illness in holidays and night time (fever, vomiting, diarrhea, etc.).

Tel Number: #7000
You can contact from a mobile.

For persons in the Wataruse & Kamiizumi district, please call to TEL:048-824-4199 if you use a dial line, an IP telephone, or PHS. (Available time: 18:30 - 22:30 everyday)

Initial Emergency Medical Care on holidays (Sundays and public holidays)

For the initial emergency medical care on holidays, please contact here. **TEL:0495-23-3322**
Place: Honjo City Health Center
Available time: 9:00am - 12:00pm, 1:00pm - 4:00pm, and 7:00pm - 10:00pm
Subject of medical treatment: internal diseases ※ Please bring your health insurance card.

Not very urgent to call an ambulance...

If you can visit a hospital without calling an ambulance, a medical institute that is available for medical care will be guided. (Available for 24 hours)
Head office of regional fire-fightings in Kodama county TEL:0495-24-1119
Saitama Emergency Medical Information Center TEL:048-824-4199

Information about the care prevention business from 65 years old.

~ You can start from today! Care prevention is better than cure. ~

- ★ **Intended person:** Kamikawa town people in 65 years old or more in principle
- ★ **Cost:** You need actual costs in cooking classes or the business of regional community exchanges.
- ★ **Application:** Needed.

Recommended for persons below:	Recommended classes
<ul style="list-style-type: none"> ● Persons who want to improve health and prevent aging. ● Persons who want to enjoy exercises. ● Persons who want to contribute the community while their health are still good. ● Persons who want to enjoy cooking and chatting together. ● Persons who want to enjoy chatting over a cup of tea. ● Persons who want to consult about dementia. ● Persons who want to consult about health care, medical care, or health, etc. 	<ul style="list-style-type: none"> ① Genki-up class once a week ① Genki-up class once a week ② Health Care Support Volunteer ③ Cooking class for old guys, Baron club from 80 years old ④ Business of Regional Community Exchanges ⑤ Consultation meetings for memory loss (consultations for dementia) <p>Please contact to the Community General Support Center!!</p>

We have more classes!

① Genki-up class once a week

This is a class mainly for exercises. Improve muscle strength and prevent to fall down.

Venue	Date and Time		
Stela Kamiizumi	<ul style="list-style-type: none"> ● 1st through 4th Monday, 14 : 00 ~ 15 : 00 ● 1st through 4th Tuesday, 10 : 00 ~ 11 : 00 		
Wataruse Community meeting place	● 1st through 4th Monday, 10 : 00 ~ 11 : 00	 (隔週)	
Aoyagi meeting place	● 1st through 4th Monday, 10 : 00 ~ 11 : 00		
Ikoi no sato	Group Mars Group Mars in the afternoon	<ul style="list-style-type: none"> ● 1st through 4th Tuesday, 10 : 00 ~ 11 : 00 ● 1st through 4th Tuesday, 14 : 00 ~ 15 : 00 	
	Group Mercury	● 1st through 4th Wednesday, 10 : 00 ~ 11 : 00	
	Group Otoko	● 2nd through 4th Wednesday, 10 : 00 ~ 11 : 00	
	Group Jupiter	● 1st through 4th Thursday, 10 : 00 ~ 11 : 00	
	Group Venus in the afternoon	● 1st through 4th Friday, 14 : 00 ~ 15 : 00	

Necessary items: towel, drinks, indoor shoes, and wear comfortable clothes for exercise!

※ with transportation service

Aiming for active

[Which do you



② Health Care

Any persons aged in 65 registered. You can in the specified facilities According to actual can collect stamps and gift vouchers. Although prevention by yourself, join volunteer activities and participate in the is said that people can (the state that doesn' t easily while undertaking why don' t you join the

Here is "Community General Support Center"



If you want to consult about health care...



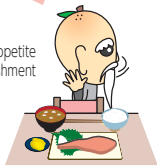
85 years old

prefer?]

2 I don't go out because I'm worrying about falling down.



3 Reduction in appetite / lack of nourishment



4 My artificial tooth doesn't fit.



Support Volunteer

years or more can be do volunteer activities or associations. achievements, you exchange with local you can undertake care it is also effective to with other people society. Additionally, it maintain self-reliance need health care) more volunteer activities. So, volunteer activities?

Social involvement will also help for care prevention!



