

Nara City Information for Residents

February 2022 Issued by Nara City Hall (No. 1215)

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

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

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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

Copies available on request at:

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

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



**Socialize with others in the community and keep an eye out for each other
so that you can continue to live in your favorite place as you get older**

Japan is now heading toward becoming a “longevity society” in which approximately 30 percent of the total Japanese population are those 65 years old and older..

The environment surrounding older people, such as an increase in elderly single persons and couples, etc., has changed significantly.

Under such circumstances, it is said that it is important for those elderly people not only to receive support, but "to socialize with people in the community and be connected to society".

**Important Notice for Booster (Third) Vaccination against COVID-19 Planned as of
Jan. 12, 2022**

Booster vaccinations against COVID-19 will start being given.

The vaccination time and schedule for mailing notifications has been reevaluated for elderly people who are sixty-five years of age and older who are believed to be at severe risk. Please confirm your vaccination schedule.

Vaccination Schedule: Booster (Third) vaccination until **Sep. 30 (Fri.), 2022** *the schedule for the first and second vaccination has also been extended accordingly

Vaccine Types: Messenger RNA vaccine (manufactured by Pfizer or Takeda/Moderna). *Either can be used regardless of the vaccine type for the first and second doses.

Revised Notification Dispatch Schedule

When You Received the Second Vaccination in 2021		When the Vaccine Voucher/ Preliminary Examination Slip for the Third Vaccination Will Be Sent Out in 2022
Those Who Are Older Than 18 Years of Age and Younger Than 65 Years	Those Who Are Aged 65 and Older	
May 1-31	May 1-June 23	The third week of January
June 1-15	June 24-July 8	The fifth week of January
June 16-23	July 9-23	The second week of February
June 24-30	July 24-31	The third week of February
July 1-8	Aug. 1-8	The fourth week of February
July 9-15	Aug. 9-15	The first week of March
July 16-23	Aug. 16-23	The second week of March
July 24-31	Aug. 24-31	The third week of March
Aug. 1-8	Sep. 1-8	The fourth week of March

*The notification dispatch schedule may change depending on the vaccination status.

Those Eligible and Interval of Vaccinations

Those who are eighteen years of age and older who received the second vaccination are eligible for the third vaccination.

The third vaccination should be given at least eight months from the second vaccination in principle; however, those who are sixty-five years of age and older are eligible for the third vaccination at seven months from the second vaccination, effective as of February.

Notices and other documents will be sent to those who are sixty-five years of age and older accordingly.

*The vaccination records for those between eighteen and sixty-five years old will be extracted from the Vaccination Record System, and notices with other documents will be sent eight months after their second vaccinations, as before.

Two Methods of Vaccination: with Family Doctors OR at Vaccination Venues Third Vaccinations Are Basically on an Individual Basis.

The third vaccinations will be carried out individually at more than 220 medical institutions. Vaccinations start in sequence for citizens who will have received a vaccine voucher/medical inquiry sheet. Please consult your family doctor first.

Start Date of Vaccination: Feb. 1 (Tues.)

The Nara City Internet reservation system is updated daily with available booking slots. For information on medical institutions, please refer to “List of Medical Institutions for COVID-19 Vaccination” already distributed to each household.

Vaccination Venues will operate on a limited basis.

Group vaccination is only available for those who will be 65 years or older by March 31, 2022 (born on or before April 1, 1957) and who have a vaccine voucher issued by Nara City.

Vaccination Period: Feb. 1 (Tues.) – Feb. 15 (Tues.)

Start Date for Reservations: Jan. 26 (Wed.)

Venues: 6th floor, Central Building, City Hall

(1-1-1 Nijo Oji Minami, 15 minutes' walk to the west from Kintetsu Shin-Omiya Station)

2nd floor, Mi-Nara (1-3-1 Nijo Oji Minami, West of the City Hall)

How to make a reservation

Internet and telephone reservations are available for group vaccinations and individual vaccinations at some medical institutions.

