

# September 2024 Oshu City Newsletter



## Sunday/Holiday Doctors

<b>Oshu Kanegasaki Holidays Clinic</b>		<b>Address: 21-1 Taga Mizusawa</b>		<b>TEL: 25-3935</b>
<b>Hours: 8:30AM – 4:00PM (at the address listed above.) ✖ Please call in advance.</b>				
Sept. 1 <sup>st</sup>	Dr. Takahashi (Takahashi Orthopedic Sports Clinic)			
8 <sup>th</sup>	Dr. Takehana (Takehana Mammary Clinic)			
15 <sup>th</sup>	Dr. Tamura (Tamura-Kawakami Clinic)			
16 <sup>th</sup>	Dr. Chida (Chida Orthopedic Surgery Clinic)			
22 <sup>nd</sup>	Dr. Sato (Sato Clinic)			
23 <sup>rd</sup>	Dr. Nagano (Nagano Internal Medicine Clinic)			
29 <sup>th</sup>	Dr. Noro (Noro Surgery & Urology Clinic)			
<b>Oshu Kanegasaki Nighttime Clinic</b>		<b>Address: 21-1 Taga Mizusawa</b>		<b>TEL: 25-3935</b>
<b>Hours: 6:30PM – 9:00PM, every day year-round ✖ Please call in advance.</b>				
<b>Sunday Dentists (9:00AM – 12:00PM)</b>				
Sept. 1 <sup>st</sup>	Natsuta Dental Clinic	46-4710	164-1 Isawa Natsuta Aza Unada	
8 <sup>th</sup>	Yoshida Dental Clinic	35-1182	4-13 Esashi Nishiodori	
15 <sup>th</sup>	Maeda Dental Clinic	36-9100	1-13-1 Esashi Toyota-cho	
22 <sup>nd</sup>	Arakida Dental Clinic	47-3323	23-93 Mizusawa Nakamachi	
29 <sup>th</sup>	Takasaki Dental	47-4182	188-1 Maesawa Aza Takezawa	
<b>Seikotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
Sept. 1 <sup>st</sup>	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Aza Kitashiokara	
8 <sup>th</sup>	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Aza Omachi	
15 <sup>th</sup>	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
22 <sup>nd</sup>	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Aza Sanbongi	
29 <sup>th</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
★Children’s Emergency Helpline (☎ 019-605-9000) 7PM – 8AM the next day, every day year-round				

### Taxes

Property tax (payment #3) and National Health Insurance (payment #3) are due Monday, September 30<sup>th</sup>.

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

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

Search ID: 538

## September Consultation Rooms

### Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	13 <sup>th</sup> (Fri) 1:00PM-
	27 <sup>th</sup> (Fri) 3:00PM
Esashi Gen. Branch Office, Citizen Living Group	11 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	12 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	24 <sup>th</sup> (Tues) 1:30PM-3:00PM

### Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	5 <sup>th</sup> (Thurs) 10:00AM-3:30PM

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

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	4 <sup>th</sup> (Wed) 10:00AM
	17 <sup>th</sup> (Tues) -3:00PM

### Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	5 <sup>th</sup> (Thurs)
	19 <sup>th</sup> (Thurs) 1:30PM
Esashi Gen. Branch Office, Citizen Living Group	17 <sup>th</sup> (Tues) - 3:30PM
Seibo Comm. Center	5 <sup>th</sup> (Thurs)

### Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	18 <sup>th</sup> (Wed) 1:00PM
	-
Esashi Gen. Branch Office, Citizen Living Group	4 <sup>th</sup> (Wed) 4:00PM

### Free Law Consultation ☎ 34-2915

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	11 <sup>th</sup> (Wed) 10:00AM
	24 <sup>th</sup> (Tues) - 4:00PM

### Consumer Affairs Consultation ☎ 34-2915

Appointments required for Esashi, Maesawa, Isawa, and Koromogawa

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Esashi Gen. Branch Office, Citizen Living Group	Every Monday, 10:00AM to 3:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	Every Tuesday, 10:00AM to 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	Every Thursday, 10:00AM to 3:00PM
Koromogawa Health & Welfare Center	Every Friday, 10:00AM to 3:00PM

# Events

## School Open House Days

Elementary and middle schools' classes and school life will be open to city residents. Please see the city website for the full details.

When?

September	3 <sup>rd</sup>	Anetai Elementary School	(Tues)
	11 <sup>th</sup>	Koromogawa Junior High School	(Wed)
	12 <sup>th</sup>	Mizusawa Junior High School	(Thurs)
	12 <sup>th</sup>	Isawa Junior High School	(Thurs)
	13 <sup>th</sup>	Inase Elementary School	(Fri)
	18 <sup>th</sup>	Mizusawa Minami Junior High School	(Wed)

October	8 <sup>th</sup>	Tokiwa Elementary School	(Tues)
	10 <sup>th</sup>	Maesawa Junior High School	(Thurs)
	25 <sup>th</sup>	Iwayado Elementary School	(Fri)

Contact: City Board of Education Executive Office, School Education Dept. (Esashi Gen. Branch Office, 34-1630)

Search ID: 5602

## Oshu Space & Astronomy Museum Events

★ September Stargazing Event

① Storytime: Watching the Stars with Blind People

② Stargazing: Finding the Constellations, Lyra and Aquila Edition

When? September 14<sup>th</sup> (Sat), 7:00PM – 8:30PM

Cost: Free! (No entrance fee)

★ Special Planned Exhibition: Iwate's Starry Skies and the Environment

A panel exhibit to educate about harm from light and radio waves, which impacts stargazing.

When? September 14<sup>th</sup> (Sat) – December 28<sup>th</sup> (Sat), 9:00AM – 4:30PM. Closed Tuesdays

Cost: Free! (Admission is required and charged separately)

★ Sunday School: The Connection Between People, Starry Skies, and Radio Waves

Learn through experience about the relationship between human activities, radio waves, and starry skies.

When? September 22<sup>nd</sup> (Sun/holiday), 2:30PM – 3:30PM

Participants: Elementary schoolers and up. Children in lower grades must be accompanied by a parent.

20 people, by applications which are first come, first served.

Cost: Free! (Admission is required and charged separately)

Contact: Location, questions, applications for all: Oshu Space and Astronomy Museum (24-2020)



## Nordic Walking Classes

Wear clothes that are easy to move in, workout shoes, light gloves, and a hat. Bring something to drink and a towel.

When? September 12<sup>th</sup> & 26<sup>th</sup>, October 10<sup>th</sup> & 24<sup>th</sup>, November 7<sup>th</sup> & 21<sup>st</sup> (all Thursdays, 10:00AM – 11:30AM)

Where? Around Mizusawa Martial Arts Dojo

Participants: Anyone age 18 and up, limit 15 people, by applications which are first come, first served.

Cost: 500 yen per session (includes insurance)

How to apply: Apply by phone or by bringing in the application form by September 9<sup>th</sup> (Mon)

Contact: City Gym Association (within Mizusawa Martial Arts Dojo, 23-2517)