

January 2024 Oshu City Newsletter



Sunday/Holiday Doctors

Oshu Kanegasaki Holidays Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 8:30AM – 4:00PM (at the address listed above.) ✕ Please call in advance.				
Jan. 1 st	Dr. Kamei (Kamei Ophthalmology)			
2 nd	Dr. Sato (Sato Orthopedic Surgery & Rheumatology Clinic)			
3 rd	Dr. Sato (Sato Clinic)			
7 th	Dr. Sasaki (Mizusawa Minami Dermatology)			
8 th	Dr. Suzuki (Suzuki Internal/Digestive Clinic)			
14 th	Dr. Kajikawa (Kajikawa Clinic)			
21 st	Dr. Kamei (Kamei Internal/Digestive Clinic)			
28 th	Dr. Shimizu (Shimizu Ladies' Clinic)			
Oshu Kanegasaki Nighttime Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 6:30PM – 9:00PM, every day year-round ✕ Please call in advance.				
Sunday Dentists (9:00AM – 12:00PM)				
Jan. 1 st	Morioka Dental Clinic	23-6480	1-2-11 Mizusawa Hanazonocho	
1 st	Hatakeyama Dental	35-8811	3-1-26 Esashi Toyota-cho	
2 nd	Nakajima Dental Clinic	51-7797	25 Mizusawa Ko-ami	
3 rd	Chida Dental	41-3322	3-1-7 Maesawa Ekihigashi	
7 th	Maeda Dental Clinic	36-9100	1-13-1 Esashi Toyota-cho	
14 th	Yoshida Dental Clinic	35-1182	4-13 Esashi Nishiodori	
21 st	Arakida Dental Clinic	47-3323	23-93 Mizusawa Nakamachi	
28 th	Takasaki Dental	47-4182	188-1 Maesawa Aza Takezawa	
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)				
Jan. 7 th	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara	
14 th	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi	
21 st	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
28 th	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi	
★ Children's Emergency Helpline (☎ 019-605-9000) 7PM – 8AM the next day, every day year-round				

Taxes

National Health Insurance (payment #7) is due Wednesday, January 31st, 2024.

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

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

Search ID: 538

Administrative Consultation ☎ 34-2915

Place	Time & Date	
Main City Hall, Gen. Consultation Room	12 th (Fri)	1:00PM-
	26 th (Fri)	3:00PM
Esashi Gen. Branch Office, Citizen Living Group	10 th (Wed)	9:30AM-11:30AM
	11 th (Thurs)	9:00AM-12:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	23 rd (Tues)	1:30PM-3:00PM

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	11 th 10:00AM- (Thurs) 3:30PM

Financial & Lifestyle Stability Consultation**☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	17 th (Wed) 1:00PM-
Esashi Gen. Branch Office, Citizen Living Group	10 th (Wed) 4:00PM

Free Multiple Debts Consultation with a Lawyer ☎ 34-2915

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	10 th (Wed) 10:00AM 16 th (Tues) -3:00PM

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	4 th (Thurs) 1:30PM 18 th (Thurs) -
Esashi Gen. Branch Office, Citizen Living Group	16 th (Tues) 3:30PM

Free Law Consultation ☎ 34-2915

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	23 rd (Tues) 10:00AM - 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

Oshu Space and Astronomy Museum Events

★ New Year's Surprise Surprise Box: Let's Make a Dragon Surprise Box for 2024!

Bring 3 dry milk cartons.

When? January 6th (Sat), 2024, 11AM – 11:45AM**Participants:** Limit 15 parent-child pairs, applications required**Cost:** 200 yen (for materials etc.)**★ January Stargazing Event**

① Storytime: The Celestial Phenomena of 2024

② Stargazing Event: Finding the Constellations, Aries Edition

When? January 13th (Sat), 2024, 7PM-8:30PM**★ January Sunday School: Let's Learn More About Sundials!**

Let's Make and Use a Sundial!

When? January 28th (Sun), 2024, 2:30PM-3:30PM**Participants:** Elementary schoolers and up (children in lower grades must be accompanied by a parent.) Limit 20 people, applications required**Cost:** 100 yen (for materials etc.)**☎ Location, questions, applications for all:** Oshu Space and Astronomy Museum (24-2020)

Donto-sai

Burn New Year's decorations and pray for a healthy, safe year. Shinto ceremony (burning) starts at 9:30AM.

When? Early Jan. 7th (Sun), 2024 to 10:30AM

※ Decorations are not taken after 10:30AM. Please don't use plastic bags.

Where? Odori Park (Esashi)

☎ Oshu Chamber of Commerce, Esashi Branch (35-2514)

Balance Ball Exercise

When? Jan. 13th, Feb. 17th, and March 16th (all Saturdays, 2024), 10AM-11:30AM

Where? Esashi West Gym

Participants: 12 people per session

Cost: 1,000 yen per session

Applications: Apply by phone, fax, or in person by 5PM on the day before the class you wish to take.

☎ Esashi West Gym (TEL: 35-5544, FAX: 35-5567)

Kunimidaira Ski Area is Open!

Kunimidaira Ski Area is now open for the winter sports season.

The 11 courses with lots of variety will make you want to slide down over and over. Beginners and experts alike can enjoy these slopes. Please stop by this winter!

Dates of operation: Saturday, December 23rd – Sunday, March 24th, 2024

Contact: Kunimidaira Ski Area (52-6611), Main City Hall Commerce & Sightseeing Dept. (34-1760)

Notices

New Year's Holiday Bus Schedule

☎ Main City Hall Policy Planning Dept. Public Transportation Policy Office (34-2383)

Search ID: 10999

	Mizusawa Community Bus (Z Bus) ☎ Iwate-ken Kotsu, Tanko Branch, 35-2185	City Bus (Esashi) ☎ Iwate-ken Kotsu, Tanko Branch, 35-2185	Maesawa Bus (Heart Bus) ☎ City Social Welfare Association, Maesawa Branch, 56-2148	Koromogawa Community Bus ☎ Koromogawa Taxi, 52-3011
Thursday, Dec. 28	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Friday, Dec. 29				
Saturday, Dec. 30	No bus service	Sunday/holiday schedule	No bus service	No bus service
Sunday, Dec. 31				
Monday, Jan. 1 (holiday)				
Tuesday, Jan. 2	No bus service	No bus service	No bus service	No bus service
Wednesday, Jan. 3				
Thursday, Jan. 4	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Friday, Jan. 5				

※ Regular schedule: Will run based on the schedule for the day of the week.

※ Sunday/holiday schedule: Will run on the schedule listed for Sundays and holidays, regardless of day of the week.