Via the Website: Search for “Nara City COVID-19 vaccination”. Access from here! ->

By Telephone: COVID-19 Vaccination Call Center Tel. 0120-340-112

Available 9:00-19:00 except Sundays and holidays. *Be careful not to dial the wrong number.



Booster Vaccinations Q & A

The following are FAQs about vaccines manufactured by Pfizer or Takeda/Moderna (hereinafter Moderna).

Q1: The Moderna vaccine is said to have strong side effects. How might it affect my body?

A1: The dose of Moderna vaccine for the third vaccination is half of the first or the second dose; fewer cases of fever and tiredness have been reported compared to the second vaccination.

Q1: Is there a difference in effectiveness between the Pfizer vaccine and the Moderna vaccine?

A1: Both vaccines have been shown to be still highly effective in preventing severe disease six months after the second vaccination. According to a study comparing the efficacy of the two vaccines used in the first and the second vaccinations for six months, the Moderna was more effective in preventing infection, onset, and severe disease.

You Can't Be Too Careful about the Omicron Variant: It's the Most Infectious Ever!

Once Again, Take Thorough Precautions against Infection.

During the holiday season, many people moved or reunited; an increasing number of people are testing positive. We need to go back to the basics of preventive measures, such as wearing facemasks, washing hands, frequent ventilation, etc. In addition, please bear in mind the following two points.

(1) Be More Careful.

Avoid eating and drinking in large groups for long periods of time. Abstain from loud conversations. Don't go out to crowded places, where the risk of infection increases.

(2) Get the Third Vaccination.

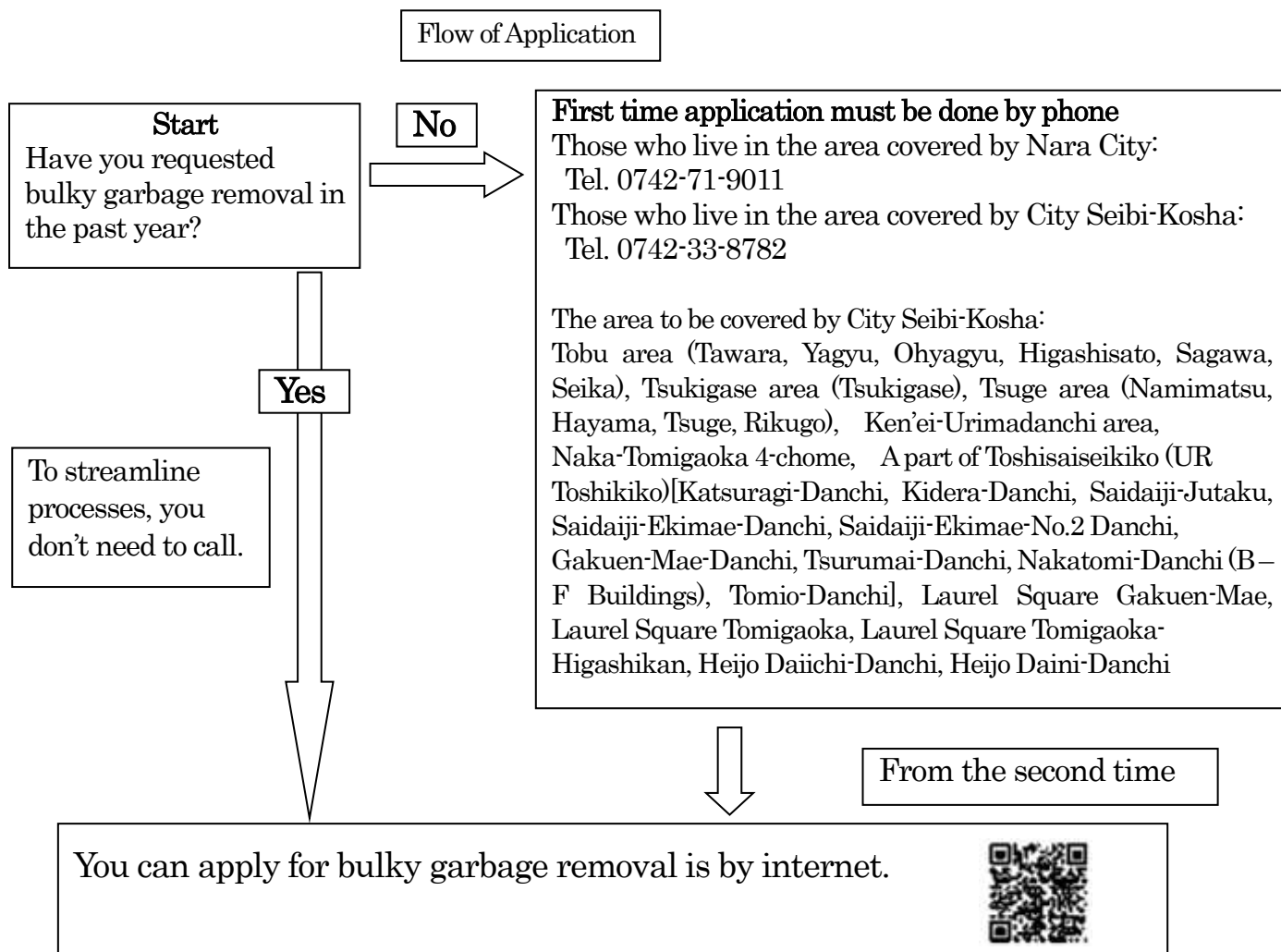
Vaccines have proven to be effective against the variant.

