

MOVIES

TOHO CINEMAS Niihama (AEON Mall)

August 1 ~	Inside Out 2	Dubbed
September 6 ~	Alien : Romulus	Sub / Dubbed
September 6 ~	One and Only	Sub
September 20 ~	Transformers One	Dubbed
September 27 ~	Beetlejuice Beetlejuice	Sub
October 4 ~	Civil War ※PG12	Sub
October 4 ~	Jung Kook : I am Still	Sub
October 12 ~	Joker: Folie a Deux ※PG12	Sub
October 18 ~	Saw X ※R15+	Sub
October 18 ~	Oasis Live at Knebworth 1996 8 10	Sub

Movies might be changed without notice.
So please check the homepage for information.

Information Service
Internet: niihama-aeonmall.com
Tape (24hrs) :050-6868-5019 (in Japanese)



This newsletter is published by SGG, a volunteer group that helps foreigners living in and around Niihama. If you need any advice, information, or support, please contact SGG. SGG would welcome any suggestions, questions, or ideas for monthly articles.

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ONE POINT JAPANESE

「つもり」の使い方
(How to use "I think")

A : あれ? 飲み物が 1つ 足りないんじゃないかな?
Are? Nomimono ga hitotsu tarinainja nai kana?
(Huh? Aren't we short one drink?)

B : 緑茶 2本と、コーラ、コーヒー、オレンジジュース、
頼まれた分は、買って来たつもりだけど、足りませんか?
Ryokucha nihon to, kōra, kōhī, orenjijūsu,
tanomareta bun wa, katte kita tsumori dakedo, tarimasen?
(I thought I bought two bottles of green tea, cola, coffee, orange juice which I was asked to buy. But is one missing?)

A : ああ、そうか。Cさんはいつも自分のお茶でしたね。
Ā, sōka. C-san wa itsumo jibun no ocha deshita ne.
(Oh! That's right. C-san brought her own tea as usual.)

A : 「スポーツの秋」ですね。
“Supōtsu no aki” desu ne.
(It's “sports autumn,” isn't it?)

なに 何か スポーツを する 予定が ありますか。
Nanika supōtsu o suru yotē ga arimasu ka?
(Do you have any plans to do any sports?)



B : 父が マラソン大会に 出場するつもりみたいです。
Chichi ga marason taikai ni shutsujō suru tsumori mitai desu.
(I heard my father is thinking of taking part in a marathon.)

A : お父さん、お元気ですね。おいくつでしたっけ。
Otōsan, ogenki desu ne. Oikutsu deshita kke.
(Your father is healthy, isn't he? How old is he?)

B : 来月で 70歳に なります。
Raigetsu de nanajissai ni narimasu.
(He will turn 70 years old next month.)

わか 若いつもりだけど、フルマラソンだから ちょっと 心配です。
Wakai tsumori dakedo, furumarason dakara, chotto shimpai desu.
(He thinks he is young, but it's a full marathon so I'm a little worried about it.)



< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.
Feel free to contact us at:
Niihama Kokusai Kōryū Kyōkai (Niihama International Center)
Tel:0897-65-1579 E-mail:niihamashikokusai@gmail.com

What's New?

Niihama City

No.350 October 2024

Published by SGG Niihama



PPK Exercise: Popular among Elderly People
(Ehime Shimbun, July 23rd, 2024)

The PPK or “Pin Pin Kirari” (Alive, Kicking, and Glittering) exercise introduced by Niihama city in 2016 for elderly care is becoming increasingly popular. Niihama’s special exercise aims to develop muscle strength using a rubber band and beanbags, and is enjoyed by the elderly at places like community halls across the city.

Bending, stretching and opening legs for forty minutes while sitting is an effective method of physical strength maintenance and fall prevention. As of the end of June, the exercise can be performed in 111 places, mainly community halls in the city. Residents hold the exercise once a week, gathering a city total of about 1,800 people.