③ Cooking class for males

(1) Cooking class for old guys

Intended person: 65 years old or older
Venue: Health Center
Date: Every 2nd and 4th Friday
Time: 10 : 30 ~ 13 : 00
Cost: 300 yen

It's OK even if you don't have cooking experiences!



(2) Baron Club from 80 years old

Intended person: around 80 years old or older
Venue: Stela Kamiizumi
Date: Every 1st and 3rd Friday
Time: 10 : 00 ~ 13 : 00
Cost: 200 yen



④ Business of Regional Community Exchanges

Idobata-kaigi (Sumaino meeting place)
Date: 5 times a year on Thursday
Time: 11 : 00 ~ 13 : 00

Let's have a good time as chatting or making sweets.



Ittenbee (Yano Center)
Date: 4 times a year on Friday
Time: 11 : 00 ~ 13 : 00

⑤ Consultation meetings for memory loss (consultations for dementia)

Date: every Wednesday
Time: 9 : 00 ~ 16:00

Please feel free to ask anything about concerns to dementia or how to care. We will take time to listen from you as you can be relieved and encouraged as much as possible.

Consultation business for elderlies

If you have concerns or questions regarding illness or health care, please feel free to consult us from anyone including the person oneself, his/her families, or neighbors.

★ "I'm wondering if I can do something", "Maybe I can try once..."
For such persons, we will give detailed explanations or schedules. Please contact us.

Contact to:
Kamikawa Town Community General Support Center
TEL:0495-74-1155

1 Exercise

2 Hobby & Quality of life

3 Salon

4 Life support

5 Hospitals & Health care facilities

6 Health center & Community general support center

Dementia Supporter

Planning the town that care for the people with dementia to live in.

● Who is the dementia supporter?

A dementia supporter will not necessarily do special actions. A dementia supporter is a “supporter” for people with dementia and their families, who correctly understands about dementia.

It is OK that each supporter may join activities to the extent that the one can do. As people working in the service industry have a lot of opportunities to meet many people, some may encounter people or their families who have troubles about dementia during the work. In such case, such families may be relieved only by being asked as “How can I help you?”

Dementia is a brain disease that may happen to anyone. In order that people with dementia and their families live safely and calmly in the area, we hope that many people will know about dementia and become the “Supporter” as much as possible.

● Training course for the dementia supporter

Training course for the dementia supporter to learn correct knowledge about dementia and how to have a good communication manner to people with dementia. Until now, there have been many supporters from the course in various areas.

For elementary school students

⇒ Theme: **[What is dementia?]**

Students will learn about dementia in a plain way and think what they can do as a “supporter”.

For junior high school students

⇒ Theme: **[Let's get to know about dementia.]**

Students will understand about dementia correctly and learn the mind frame to communicate with people with dementia.

For adults

⇒ Theme: **[Let's get to know about dementia and support people with dementia in the local communities.]**

Study about symptoms of dementia and think how to support in their families and the local communities.

※ The course may accept anyone who are “local residents or staff in offices, schools, associations, or companies” and can collect about 10 participants or more for opening the course. There is no fee for the course.

※ One class takes about 60 to 90 minutes.

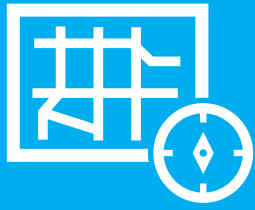
※ A instructor will be a “Caravan Mate” who has completed the specified trainings.

※ For students who take the course, an “Orange ring” and a “Certificate of the dementia supporter” will be given as the symbol goods for a dementia supporter.

