

# July 2025

## Oshu City Newsletter



### Sunday/Holiday Doctors

<b>Oshu Kanegasaki Holidays Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 8:30AM – 12:00PM, 1:30PM – 4:00PM (at the address listed above.)</b>				
July 6 <sup>th</sup>	Dr. Ohtoshi (Ohtoshi GI & Orthopedic Surgery)			
13 <sup>th</sup>	Dr. Onodera (Shimokobe Gastroenterology Clinic)			
20 <sup>th</sup>	Dr. Omi (Omi Ladies' Clinic)			
21 <sup>st</sup>	Dr. Kajikawa (Kajikawa Clinic)			
27 <sup>th</sup>	Dr. Kaneko (Aterui Orthopedic Surgery Clinic)			
<b>Oshu Kanegasaki Nighttime Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 6:30PM – 9:00PM, every day year-round</b>				
<b>Sunday Dentists (9:00AM – 12:00PM)</b>				
July 6 <sup>th</sup>	Chiba Dental Clinic	42-2426	54-2 Kanegasaki-cho Nishine Kamimochida	
13 <sup>th</sup>	Sasaki Dental Clinic	24-5418	7 Mizusawa Yanagi-machi	
20 <sup>th</sup>	Sakuraba Dental Clinic	47-2033	117-1 Isawa Oyama aza Toge	
27 <sup>th</sup>	Kamio Dental Clinic	28-1182	2-5-1 Mizusawa Kamianetai	
<b>Seikotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
July 6 <sup>th</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Aza Minami Ogane	
13 <sup>th</sup>	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori	
20 <sup>th</sup>	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori	
27 <sup>th</sup>	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi	
<p>★Pref. Emergency Center (☎ 019-656-1774 or #7119) Available 24 hours a day, every day year-round.</p> <p>★Children's Emergency Helpline (☎ 019-605-9000 or #8000) 7PM – 8AM the next day, every day year-round. For children age 14 and under.</p>				

### Taxes

Property tax (payment #2) and National Health Insurance (payment #1) are due Thursday, July 31<sup>st</sup>.

**Please consider setting up automatic payments so you can't forget.**

☎ Tax Payment Division, Main City Hall (34-2227)

Search ID: 538

## July Consultation Rooms

### **Administrative Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	11 <sup>th</sup> (Fri) 1:00PM-
	25 <sup>th</sup> (Fri) 3:00PM
Esashi Gen. Branch Office, Citizen Living Group	9 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	10 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	22 <sup>nd</sup> (Tues) 1:30PM-3:00PM
Koromogawa Health & Welfare Center	10 <sup>th</sup> (Thurs) 1:30PM-3:30PM

### **Free Law Consultation ☎ 34-2915**

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	9 <sup>th</sup> (Wed) 10:00AM-
	22 <sup>nd</sup> (Tues) 4:00PM

### **Free Multiple Debts Consultation with a Lawyer ☎ 34-2915**

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	2 <sup>nd</sup> (Wed) 10:00AM-
	15 <sup>th</sup> (Tues) 3:00PM

### **Financial & Lifestyle Stability Consultation**

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	16 <sup>th</sup> (Wed) 1:00PM
	—
Esashi Gen. Branch Office, Citizen Living Group	2 <sup>nd</sup> (Wed) 4:00PM

### **Human Rights Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	3 <sup>rd</sup> (Thurs)
	17 <sup>th</sup> (Thurs) 1:30PM
Esashi Gen. Branch Office, Citizen Living Group	15 <sup>th</sup> (Tues) — 3:30PM
Koromogawa Health & Welfare Center	10 <sup>th</sup> (Thurs)

### **Pension Consultation ☎ 0191-23-4246**

Appointments required

Place	Time & Date
Main City Hall Auditorium	8 <sup>th</sup> (Tues) 10:00AM-3:30PM

### **Consumer Affairs Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Each branch office's Online Consultation Booth ※ If you want to use this, please say something to the person in charge at Citizen Services	Mon-Fri, 9:00AM to 4:00PM

## Classes and Sports

### **Weekend Canoe Classes**

Canoe classes are open for people who are beginners, or want to paddle slowly. Please see the city website for details.

**When?** August 9<sup>th</sup>, September 13<sup>th</sup>, and October 11<sup>th</sup> (all Saturdays), 10:00AM – 11:30AM (reception opens at 9:30AM)

**Where?** Umadome Pond within Umadome Field (meet up at Oshu Lake Exchange Hall)

**Participants:** 3<sup>rd</sup> graders and up

**Cost:** 500 yen per session for middle schoolers and younger; 1000 yen per session for high schoolers and older

**How to apply:** Use the application form on the city website at least 5 days before the day of the class you wish to take.