Inquiries: Shingata Korona Uirus Wakuchin Sesshu Suishin-Ka (Promotion Section of COVID-19 Vaccination)

Tel. 0120-340-112 * Be careful not to dial the wrong number.

A new convenient online application system for bulky garbage collection.

You can apply for bulky garbage collection both by phone and now online as well. Online applications can be submitted 24 hours a day. The dedicated phone number is very busy on Mondays and after holidays. After checking the flowchart below, please use the online application system if you can eligible.



Inquires (When in trouble): Consultation Counter about Garbage Removal Internet System
Tel. 0742-71-9202
Please check the explanation on City Website.

Inquires about this article: Machi-Bika Suishin-Ka Tel. 0742-71-3220

Internet Application to Bring in Garbage Yourself
(when bringing it to the Kankyo Seibi Kojo directly)



Garbage Collection

For the safety in collecting garbage

When you throw away unburnable garbage such as glass, plastic, pottery fragments and edged tools, or burnable garbage like skewers and splitting of disposable chopsticks, wrap them up with old newspaper or used rags before putting them in a garbage bag. Then write clearly what is inside for the safety of garbage collectors. If you omit the above safety measures, your garbage will not be collected.

Collection Dates & Areas in February

Area	Burnable	Unburnable
A, F	Every Mon. & Thurs.	Feb. 9 (Wed.)
B, E		Feb. 23 (Wed.)
C, H	Every Tues. & Fri.	Feb. 2 (Wed.)
D, G		Feb.16 (Wed.)

*Garbage collection is scheduled as usual on Feb. 11 (Fri. Holiday) and 23 (Wed. Holiday)

*Areas A, B, C, and D are covered by Nara City and Areas E, F, G, and H are covered by City Seibi-Kosha & Co. Ltd. or Takeda-Kankyo & Yamato-Seiso J.V. The collection days are different from the above schedule in some areas, so please check the Nara City website.

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

City Seibi-Kosha & Co. Ltd. Tel.0742-33-8782

Takeda-Kankyo & Yamato-Seiso J.V. Tel. 0742-63-2552

Batteries are collected at the City Hall and the North and West branch offices.

Dry-cell batteries, button batteries, coin batteries, and small-sized charging type batteries (such as lithium-ion batteries) are collected. In order to prevent short circuits and fire risk, please cover electrodes with insulating tape except for dry-cell batteries.

Batteries to be collected: Only for those used by families. (Those used in business are not collected.)



For details:

Footwear and bags have been changed to “Burnable Garbage”.

Starting from January, these sorting categories have changed from “Unburnable” to “Burnable Garbage”.

(Those changes have been reflected in the *Gomi Jiten* (Garbage dictionary) pages 3, 22, and 30.

