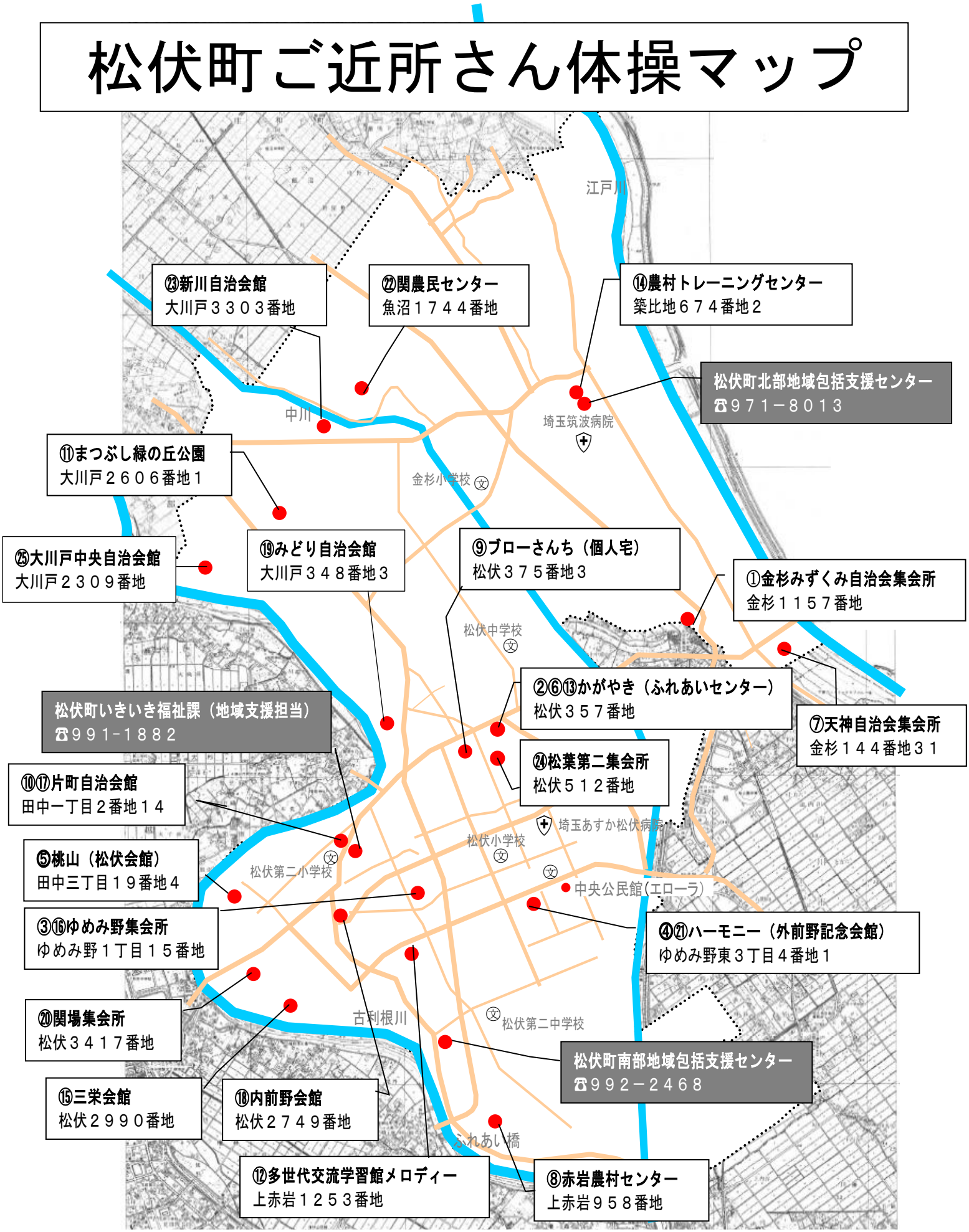松伏町ご近所さん体操マップ