



Relief Salon

Balance ball

Come to refresh your body and soul!

When: May 13 (Mon) 10:00 - 11:30

(come 10 minutes early)

Audience: guardians of pre-nursery children
(Nomi city residents)

Lecturer: Satoko KEMMURA-san

Capacity: 10 persons (application required)

Fee: 150 yen

Bring: a towel, a drink

Application start: April 26 (Fri) from 9:00

*Childcare available. Bring your own drink

Notice

We set the number of possible participations
for the Salon between April, 2024 and March,
2025 to 2 times a year per person.
(Salons of the same contents can be
participated in only once)

2-year-olds meeting

Come to enjoy playing active
games with other children of the same age!

When: May 27 (Mon) 10:00-11:00

Audience: children aged 2
(residents of Nomi city)

Bring: a drink

Staff introduction

Center director: Erika HIGASHI

Staff: Kyoko SUGIWAKA

Hitomi KITA

Momoko SEMBU

Yuko KIDO

Looking forward
to meeting you!

- * All of the events are for Nomi city residents only.
- * We ask elementary school students to refrain
from using the Center. We kindly ask for your
understanding and cooperation.

Childcare class Mouth health class

Come to listen to a lecture about teeth cleaning and
occlusion, dentition, and tooth decay prevention given
by a dental hygienist.

When: May 22 (Wed) 10:00 - 11:30

(come 10 minutes early)

Audience: guardians of children aged 8 months to
3 years (residents of Nomi city)

Lecturer: dental hygienist Sachie UCHINO-san

Capacity: 15 persons (reservation required)

Childcare: available for 10 applicants
(for pre-nursery children,
residents of Nomi city)

Application start: May 7 (Tue) from 9:00

Childcare class for dads: -Weaning food-

Dads, too, should learn a lot about weaning
food to be able to help at childcare.

When: May 25 (Sat) 10:00 - 11:30

(come 10 minutes early)

Where: Health and Welfare Center "Sante" 2F
Kitchen Studio (Nu 48, Terai machi)

Lecturer: nutritionist Misako KATAYAMA-san

Audience: dads of children from 5 to 12 months old
(residents of Nomi city)

Capacity: 20 persons (reservation required)

Bring: apron, bandana, mask

Application start: May 8 (Wed) 9:00

*No childcare will be available, but participation of
both parents is possible

Excitement plaza Outside hooray!

Come to play ball, play actively at swings and slides.

When: June 3 (Mon) 10:00 - 11:00

Audience: pre-nursery school children from age 1
and their guardians (Nomi city residents)

Capacity: 20 groups (reservation required)

Where: Terai Nursery School yard (meeting there)

Bring: a drink, a hat

Application start: May 17 (Fri) 9:00

*Reception will be at the hall.

*To be cancelled in case of rainy weather, even if
small rain.

*If you have younger children, please bring your baby
stroller or baby carrier. (No childcare available)

*You can eat lunch at the lawn near the Center. Bring
your lunchbox and a sheet to spread on the ground.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Constitution Day Closed	4 Green Day Closed
		Lunch Room is available 11:00 to 13:00. Reservation required when coming to the facility.			
6 Substitution Holiday Closed Reservation required	7	8	9	10 ★Baby plaza 13:30 - 14:30 (with midwives)	11
13 Relief salon 10:00 - 11:30 (Play room)	14	15	16 Demae class 10:00 - 10:20 (Lunch room)	17	18 Reservation required
20	21 Smiley 10:00 - 11:00 (Play room)	22 Childcare Class 10:00 - 11:30 (1F meeting room)	23 Reservation required	24 Smiley in Tatsunokuchi 10:00 - 11:00 Tatsunokuchi Chūō Jidōkan	25 Childcare class for dads 10:00 - 11:30 (Sante)
27 2 y.o. meeting 10:00 - 11:00 (Play room)	28 ★Baby plaza 10:00 - 11:00	29	30	31	
		~Regarding the holidays~ The Center is closed from May 3 (Fri) to May 6 (Mon)			

Events marked with a ★ will be conducted for **targeted audience children only** in order to prevent
crowding. Please avoid these times if you come on a free basis.

[Smiley] Parents and children, enjoy rhythmic games and picture books! (**pre-nursery children**)
We also do birthday celebrations together for anyone who has a birthday on that day.
Please participate even if it's not your birthday.

[Smiley in Tatsunokuchi] Parents and children come to enjoy rhythm games and picture books
at Tatsunokuchi Chūō Jidōkan. (**pre-nursery children**)

[2 year olds meeting] Come to play with other children of the same age! (for pre-schooler children residents of Nomi city)
Participation available for children who turned 2.

[Baby Plaza] Have fun playing and interacting with your child and other parents.
(for pre-nursery children up to 1 y.o.)
*Expectant mothers can participate in the afternoon. If you wish to participate,
please, contact us. (for Nomi city residents)

[Demae class] Demae classes are held by the libraries, offering different talks and book reading.
(pre-nursery children)

[Childcare consultations] Available at anytime. If you have a desired time, please make an appointment
in advance.

[Kindergarten open days] Conducted at all Nomi Municipal Nursery Schools (9:30 - 10:30)
16th (Ogamaya, Neagari Nambu, Nagano, Toyomi, Tatsunokuchi, Kokuzō)
9th, 23th (Fukuoka, Taisei, Terai, Ao, Miyatake, Kotobuki)
*Please inquire at the nursery school for details.
• Not conducted in Fukushima Nursery School
• Yuno Nursery School: 22 (10:00 - 11:30)
• Wakaba Midori Nursery School plans to conduct Childcare Support Plaza (Kosodate Shien Hiroba)

[Parent and child salon] (held by Social Welfare Committee)
An event for parents and children to play together freely.
Iwauchi Community Center (Tue), Nishifutakuchi Community Center (Wed),
Ao Community Center (Thu)