-Put the items in a bag up to 45 liters, and tie the bags shut.

-Empty the bags which you want to dispose of.

-Since the amount of burnable garbage is one or two bags per household at a time, only one of them can be used for “footwear and bags”.

-The weight of one bag of footwear and bags should be less than 5 kg.

Inquiries: Haikibutsu-Taisaku-Ka (Waste Management Division) Tel.0742-71-3001

Specific Health Check-up with National Health Insurance

(Applicants are also eligible to receive a lung cancer check-up)

Period for receiving the specific health check-up: until the end of February

Please have a medical exam once a year to prevent lifestyle-related illness.

Date & Time: Feb. 22 (Tues.), 28 (Mon.) 1. 13:30 – 14:00 2. 14:00 – 14:30

*Depending on the appointment schedule, we may not be able to meet your request.

Please consider multiple slots.

Place: City General Examination Center (Medical Nara) (Kashiwagi-cho)

Eligible: 15 people with National Health Insurance

Fee: Free for specific health check. 500 yen for lung cancer examination. 600 yen for sputum test.

Those who are in households exempt from municipal tax are free but need to contact us when applying.

Things to bring: Specific health check ticket, Lung cancer examination ticket

(Ticket will be sent to applicants at a later date.)

Application: Call Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) Between

Feb. 1 (Tues.) and 10 (Thurs.). Tel. 0742-34-4736

Medical Check-ups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in November 2021)	From the 4-month birthday until the day before turning 6 months old	Designated Medical Facilities in Nara City
10-month-old Babies Checkup (Born in May 2021)	From the ten months birthday until the day before turning one year old	*Checkup terms are for two months for the time being.
19-month-old Babies Checkup	The date will be on the notice sent to eligible children	Designated Medical Facilities in Nara City
3-1/2-year-old Children Checkup		* In order to prevent the spread of COVID-19, internal medicine and dental examinations are given at two medical facilities temporarily.

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent in late February. People who moved to Nara City after February 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother and Child Health Section).

Tel. 0742-34-1978

Japanese Encephalitis Vaccinations to Start (For Those Born in February 2019)

We recommend that your child receive the first term vaccination (the first two times and a one-time booster). Please confirm their vaccination status on the preliminary examination leaflet.

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

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

Things to Bring: Preliminary examination sheets (please fill in with an indelible black pen), *Mother's and Child's Health Handbook* and your child's ID document.

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

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

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

Preliminary Examination Leaflets Were Sent in Late January (to those born in December 2021)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you can receive vaccinations. If you have not received the preliminary examination leaflet due to moving into the city, etc., call Kenko Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

*Please fill in forms with an indelible black pen.

Maternal and Infant Health Care Consultations

You can consult with a public health nurse or midwife about your lifestyle during pregnancy, breastfeeding, infants' development and growth, etc.

Hagukumi Center 3F

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

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

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

Consultation in person (with midwives)

Date & Time: 10:00-14:00 on weekdays (reception ends at 13:30)

*In some cases, consultations may be carried out by public health nurses.

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

Inquiries: Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978

Tsuge Hoken Center

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

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

Travelling Consultations with public health nurses

Date & Time	Place
Feb. 17 (Thurs.) 9:30-11:00	Yagyu <i>Kodomo-en</i> (Yagu Shimomachi)

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

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

Tsukigase Health Consultation Room

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

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

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

Cancer Examinations in March

Application: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax. You may apply through the city website. Please call and apply to Tsuge Hoken Center if you wish to take examinations there. Those who are on social welfare or are in households exempted from municipal tax are free of charge. Please inform us of such when you apply.

Stomach and Lung Cancer Examinations

The application period is from February 1 (Tues.) to 18 (Thurs.).

*Online applications must be submitted by February 10 (Thurs.).