On the one hand, the occasion provides a space for seniors to gather together, while on the other hand, to go out and meet other people helps dementia prevention. “The exercise provides both training and interaction of people”, added Public Health Nurse, Kurokawa Natsumi.

Astronaut Did PPK in ISS, As Proposed by Niihama Tech College Student

Astronaut Furukawa Satoshi performed an exercise based on the PPK in the ISS (International Space Station) last February. This idea started with Niihama Technical College Student Sato Yota (16). While his grandmother Aiko (70) was practicing the PPK exercise, Yota realized its ease and effectiveness with just a simple rubber band. He thought, "What happens when it is done in space?" and proposed the idea to "Asian try ZeroG 2023", putting the choreography of the PPK exercise in the proposal document.

The exercise is performed in the sitting position on Earth, but Furukawa performed the exercise by hooking his ankle to the handrail on the floor because of space's microgravity.

Seeing the exercise in space, Yota thought, "Not only arm and leg muscles but also ankles will be developed thanks to PPK." After Furukawa commented, "The exercise was effective for muscle development", Yota said, "I felt familiarity with space. I hope PPK will spread wide."



Expiration Date & Best-Before Date

(Ehime Shimbun: July 4, 2024)

We have two food labels, "expiration date" and "best before date." We can eat the foods safely by "Expiration date." It is printed on the package of the perishable foods such as bento (box lunch), ready-to-eat foods, filled & staffed bread, fresh sweets, uncooked noodles. You had better not eat beyond the date.

"Best before date" tells us the time they are good enough to taste. It is printed on non-perishable foods such as snack food, cup noodles, plastic bottle drinks and canned food. You may eat them even after "best before date."

Both dates are valid as long as the container is unopened. Once opened, the food quality changes, so eat the food as soon as possible regardless of the date.

October Events

Autumn Festivals

- **Niihama Taiko Festival** will be held from October 16-18.
 - 16 (Wed): 3:00am - 9:00pm
 - 17 (Thurs): 10:00am - 9:00pm
 - 18 (Fri): 8:30am - 4:40pm
- **Saijo Taiko Festival** will be held from October 14-17.

Taiko gatherings and competitions will be held in various parts of each city. According to local folklore, the Taiko-dai dates back to the Heian or Kamakura Period in the 12th century. As legend has it, during the autumn festival, Taiko-dai and other floats were dedicated to local guardian gods after participating in a parade to express gratitude for a good harvest.

Over two hundred floats parade through the streets of these neighboring cities in two gorgeous and spectacular festivals. Come and enjoy this unique and traditional experience!

The timing and location of events such as the departure of portable shrines and the gathering of Taikodai vary by region. Please ask your friends or neighbors for more details



What to Wear when Evacuating in Heavy Rain

(Ehime Shimbun: August 25, 2024)







When evacuating in heavy rain, you should wear comfortable clothes. Wear a long-sleeved shirt and long pants with work gloves or other gloves on your hands even on a hot day to prevent injury.

Wear a helmet or cap to protect your head. Use sneakers that you are used to wearing. Sneakers with laces and thick, sturdy soles are recommended. Avoid rain boots which are hard to walk in when flooded with water, or sandals that will easily slip off.

Minimize your belongings so that they don't become obstacles in your way. Keep your hands free by carrying your belongings in a backpack.

It is safer to wear a bright-colored raincoat. Bring an umbrella or walking stick to check the condition of the path you are walking. Finish evacuation in the daytime before roads are flooded.

Online Information in English from Niihama City

- ☆ **A Guide for Living in Niihama** 
- ☆ **The Niihama Medical Institution Map** 
- ☆ **How to Sort Your Trash and Garbage** 
- ☆ **What's New? in English** 
- ☆ **Niihama Tourist Information**
<https://niihama.info/> 
- ☆ **Help with legal matters, discrimination, insurance, etc**
Japan Life Guide
(Nationwide service) multilingual 
- ☆ **Yoriso Helpline for foreigners**
TEL:0120-279-338 10:00 a.m.~10:00 p.m.
Multilingual Your privacy will be protected.