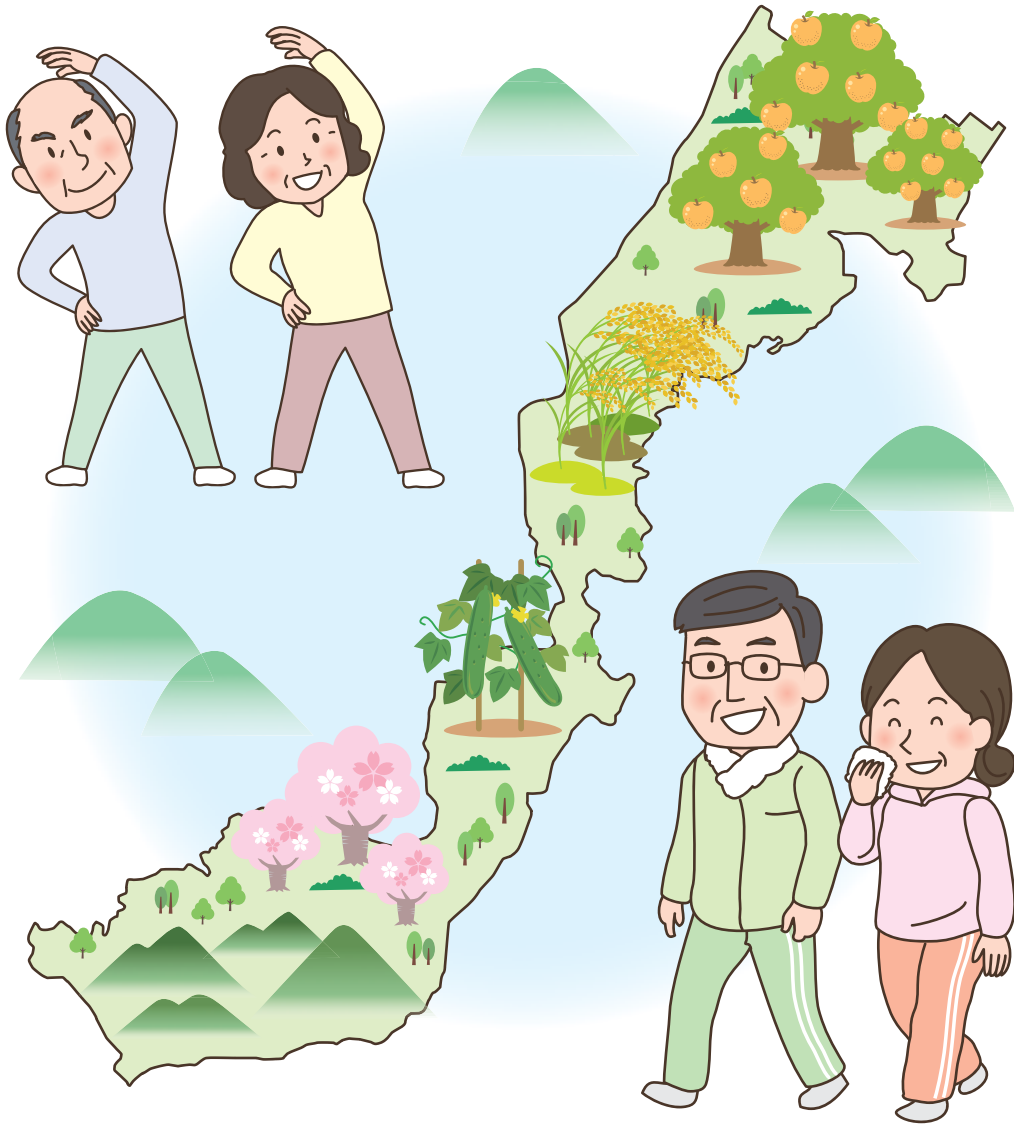
※ Community General Support Center will prepare instructors, study materials, orange rings, etc.

[Contact/Apply to]