Date	Place	Time	Capacity
2/2 (Wed.)	Hagukumi Center	8:45-9:15	17
2/11(Fri./Holiday)		9:15-9:45	16
2/4 (Fri.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
2/7 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
2/14 (Mon.)		9:45-10:15	
2/9 (Wed.)	Tomio Kominkan	9:15-9:45	14
		9:45-10:15	13
2/10 (Thurs.)	Seibu Library	9:45-10:15	10 each
		10:15-10:45	
2/15 (Tues.)	Seibu Shogai Sports Center Club House	9:15-9:45	14
		9:45-10:15	13
2/16 (Wed.)	Hagukumi Center	9:00-9:30	17
2/22 (Tues.)		9:30-10:00	16
2/17 (Thurs.)	Coop. Oshikuma	9:15-9:45	14
		9:45-10:15	13
2/18 (Fri.)	Nanbu Kominkan	9:15-9:45	14
		9:45-10:15	13
2/23(Wed./Holiday)	Koto Kominkan	9:30-10:00	12 each
		10:00-10:30	

Lung Cancer Examination

Date	Place	Time	Capacity
2/11(Fri./Holiday)	Tsuge Hoken Center	14:00-15:00 (At specified times)	60
2/14 (Mon.)	Hagukumi Center	14:00-14:30	30 each
		14:30-15:00	

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

Lung Cancer Examination: Chest X-Ray (Includes tuberculosis examination)

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

Based on an interview after the lung cancer check-up, an additional fee of 600 yen might be needed for a sputum examination. (Postage might need to be paid).

Those Eligible: 40 years old and over except for: pregnant women; those who had stomach, lung, or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscopy for stomach cancer by Nara City in the previous fiscal year (lung cancer examination is possible)

Others: For those who are breast feeding, please inform us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to have the examination depending on your physical condition or medical consultation on that day.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145
Tsuge Hoken Center Tel. 0743-82-0341

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website. Please refer to the Nara City video channel “Health Information” for information about infant food and preventing tooth decay, and to the practical video on the website for information on how to bathe and carry your baby in your arms.

1. Paku-Paku Class for 5-month-old babies (Baby Food Class)
2. Ha-Pika Class for 1-year-old babies (Tooth Decay Prevention Class)
3. Fluoride Coating for Tooth Decay Prevention
4. Hajimete-no-Mama & Papa Salon (Salon for First-time Parents)
5. Maternity Happy Check (Tooth Check)
6. Over-40-year-old Mother Training Salon

Inquiries: Boshi-Hoken-Ka (Mother & Child Health Section) Tel. 0742-34-1978

Tuberculosis Examinations for Citizens

For yourself and those around you, have a chest X-ray examination at least once a year.

Date & Time: February 19 (Sat.) 9:30-10:30

Place: City General Medical Examination Center (Kashiwagi-cho)

* Wearing a face mask is necessary when coming.

Capacity: 10 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) from February 1 (Tues.) through 18 (Fri.).
Tel. 0742-93-8397 *Please be careful not to dial the wrong number.

Nara Kogeikan (The Nara Craft Museum)

1-1 Azemamecho Nara 630-8346 Tel. 0742-27-0033

Hina Dolls Special Exhibition

Date & Time: From February 2 (Wed.) to March 3 (Thurs.) 10:00-18:00
(Admission is until 17:30).

Contents: Display and sale of traditional arts and crafts in Nara relating to Hina dolls.

Ekimae Craft -Nara No Sora Kara (The exhibition fair for modern crafts)

Date & Time: March 6 (Sun.) 10:00-18:00

Place: JR Nara Station east exit plaza (Sanjo Honmachi)

Inquiry: Nara ekimae craft executive committee

Tel. 0743-59-1355

Nara Toastmasters Club (Brush Up English through Speeches)

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

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

Fee: Required

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

LIFELONG LEARNING

Chubu Kominkan 23-4 Kami-sanjo-cho 630-8228 Tel.0742-26-6506 Fax.0742-26-3263

Event Name	Date & Contents	Application
Bunka- Matsuri (Cultural Festival)	<p>March 5 (Sat.) 10:00- 16:00 & March 6(Sun.) 10:00- 15:00 Exhibition of works, craft tutorials and bazaar by voluntary art groups</p> <p>March 5(Sat.) in the morning: Stage presentation March 6(Sun.) in the morning: Brass band concert March 6(Sun.) in the afternoon: Science show, Ensemble concert of marimba & piano * Please call the Kominkan for details.</p>	<p>Not necessary</p> <p>Free entry</p>

