



Excerpts from the Newsletter issued by Abiko City [Tel: 04-7185-1111](tel:04-7185-1111)

Civic Cultural Course – Trial Sessions

Date: February 18 (Wed)

Place: Abista

Course	Time	Fee
Ikebana (Flower Arrangement)	9:30 ~ 11:30	1000 yen
Kimono Dressing, Calligraphy, Tea Ceremony, etc.		Free
Ikebana (Flower Arrangement)	13:00 ~ 15:00	1000 yen
Tanka (Short Japanese Poetry), Hula		Free
Noh Chanting	18:30 ~ 20:30	Free

Eligibility: City residents, students, or people who work in the city.

Apply: Applications must be received by February 12 (Thu). Apply via the course website or by postcard, including course name(s), your address, name, and phone number.

Mail to: Nakata Kumiko, 220-6 Kōnoyama, 270-1145.

Inquiries: 080-1546-2437 Civic Cultural Course Committee

SOMPO Ball Game Festa

Have fun playing ball games and improving physical skills with Hitoshi Ono, former member of the Japan National Rugby Team.

① A variety of fun activities using balls

Date: March 1 (Sun), 9:00~11:45

Eligibility: Children from 4 years to 3rd grade and their parents (first 50 parent-child pairs)

② Hands-on challenges in soccer, rugby, volleyball, and handball

Date: March 1 (Sun), 13:00~16:45

Eligibility: Elementary school students (first 100 participants)

Place: Civic gymnasium

Fee: Free

Be sure to bring indoor and outdoor shoes, a drink, and a towel!

Apply: Apply via the Festa website between February 2 (Mon) and February 20 (Fri).

Inquiries: Tel. 04-7185-1604 Culture & Sports Section, Board of Education

Tel. 04-7187-1155 City Gymnasium (on March 1)

Community Childcare Support at Nurseries and Kindergartens

My Nursery Plaza

By registering at a participating nursery or kindergarten, families can use it as their regular support center, where they can consult with childcare staff and nutritionists and take part in parent-child exchange activities.

Registration is accepted at any time. Please contact each facility for event schedules.

•Setsubun (Bean-Throwing Festival) event

February 2 (Mon)

Tsukushino Nursery School, Seika Midori Nursery School

February 3 (Tue)

Kotobuki Nursery School, Higashi-Abiko Seika Nursery School

•Playing in the playground

February 19 (Thu)

Keiai Kodomoen

Inquiries: Nursery Section (Ext. 459)

Tax Filing Period

Municipal and Prefectural tax filing: by March 16 (Mon)

Tax return: February 16 (Mon) to March 16 (Mon)

Inquiries: at 04-7146-2321, Kashiwa Tax Office about Tax Return

at ext.357, Taxation Section about Municipal and Prefectural tax filing

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

Dates and Hours	Reservation will be accepted
February 15 (Sun) 9:00 ~ 12:00	Accepting reservations

March 14 (Sat) 9:00 ~ 12:00	From 9:00 on February 25 (Wed)
-----------------------------	--------------------------------

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services for February, 2026 * Reservation required

Item	Date/Time	Location	Contact
Legal Advice	February 5, 12, 17, 19 and 24 10:30 ~ 15:00	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

Public Health Care Center Programs – February 2025

Tel:04-7185-1126*

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	February 7, 14 and 21 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	February 3 (Tue) and 10 (Tue)	Children born in Sep. 2025
Health Checkup for 18-month-old children	February 5 (Thu) and 12 (Thu)	Children born between Jul. 4 and Aug. 12, 2024

Dental Checkup for 2-year and 8-month-old children	February 19 (Thu)	Children born in Jun. 2023
Health Checkup for 3-year-old children	February 5 (Thu) and 12 (Thu)	Children born between Jul. 12 and Aug. 16, 2022
Dental Checkup for 5-year-old children	February 19 (Thu)	Children born between Jan. 19 and Feb 22, 2021
Baby Food Class for 4 to 6-month-old babies	February 27 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class	February 18 (Wed) Reservation required*	First 20 applicants. Children born in May, 2025
Childcare Consultations	February 6 (Fri) and 20 (Fri)	Nikoniko Hiroba Abby Cuore 2F

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30, 13:00 - 16:30

Holidays: Sundays, national holidays, year-end/New Year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko No.376 February1, 2026

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & Translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>