Kamikawa Town Community General Support Center TEL:0495-74-1155



Map



Chapter 2: Life Supporters

【Venue : 総合福祉センター いこいの郷】

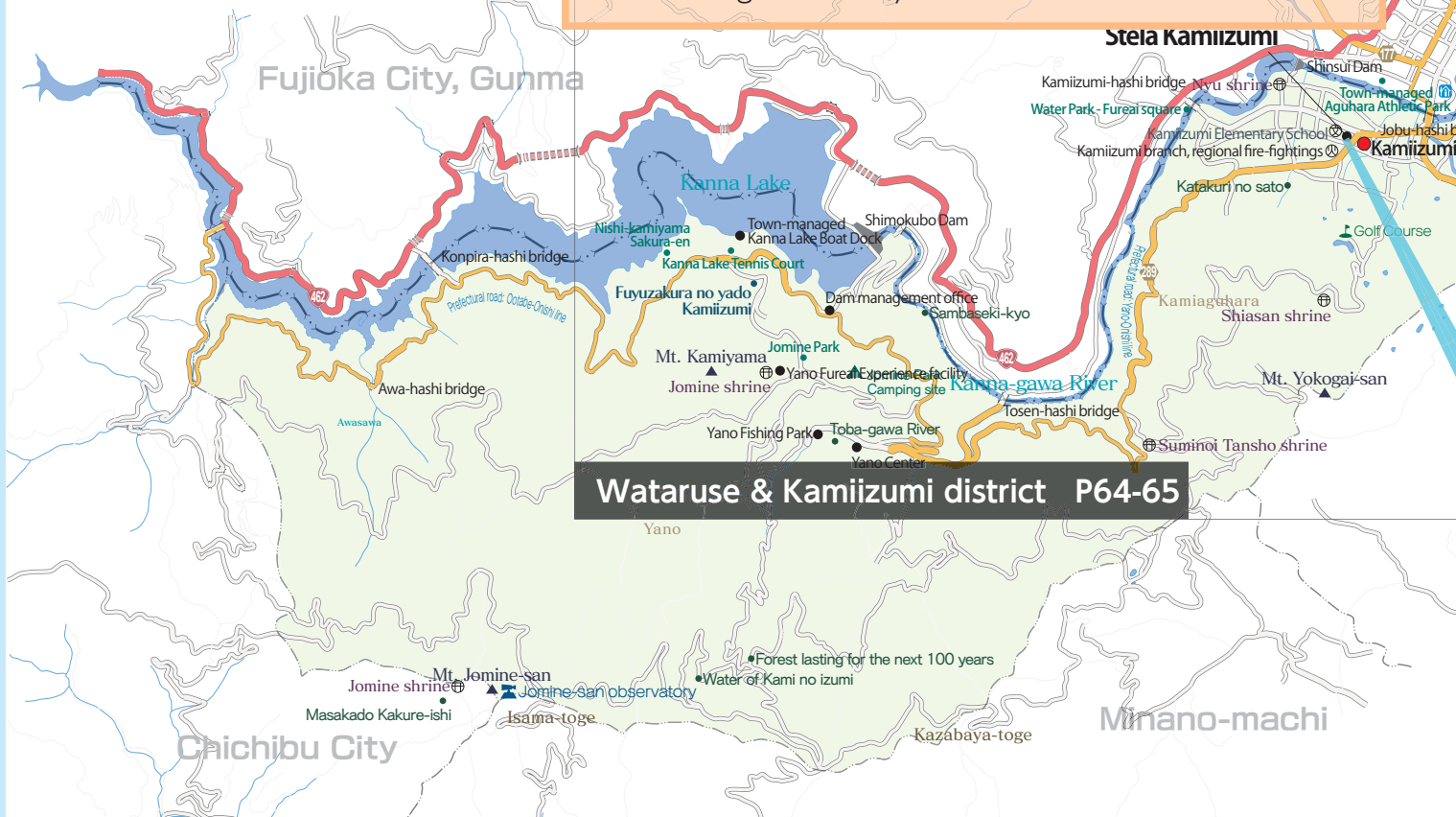
- Ikoi no sato - Hula Dance Circle
- Refreshing Rhythmic Exercise
- Kamikawa Igo Club
- Kamikawa Ginei Circle (chanting a poem)
- Kamikawa Minyo (local folk song) Society
- Harmonica Circle

【Social Welfare Council】

- Salon
Ikeda · Niisato · Naka-niisato · Kobama Nenrin · Nukui · Uedake · 3rd (Uedake) · Sekiguchi · Motoabo · Yokaichi · Harashinden · Kumanodo · Sumaino · Mutsumi-kai (Unamuro)