Seibu Kominkan 1-5, 3-Chome Gakuen-minami 631-0034 Tel.0742-44-0101 Fax.0742-44-0103

Event Name	Date & Contents	Application
Trial Classes by voluntary groups	<p>Feb.25(Fri.) 9:00- 10:30 Observing trim exercise and trial class Eligibility: Adults (Those who are studying and working in Nara City are also eligible)</p>	<p>Not necessary</p> <p>Free entry</p>
	<p>March 3 (Thurs.) 10:00-15:30 Observing t'ai chi and trail class</p>	

Miato Kominkan 204-1 Gojo-cho 630-8032 Tel. & Fax. 0742-34-5954

Event Name	Date & Contents	Application
DEAI, meetiing at Miato Salon	2/19 (Sat.) 13:30 – 14:30 Ocarina concert	<p>Not necessary</p> <p>Free entry</p>

Tukigase Kominkan 2815 Tukigase-oyama 〒630-2302 Tel. & Fax 0743-92-0346

Event Name	Date & Contents	Application
Tukigase Photo Exhibition	Photo exhibition of Tukigase scenery and plum trees Feb.12 (Sat.)-Mar. 27 (Sun.) 9:00-17:00	Not necessary Free entry

Nanbu Kominkan 27-1 Yamamachi 〒630-8434 Tel. & Fax 0742-62-5931

Event Name	Date & Contents	Application
Nanbu Kominkan Festival	Exhibition of works, presentation of learning, exhibition about picture books, plaza of picture books, charity bazaar, etc. March. 3 (Thurs.)-5 (Sat.) 10:00-16:00 * For more details, please make inquiries at Nanbu Kominkan.	Not necessary Free entry

Tomigaoka Kominkan 4162-81, Naka-tomigaoka 3 〒631-0003 Tel. & Fax 0742-43-7431

Event Name	Date & Contents	Application
Exhibition of works by voluntary groups	Exhibition & trial lessons of pictures, picture letters, calligraphy, and pressed flower craft Feb. 16 (Wed.)-20 (Sun.) 9:00-15:00 (by 12:00 on the final day) Final Concert Feb. 20 (Sun.) 11:00-12:00 * For more details, please make inquiries at Tomigaoka Kominkan.	Not necessary Free entry

Heijo Kominkan 1468 Akishinocho 631-0811 Tel. & Fax 0742-48-3578

Event Name	Date & Contents	Application
Valentine Concert	A flute and piano concert Feb. 13 (Sun.) 13:30-14:30	Unnecessary Free entry

Heijo-Nishi Kominkan 25, Jingu 4 cho-me 631-0804 Tel. & Fax 0742-71-5711

Event Name	Date & Contents	Application
Voluntary Group Exhibition	Music performance, Chorus, etc. Feb. 26 (Sat.) 13:00-15:30 Place: Hokubu-Kaikan Shimin Bunka Hall (Citizens Cultural Hall) (Ukyo 1 chome)	Unnecessary Free entry

Kasuga Kominkan 86-1, Miami-Kyobatecho 1 cho-me 630-8141 Tel. & Fax 0742-62-2253

Event Name	Date & Contents	Application
Kasuga Kominkan Day!	Exhibition and Performances (Films) by voluntary groups Feb.26 (Sat.) 10:00-16:00, Feb. 27 (Sun.) 9:00-14:00 More details available at Kasuga Kominkan	Unnecessary Free entry

***Shiawase Kairo* (Happiness Corridor) *Nara Rurie* Festival**

Shiawase Kairo Nara Rurie Festival is an annual winter event to offer a special prayer in wintery Nara where lapis lazuli lights shine. Kasuga Taisha Shrine, Kofukuji, and Todaiji Temple, three World Heritage Sites, will be connected by a fantastic path of light in lapis lazuli.

Why don't you enjoy a beautiful winter walk around these three shrine and temples as if you were walking in a corridor while feeling the thick darkness dispelled by brightness and serenity?

