**April 2017**

**Foreign Mothers Meetup**

This group is for foreign mothers (including pregnant women) living in Oshu.

When？　April 25th (Tues) 10:00 AM to 11:45 AM

Where？　Central Child-rearing Support Center (Izumi Nursery School )

　☎　　 Mizusawa Health Center(Tel 23-4511)

**Oshu City**

**English Newsletter**

**Sunday/Holiday Doctors**

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| **Mizusawa Ward** |
| Day |  | ☎ | Address |
| Open Sundays, holidays 8:30 am - 4:00 pm. Open nights every day 6:30 pm - 9:00 pm. | Oshu Kanegasaki Holidays Clinic | 25-3935  | 21-1 Taga Mizusawa |
| **Esashi Ward (Mornings, check times in advance by phone)** |
| Day |  | ☎ | Address |
| April 2nd | Kashiwaki Clinic | 35-2433 | 5-7 Muikamachi  |
| 9th | Kikuchi Int. Medicine Gastroenterologist Children’s Clinic | 35-2622 | 2-1-1 Toyotacho  |
| 16th | Sekiya Clinic | 35-3511 | 5-20 Odori  |
| 23rd | Takahashi Int. Med. Clinic | 35-6668 | 1-30 Odori  |
| 29th | Takita Clinic | 35-2315 | 1-9 Muikamachi  |
| 30th | Tamazawa Rehab Orthop. Clinic | 35-8801 | 71-1 Nihongi Iwayado  |
| **Dentists (9:00 – 12:00)** |
| Day |  | ☎ | Address |
| April 2nd | Otani Dental Clinic | 22-8148 | 324-3 Aza Takayashiki, Mizusawa |
| 9th | Chida Dental | 41-3322 | 3-1-7 Ekihigashi, Maesawa |
| 16th | Otemachi Dental Clinic | 51-8820 | 5-1 Otemachi, Mizusawa |
| 23rd | Hatakeyama Dental Clinic | 35-8811 | 3-1-26 Toyota-cho, Esashi |
| 30th | Kita Odori Dental Clinic | 51-9293 | 27-2 Aza Kitaushizawa, Mizusawa |

***Agricultural Ponds and Ditches are Dangerous***

There are many agricultural ponds and ditches (small streams) in Oshu City, and some don’t have fences or other measures to prevent falling. Please be careful to keep away from ponds and ditches.

　☎　 Agricultural and Forestry Department, Main City Hall (24-2111, ext. 371)

**Taxes**

Property tax (payment #1, or full payment lump sum) is due May. 1st, 2017.

　☎　 Tax Payment Division, Main City Hall (℡ 24-2111 ext. 341)

**Free Law Consultation** Make appointment at Citizen Services Division. If you want to consult in a foreign language, please bring someone who can interpret for you. The lawyer can’t answer questions about status of residence (visas), but can about marriage, other issues.

|  |  |
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| Place | Time & Date |
| Main City Hall, Gen. Consultation Room | April 12 (Wed) 10 AM – 4 PM |
| Esashi Gen. Branch Office, Resident Consultation Room | April 25th (Tues) 10 AM – 4 PM |

**【Produced by Oshu City ILC Promotion Division】**

**Events**

**Hitaka Fire Prevention Festival**

Nighttime Prelude Festival April 28th (Fri) 4:30 PM – 8:40 PM

Where? Ekidori Street, Mizusawa Ward

You can see taiko drum performances on floats, matoi-buri (waving traditional fire flags), and various other performances and dances.

Main Festival April 29th (Sat) 1:15 PM to 8:25 PM

Where? Ekidori Street, Yokocho, Fukuromachi, Chuodori Street in Mizusawa Ward

See parading floats, matoi-buri, and many other performances and dances.

Parking Main City Hall, Mizusawa Park South Parking Lot, Oshu Regional Joint Government Building, Maple West Building (4th floor east side, roof), Mizusawa Station Citizen’s Parking Lot, Z Plaza Aterui, others

☎　Commerce and Sightseeing Division, Main City Hall (24-2111 ext. 272, 273)

**Exercise Classes**

**k**

**Maesawa Spring Festival**

See Yakudoshi-ren (unlucky year groups) and Yosakoi dances, unicycle performances, drum performances, and more. This is the festival’s 40th year.

When?　April 16th (Sun) 10:00 AM – 6 PM

Where?　Mikkamachi, Nanokamachi in Maesawa Ward

Parking JA Iwate Furusato Maesawa Branch Store, Maesawa General Branch Office, Maesawa Fureai Center, others

☎　Oshu Sightseeing and Products Association, Maesawa Branch (inside Maesawa Chamber of Commerce, Tel. 56-2105)

**Maesawa Iki Iki Sportsland Classes**

★Beginners Unicycle Class

When: April 2nd, 9th, 30th (all Sun.) 10 AM – 11:30 AM

Where: Maesawa Sports Center

★Nordic Walking

When: Wednesdays every week from April 5 to April 26th, 10 AM – 11:30 AM

Where: Around Maesawa Iki Iki Sportsland

★Pilates

Days ① April 5th (Wed)② April 11th (Wed) ③ April 19th (Wed) ④ April 25th (Tues)

Times: ①③ from 7:15 PM ②④ From 3:30 PM

Where: Maesawa Iki Iki Sportsland

★Sports Blowgunning

When: Every Thursday from April 6th to April 27th 10 AM – 11:30 AM

Where: Maesawa Iki Iki Sportsland

★Fitness Training

When: April 30th (Sun) 10 AM – 11 AM

Where: Maesawa Iki Iki Sportsland

Fee: 200 yen elem. school students, 300 yen middle school students, 500 yen for high schoolers and older

Apply by phone, by the day before the class. Give your name, phone number, and what class/day(s) you want to take.

☎Questions, Applications Maesawa Iki Iki Sportsland (56-7290)

**Bowling for Health**

Try bowling with us! You can start from any age, even if you’ve never done it before.

When? Tuesday classes: every Tuesday from April 18th to May 30th (except May 2nd), 6 times total

Wednesday classes: every Wednesday from April 19th to May 31st (except May 3rd) , 6 times total

Each class has a morning course starting at 9:30 AM and an afternoon class starting at 1:30 PM.

Where? Bowling Qualia in Mizusawa Ward

How much? 2000 yen (includes fees for 6 games, shoe rental, teaching materials, insurance

☎ Questions, Applications Bowling for Health“Kenko Bolingu Kyoshitu” (Chiba, 090-7075-5222)

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**【奥州市政策企画課ILC推進室 発行】**

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