

Fukui City Newsletter

October 10th Edition

Smiling Yoga Class

Learn the combination of “smiling” calisthenics and yoga breathing techniques.

Date: Thurs. October 26th

Time: 10am-11:30am

Place: Mai Dome Shimizu (Makuri-cho)

Entry Fee: ¥500

Inquiries: 0776-98-4222



Autumn Hiking and Wreath-making

Walk around Mt. Asuwa to gather nuts that will be used to make wreaths.

Date: November 3rd, Friday (holiday)

Time: 1:30-4pm (will still carry out in the event of light rain)

Place: Asuwayama, Natural History Museum

Target: Elementary school students and older (Elementary school students must be accompanied by a parent or guardian)

Entry Fee: ¥100 (Materials fee)

Deadline: Must be received by Fri. October 27th

Maximum number of participants: 20 (chosen by lottery)

Applications: Please send an ofuku hagaki (postcard with a reply card attached). It must be received by the deadline

Inquiries & Registration: Natural History Museum

918-8006 Fukui City, Asuwakami-cho 147
0776-35-2844

Children's Movie Party

Animated movie screening: Nakayoshi Obake (Ghost Friend) – A ghost & his basement shop

Date & Time: October 29th (Sunday), 2-2:45pm

Location: Shimizu Library

Target audience: 3-year olds to elementary school students and their parents/guardians

Inquiries: 0776-98-3820

Let's Make Ghosts!

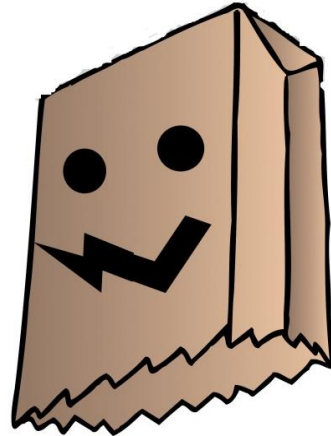
Make Halloween ghosts using paper bags. There will be readings of ghost-themed picture books.

Date & Time: October 22nd (Sunday), 3-3:30pm

Location: City Library

Target: 4-year olds to elementary school students

Inquiries: 0776-20-5000



Baumkuchen Making with Bamboo

Date & Time: November 18th (Saturday), 1-4pm

Place: Shonen Shizen no ie

Target: Elementary school students who are residents of Fukui City, and their parents/guardians

Details: Making baumkuchen & roasting coffee beans over a charcoal fire

Maximum number of participants: 24 (chosen by lottery)

Entry fee: 300 yen

Application: Please call or fax by October 31st (Tuesday) with the names of the participants, their gender, school and grade level.

Inquiries & Applications: Shonen Shizen no ie



Make Bamboo Vases and Japanese Sweets while Surrounded by Nature

Participate in a hands-on experience of traditional Japanese culture by making your own bamboo vase and sweets.

Date & Time: Sun. November 26th, 1-5pm

Location: Shonen Shizen no Ie

Target: Elementary school students who are residents of Fukui City, and their parents/guardians

Details: Bamboo vase workshop using autumn foliage

Japanese sweets and tea ceremony workshop

Maximum number of participants: 20 chosen by lottery

Entry fee: ¥800/person (1 bamboo vase per group)

Application: Please call or fax by Tues. November 7th with the participant's name, gender, school & grade level

Inquiries & applications: Shonen Shizen no Ie

Phone: 0776-41-3660

Fax: 0776-41-3661

Orienteering and Kite Flying Tournament

Date: Fri. November 3rd

*In the case of rain, the event will be postponed until the Nov. 5th, and if there is inclement weather or the postponement date, the event will be canceled. *

Time: 11am – 12pm (sign-in is from 11am to 11:30am)

1pm – 2pm (sign-in is from 1pm to 1:30pm)

Where: Technoport Fukui Stadium (Sakai City)

Registration: Please call to register for (*oh-lee-entairing* or *tako-ah-ge-tai-kai*)

*Children who are preschool and younger must be accompanied with a parent/guardian. *

Inquiry/Registration: 0776-36-2790



Health Fair 2017

When: Fri. November 3rd 10:30am – 4:30pm

Where: Aossa

Kenmin Hall (8th Floor)

- Flower seed gift
 - 10:30am & 1pm; first 200 people will receive the flower seeds
- Carotid Artery Ultrasound (registration required)
 - Maximum attendees: 70 (chosen in order of arrival)
 - Registration: From Oct. 16th @9am, call or fax to register.
- Muscle strength test, Oral bacteria measurement, simple endurance measurement, mental age test, skin age test, and motor skills test
- Bicycle Peddling Challenge
- Large Intestinal Cancer Test Hand-out
- Child nursing discussion forum for midwives

[Children Events]

- Vision test (for children ages 4 to 6)
- Children's Medicine Experience, Candy Grabbing Game, reading of a picture book, and gifts (a coloring page of Yurukyara [city mascot] and balloon)

Atrium (4th Floor)

- Panel Exhibit

Atrium (8th Floor)

- Raising Grandchildren Course by a midwife @2pm
- Learn how to deal with a child who suddenly falls ill @3:30pm

Stage Event (8th Floor)

- Recommended 10-minute exercise @11:30am
- Yurukyara Rock Paper Scissors Tournament @1pm
- 10-minute calisthenics @1:30pm
- Take a photo with Yurukyara @2:30pm
- Vegetarian Recipe Contest Award Ceremony @3pm

Inquiry/Registration: Phone: 0776-28-1256

Fax: 0776-28-3747

Doman-naka Festival

Katamachi, Gofukumachi, and Kamigofukumachi shopping district of Fukui will be the spot for this event, which both children and adults can enjoy.

When: Sat. October 21st, 10am – 8pm

Details:

Gofukumachi

- 10am – 4pm
- Mackerel pike serving (1st come 1st served)

Kin Park

- Doman-naka de Stage Event @4pm – 8pm

Inquiry: 090-2304-2482

Nutrition Festival

While tasting the flavor of autumn, enjoy learning about nutrition. The mascot for nutrition education, “Fukui Tabemaru-chan”, will be making its first appearance.

When: Sun. October 22nd, 10am – 3pm

Where: Happy Terrace (Happiring)

Pumpkin and Mochi

- Pumpkin Tasting (4 types) @11:30am (200 yen)
- Mochi hand out @12pm
- * This will end as soon as the food runs out*

Food Sampling

- Baked potato @10:30am and 1:30pm (first 50 people get served)
- Sweet potato and soybeans and rice @11:30am



* This will end as soon as the food runs out*

Foods and Items for Sale

- local vegetables in season, agricultural manufactured products, etc.
- Vegetable pound cake made by the Vegie Girls (college students from Jin'ai)

Other Activities

- Introduction to nutrition education related activities
- Take a picture with Tabemaru-chan! (10:30am and 1:30pm)
- Tabemaru-chan Quiz of Nutrition

Inquiry: 0776-20-5420