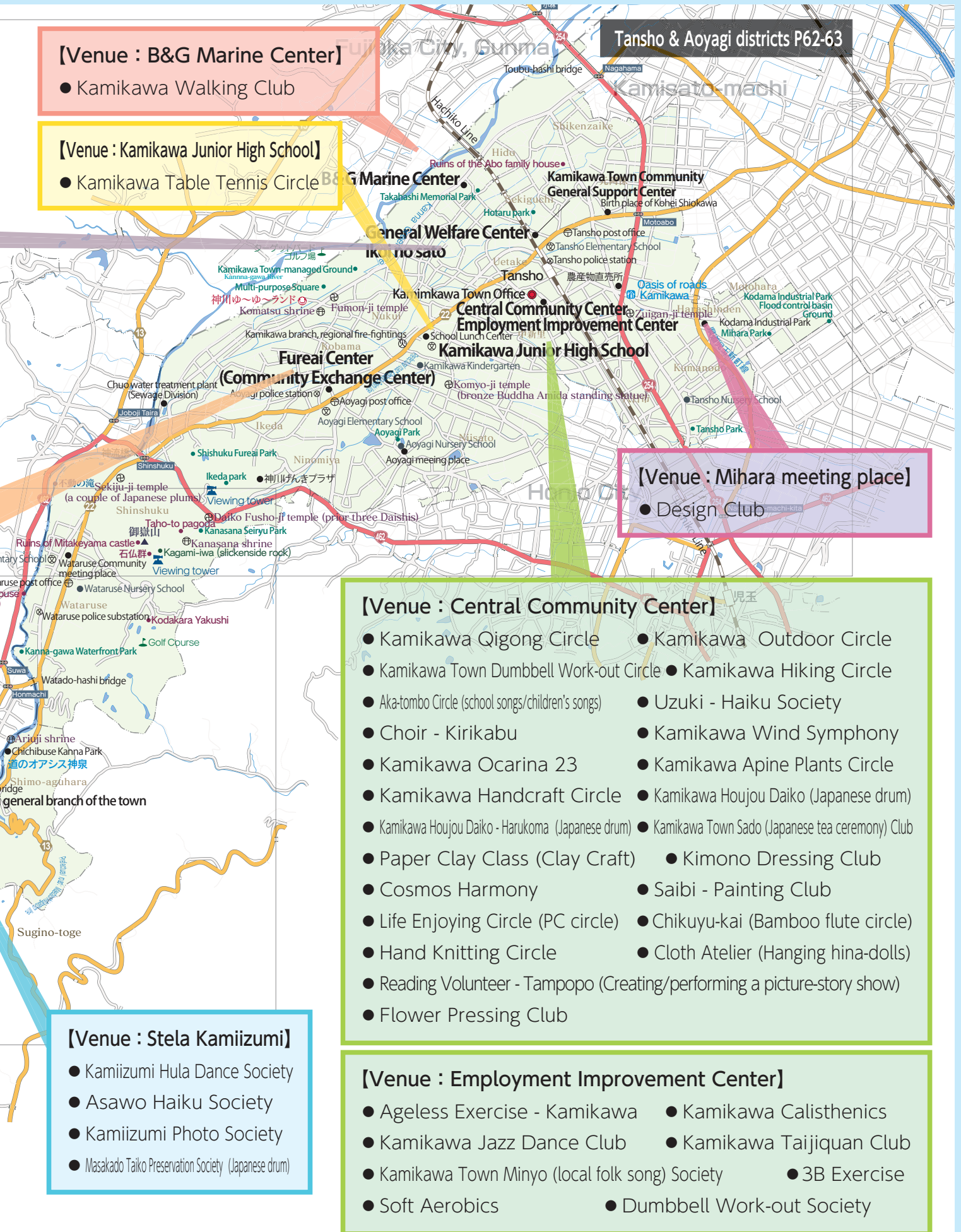
【Venue : Fureai Center (Community Exchange Center)】

- Iki-iki Club (Yoga Club)
- Calisthenics Circle
- Saihoku Kamikawa Town Sport Blowgun
- Social Dance Society
- Kobama Karaoke Circle
- Kamikawa Town Karaoke Society
- Kamikawa Dance Society
- Sakura-kai (handcraft)
- Salvia-kai (story-telling with picture books for children)
- Tampopo (singing)
- Tsubomi-kai (Sado: Japanese tea ceremony)
- Donguri no kai
- Red Cross Volunteer Work Group - Fabric Picture Book Circle
- Singing-with-friends Club
- Patchwork Quilt - Nuno-Asobi
- Dressing Club (Kimono dressing)
- Focus - Photo Circle
- Remaking Club (Recycle of Kimono and clothes)