May happiness come to you and to the world through prayer as spring surely comes every year.

Date: Feb. 8 (Tues.)-14 (Mon.)

Light-up: 18:00-21:00

Special Night-time Admission to Kasuga Taisha Shrine, Kofukuji Temple and Todaiji Temple: 17:00-20:00

Contents and the final admission time may change depending on each shrine and temple. Please check the official website for details.

Garden Illumination at Nara Kasugano International Forum *IRAKA*

Date: Feb. 8 (Tues.)-14 (Mon.)

Held with infection control and restrictions on the number of visitors

An entrance fee will be charged this year

* Nara Park birthday fireworks will not be held on Feb. 14 (Mon.).

* Congestion is expected before and after lighting and on weekends.

We appreciate your cooperation in alleviating congestion.

* Contents may be canceled or changed depending on circumstances.

* Some events will require a fee.

Inquiries: Nara *Rurie* Committee Office Tel. 0742-20-0214



For the latest information, check the official website.



Vaccination Week for Children March 1(Tues.)-7(Mon.)

Group life will start in spring. Has your child been vaccinated yet?

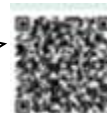
Please check the vaccination records in your *Mother's and Child's Health Handbook* before children start group life. MR (measles and rubella) is said to be especially effective if the vaccination is received twice. As for MR, the second vaccination term is just for one year before the entering elementary school. Be careful not to forget this vaccination. Even if you inadvertently forget it, you should consult your family doctor and think about your child's condition.

These records are sometimes needed when children grow up. So please keep your *Mother's and Child's Health Handbook* carefully.

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

Education Center KIDS LEARNING FLOOR

Nara City's Website
KIDS LEARNING FLOOR



Class Name	Date	Time	Reception
Planetarium "Nijiro and Seasonal Constellations" Capacity: 12 seats each time	Every Sat. Sun. and Holidays in February	(1) 11:00-11:20 (2) 13:20-13:50	Reception on the day
Science Experiment Class "Miracle! Conductors & Non-conductors of electricity ~ Let's examine everyday things ~" Things to bring: one size AA battery *Same contents on both days	February 26 (Sat.) February 27 (Sun.)	14:10-14:50	February 10
Story Telling Meeting "The Star-Money"	February 26 (Sat.)	11:30-12:00	Reception on the day
Movie Screening "Pied Piper of Hamelin" and "Fashionable Peafowl" from Manga Fairy Tales of the World" Capacity: 40 seats	February 27 (Sun.)	14:00-14:30	
Programming Class (beginners' class) "My first programming ~ Let's enjoy creating my original aquarium ~" Teaching material: Viscuit	March 6 (Sun.)	(1) 10:00-11:00 (2) 13:30-14:30	February 18
Space Class "Let's launch a water rocket!" Those eligible: 1st grade elementary school students and over.	March 12 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	February 25
Science Experiment Class "Let's make a hand-made motor" Those eligible: 3rd grade elementary school students and over.	March 19 (Sat.)	13:30-14:30	March 4
Science Experiment Class "Miracle! Climbing a tree by frictional force?" *Same contents on both days	March 20 (Sun.) March 21 (Holiday)	14:10-14:50	

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

Application: Send a return postcard with the class name, your preferred date(s) up to second choice, your preferred time up to second choice, child's name (with the reading in Kana), school name and grade, guardian's name (with the reading in Kana) and address, and phone number to Education Center [Kids Learning Floor] (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline. You can apply for one class per return postcard. Siblings can be listed together. In case of excess application, a lottery will be held. Please visit the city website for details (written only in Japanese).

Others: Some classes need an advance application and others will accept an application on the day. Reception on the day of the class will start 20 minutes prior to the starting time of each class and will be closed when the prescribed number of applications is reached. Please be cooperative with measuring body temperature beforehand, wearing a mask, and confirming your health condition when you arrive at the center. Participation in classes may not be possible depending on your health condition. In case of cancellation or postponement, we will inform you on the reply side of the application card. For the latest information, please check the city website or contact us directly.