**Contact:** Main City Hall Lifelong Learning and Sports Dept. (Esashi Gen. Branch Office, 34-2498)

**Search ID:** 16255

### **Mölkky at Esashi Central Gym**

**When?** July 15<sup>th</sup> and 29<sup>th</sup>; August 5<sup>th</sup> and 26<sup>th</sup>; September 9<sup>th</sup> and 30<sup>th</sup> (all Tuesdays), 10:00AM – 11:30AM  
**Participants:** Limit 15 people, first come first served  
**Cost:** 100 yen per session  
**What to bring:** Indoor shoes and something to drink  
**How to apply:** Apply by 5PM 2 days before the class you wish to take, either in person or by phone.  
**Location and contact:** Esashi Central Gym (31-2100)

### **Balance Ball Exercise at Esashi West Gym**

**When?** July 12<sup>th</sup>, August 9<sup>th</sup>, and September 13<sup>th</sup> (all Saturdays), 10:00AM – 11:30AM  
**Participants:** 12 people per session, first come first served  
**Cost:** 1000 yen per session  
**How to apply:** Apply in person or by phone by 5PM on the day before the class you wish to take.  
**Location and contact:** Esashi West Gym (35-5544)

## **Events**

### **Oshu Space & Astronomy Museum Event**

#### ★ July Stargazing Event

① Tanabata Concert from Polano String Quartet

② Stargazing: The Sixteen-Day-Old Moon

**When?** July 12<sup>th</sup> (Sat), 6:30PM – 8:30PM

**Cost:** Free!

**Other info:** No application needed.

#### ★ Nostalgic Guided Tour of the Observatory, Including Spaces That Are Off-Limits to the Public

**When?** July 19<sup>th</sup> (Sat), 20<sup>th</sup> (Sun), and 21<sup>st</sup> (Mon/holiday); ① 11AM, ② 1PM (mini lecture), ③ 2:30PM

**Participants:** 10 people for ① and ③; 20 people for ②

**Cost:** Admission fee

#### ★ Sunday School: Let's Make a Jet Propeller!

**When?** July 27<sup>th</sup> (Sun), 2:30PM – 3:30PM

**Participants:** Elementary schoolers and up, limit 20 people, appointments required

**Cost:** 100 yen (for materials) plus admission fee

#### ★ Special Exhibit: The Science of the Moon, from Birth to Its Future

① Japan Science Museum Association Exhibition: What's Made from the Collision of Stars?

② "The Moon" special exhibit, and more

**Timespan:** August 2<sup>nd</sup> (Sat) – October 26<sup>th</sup> (Sun)

**Cost:** Admission fee

**📞 Location, questions, and applications:** Oshu Space and Astronomy Museum (24-2020)



### **Summer Festival in Isawa, Village of Water**

**When?** July 26<sup>th</sup> (Sat), 11AM – 8PM (pedestrianized from 2PM – 8:30PM)

**Where?** Isawa Cultural Creative Center (and the road outside the Center)

**Details:** Jumbo bowling contest, Isawa Yosakoi Hiyrin (traditional dance team), live comedy, *yakudoshi* team performances, *bon-odori* parade, fireworks, and more.

**Contact:** Isawa Festival Executive Committee (Isawa Gen. Branch Office, Area Support Group, 34-0313)

**Search ID:** 16163

## City Pools to be Open!

### ★ Ogane Park Public Pool

**When?** July 12<sup>th</sup> (Sat) – August 24<sup>th</sup> (Sun), 9:30AM – noon and 1PM – 5PM

**Days off:** July 14<sup>th</sup> (Mon), 22<sup>nd</sup> (Tues), 28<sup>th</sup> (Mon) and August 4<sup>th</sup> (Mon), 12<sup>th</sup> (Tues), and 18<sup>th</sup> (Mon)

**Open afternoon only:** July 19<sup>th</sup> (Sat) and 26<sup>th</sup> (Sat)]

**Reserved:** August 24<sup>th</sup> (Sun)

**Contact:** Ogane Park Public Pool (25-2030) ※ While the pool is closed, contact Mizusawa Martial Arts Dojo (25-3974)

### ★ Maesawa B&G Marine Center Pool

**When?** Until September 15<sup>th</sup> (Sunday/holiday), 9:30AM – noon and 1PM – 5PM ※ Also open from 5:30PM – 8:00PM from July 15<sup>th</sup> (Tues) – August 17<sup>th</sup> (Sun)

**Days off:** Every Monday (will be open on holidays) and August 12<sup>th</sup> (Tues)

**Contact:** Maesawa Iki-Iki Sports Land (56-7290)

### ★ Isawa Pool

Will be closed starting this year.

**General contact:** Main City Hall Lifelong Learning and Sports Dept. (Esashi Gen. Branch Office, 34-2498)

**Search ID:** 5581

## Notices

### Starting in August, Please Use a My Number Card or Certificate of Eligibility

National Health Insurance cards and Medical Insurance Cards for the Latter-Stage Elderly will expire on July 31<sup>st</sup>. Paper insurance cards, as they've been up till now, won't be newly issued – instead, we will be moving towards a system based on using My Number cards as health insurance cards (as Myna health insurance cards.) Once those cards are expired, please show either your Myna health insurance card or your certificate of eligibility, which can be used the same as a health insurance card, when you go to the doctor or pharmacy.

<b>Your type of insurance</b> →	National Health Insurance		Med. Insurance for Latter-Stage Elderly
<b>Do you have a Myna health insurance card?</b>	Yes	No	-
<b>What will be sent</b> →	An Eligibility information notice will be sent	A certificate of eligibility will be sent, which you can use like a health insurance card	Certificate of eligibility will be sent whether you hold a Myna health insurance card or not

**Contact:** Main City Hall Insurance & Pension Division (national insurance: 34-2901, latter-stage elderly/medical expense subsidies: 34-2902) or your local branch office's insurance/medical expense subsidies group)

**Search ID:** National insurance: 16115, latter-stage elderly: 3217, medical expense subsidies: 4131