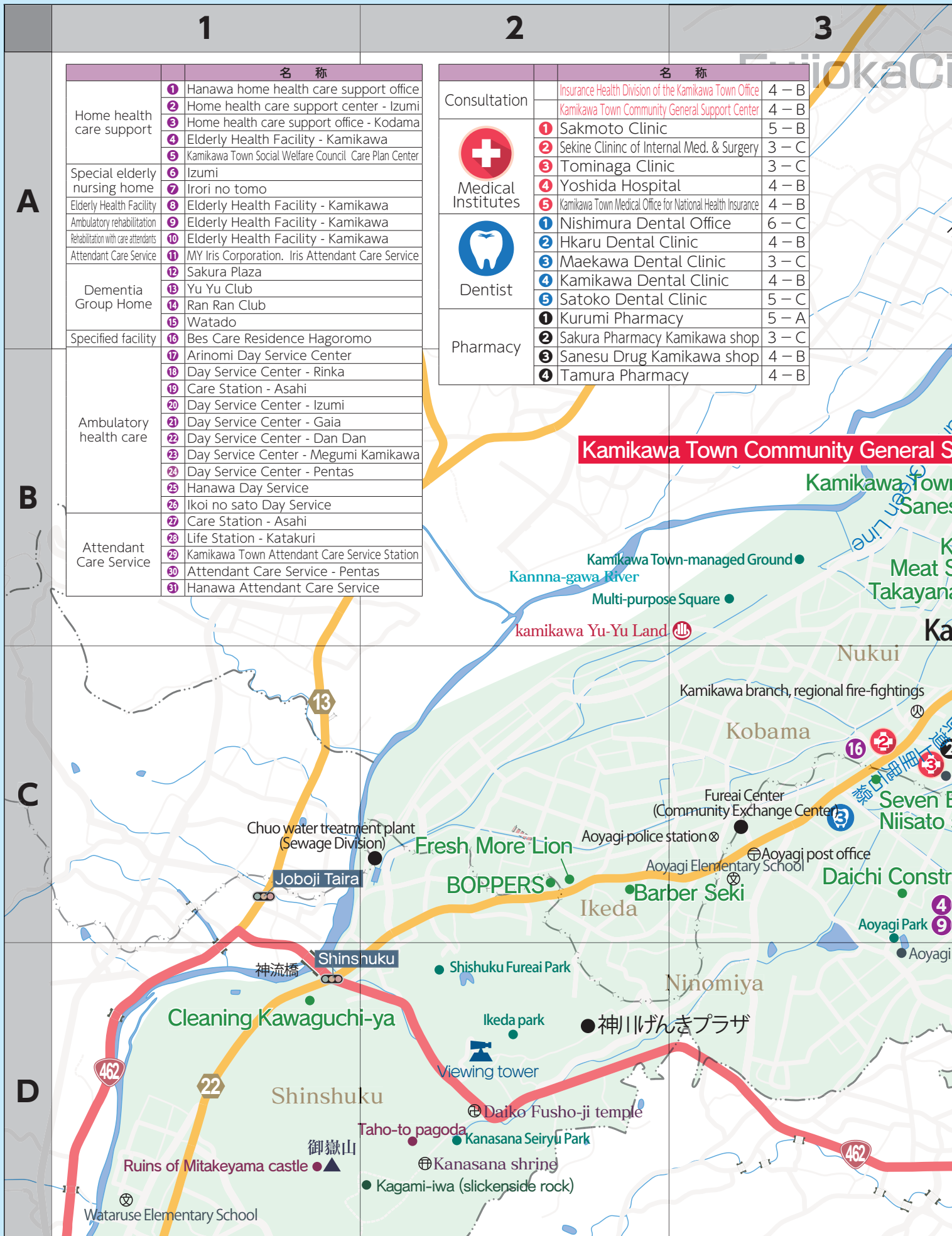


Wataruse & Kamiizumi district P64-65

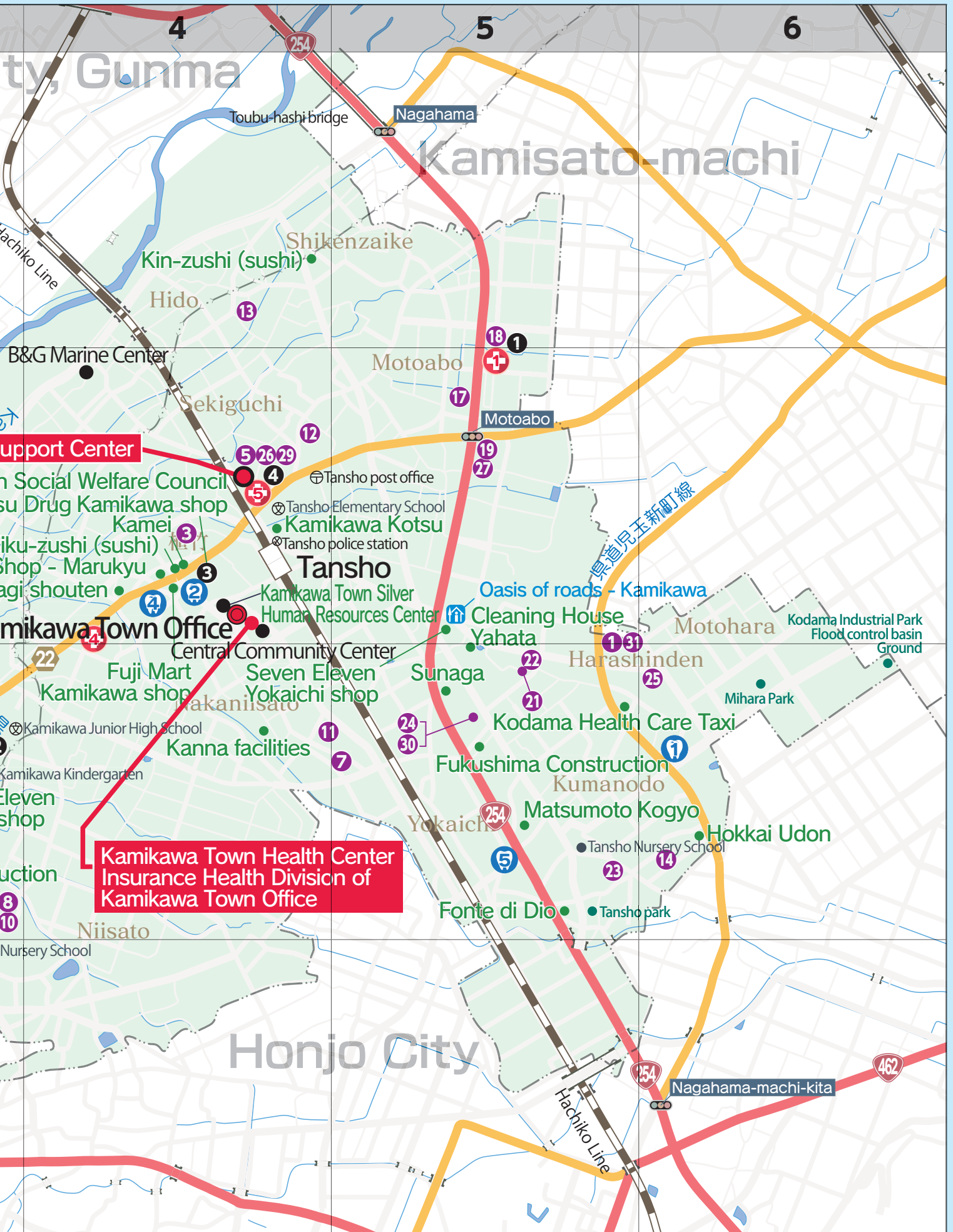
(Exercise, Hobby, Quality of life, Salon) Kamikawa Town Iki-Iki Map



Chapter 2: Life Supporters (Life support, Hospitals, Health care facilities)



(Tansho & Aoyagi district) Kamikawa Town Iki-Iki Map

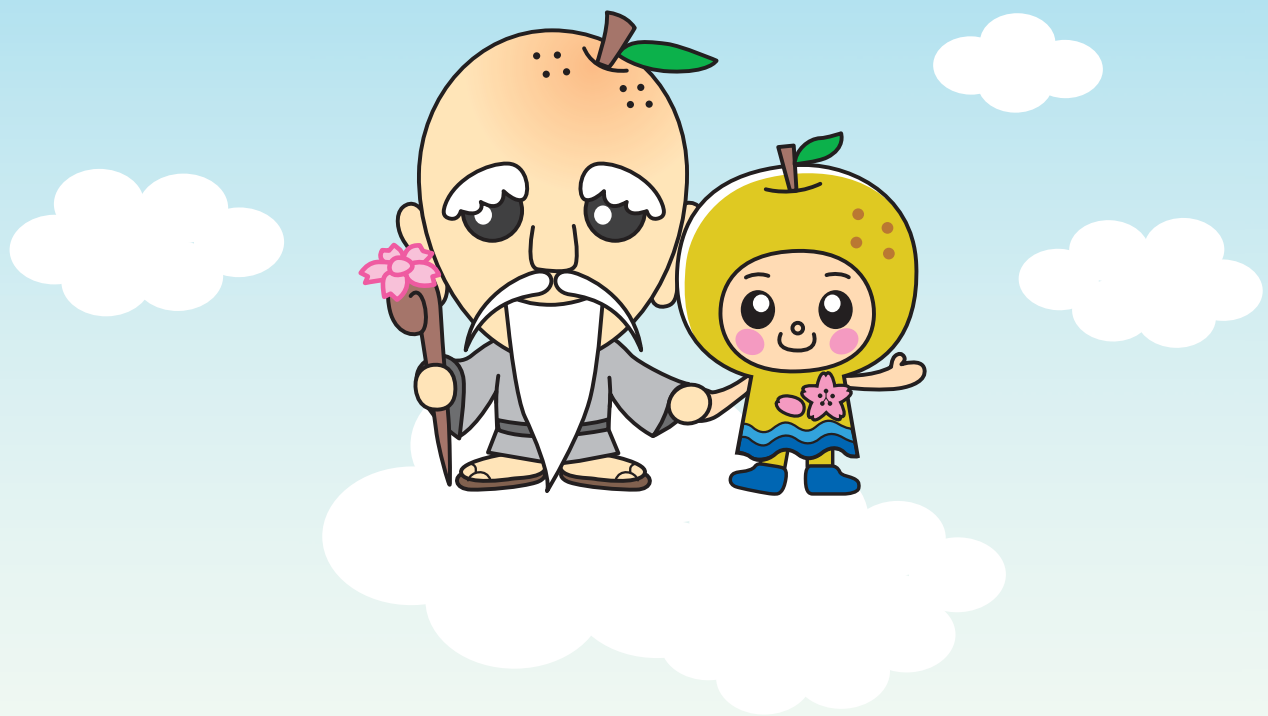


Chapter 2: Life Supporters (Life support, Hospitals, Health care facilities)

	1	2	3		
A		名称			
	Home health care support	①	Hanawa home health care support office		
		②	Home health care support center - Izumi		
		③	Home health care support office - Kodama		
		④	Elderly Health Facility - Kamikawa		
		⑤	Kamikawa Town Social Welfare Council Care Plan Center		
	Special elderly nursing home	⑥	Izumi		
		⑦	Irori no tomo		
	Elderly Health Facility	⑧	Elderly Health Facility - Kamikawa		
	Ambulatory rehabilitation	⑨	Elderly Health Facility - Kamikawa		
	Rehabilitation with care attendants	⑩	Elderly Health Facility - Kamikawa		
	Attendant Care Service	⑪	MY Iris Corporation. Iris Attendant Care Service		
		⑫	Sakura Plaza		
		⑬	Yu Yu Club		
		⑭	Ran Ran Club		
		⑮	Watado		
Specified facility	⑯	Bes Care Residence Hagoromo			
B	Ambulatory health care	⑰	Arinomi Day Service Center		
		⑱	Day Service Center - Rinka		
		⑲	Care Station - Asahi		
		⑳	Day Service Center - Izumi		
		㉑	Day Service Center - Gaia		
		㉒	Day Service Center - Dan Dan		
		㉓	Day Service Center - Megumi Kamikawa		
		㉔	Day Service Center - Pentas		
		㉕	Hanawa Day Service		
		㉖	Ikoi no sato Day Service		
		㉗	Care Station - Asahi		
	Attendant Care Service	㉘	Life Station - Katakuri		
		㉙	Kamikawa Town Attendant Care Service Station		
		㉚	Attendant Care Service - Pentas		
		㉛	Hanawa Attendant Care Service		
C	名称	Consultation			
		Insurance Health Division of the Kamikawa Town Office			
		Kamikawa Town Community General Support Center			
		Medical Institutes	①	Sakmoto Clinic	
			②	Sekine Clininc of Internal Med. & Surgery	
			③	Tominaga Clinic	
			④	Yoshida Hospital	
			⑤	Kamikawa Town Medical Office for National Health Insurance	
		Dentist	①	Nishimura Dental Office	
			②	Hkaru Dental Clinic	
			③	Maekawa Dental Clinic	
			④	Kamikawa Dental Clinic	
			⑤	Satoko Dental Clinic	
		Pharmacy	①	Kurumi Pharmacy	
			②	Sakura Pharmacy Kamikawa shop	
			③	Sanesu Drug Kamikawa shop	
④	Tamura Pharmacy				
D					

(Wataruse & Kamiizumi district) Kamikawa Town Iki-Iki Map





Contact to:

Kamikawa Town Health Center,
900-1 Uedake, Kamikawa Town
TEL:0495-77-4041

Kamikawa Town Community General Support Center,
90 Sekiguchi, Kamikawa Town
TEL:0495-74-1155

Published on: Match 2017

Also, you can find these information in our website! (English version also posted)
Website of Kamikawa Town: <http://www.town.kamikawa.saitama.jp>