**June 2017**

**Foreign Mothers Meetup**

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

When？　June 27th (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 |
| June 4th | Kikuchi Int. Medicine Gastroenterologist Children’s Clinic | 35-2622 | 2-1-1 Toyotacho |
| 11th  | Takita Clinic | 35-2315 | 1-9 Muikamachi |
| 18th | Takahashi Int. Med. Clinic | 35-6668 | 1-30 Odori  |
| 25th | Sekiya Clinic | 35-3511 | 5-20 Odori  |
| **Dentists (9:00 – 12:00)）** |
| Day |  | ☎ | Address |
| June 4th | Arakida Dental Clinic | 47-3323 | 23-93 Nakamachi, Mizusawa |
| 11th | Hakozaki Dental Clinic | 23-4070 | 10 Shinkoji, Mizusawa |
| 18th | Murakami Dental Clinic | 23-5770 | 7 Sanbongi, Mizusawa |
| 25th | Hibarigaoka Dental Clinic | 25-6114 | 178-1 Kawabata, Mizusawa |

**Adult health screening in Oshu city starts in June.** We will send notices (検診のお知らせ) to people who have applied for screening as well as people of eligible ages. We keep records of applications for 4 years starting in 2015, so if you applied before you don’t need to apply again. Please contact us if you haven’t applied because you just moved here.

☎　Mizusawa Health Center (Tel 23-4511), Health and Welfare Dept. in each General Branch Office

**Exchanging Water Meters**

Oshu Waterworks Division exchanges water meters that have been used after a certain period of time. The city will send notices to households with meters to be exchanged. Contractors hired by the city will exchange the meters between June and October. Exchanging the meters will not cost you money (free).

☎　Waterworks Division, Engineering Dept. (℡ 46-4905)

**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.

|  |  |
| --- | --- |
| Place | Time & Date |
| Main City Hall, Gen. Consultation Room | June 14th (Wed) 10:00 AM to 4:00 PM |
| Esashi Gen. Branch Office, Resident Consultation Room | June 27th (Tues) 10:00 AM to 4:00 PM |

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**Taxes**

Prefectural/municipal tax (Payment #1, or all payments at once) is due by June 30th.

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

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**Events**

**Learn Gardening through Open Gardens**

Get tips on gardening from a presentation by the Oshu Open Garden Society.

When? 　Wednesday, June 21st starting at 1:30 PM

Where? 　Mizusawa Local Exchange Center ASUPIA

Fee: 600 yen / person. Limit 25 people, first come first served.

☎, Applications 　Mizusawa Local Exchange Center ASUPIA (22-6111)

**Mizusawa Merchants Festival**

Stalls of all kinds gather on Mizusawa Ekidori street, with lots of stage performances as well! Dance shows, Mizusawa JHS band performance, unlucky year “yakudoshi” group dances, and more.

When? Sunday, June 11th 10 AM – 5 PM

Where？　Mizusawa Ekidori Street

☎　Oshu Chamber of Commerce (24-3141)

**Maesawa Beef Festival**

Savor the epitome of Japanese quality meat, the deliciousness that is Maesawa beef. (Beef for sale is limited quantity and may sell out)

Main events/attractions include: cow imitation contest (11:00 AM), prize drawing (1 PM), Maesawa beef food stalls, Cattle Museum display and more.

When？ Sunday, June 4th 9:00 AM – 4 PM

Where？ Maesawa Iki Iki Sportsland

Parking Maesawa Clinic, Honsugi Industrial Park, Maesawa Iki Iki Sportsland north side ※Free shuttle bus from Honsugi Industrial Park, AEON Maesawa, Maesawa Station East Entrance

☎ Maesawa General Branch Office, Industry Promotion Division (56-2111 ext. 231)

**Exercise Classes**

**Maesawa Iki Iki Sportsland Classes**

★Sports Blowgunning

When: June 1st, 8th, 22nd, 29th (all Thursdays) 10 AM – 11:30 AM

Where: Maesawa Iki Iki Sportsland

★Nordic Walking

When: Wednesdays every week from June 7th to June 28th, 10 AM – 11:30 AM

Where: Around Maesawa Iki Iki Sportsland

★Pilates

When: ① June 7th(Wed), 7:15-8:15 PM ② June 13th(Tues), 3:30– 4:30 PM ③ June 21st(Wed), 7:15-8:15 PM ④ June 27th(Tues), 3:30– 4:30 PM

Where: Maesawa Iki Iki Sportsland

★Sports Blowgunning for Beginners

When: June 7th (Wed), June 14th (Wed) both 10–11 AM

Where: Mizusawa Martial Arts Stadium (Akiha-cho, Mizusawa)

★Fitness Training

When: June 18th (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)

**Exercise Classes (Esashi)**

Resistance training, aerobic exercise and stretching.

When: June 13th (Tues), June 20th (Tues) both 10 AM – 11:30 AM

Where: Esashi Central Gymnasium

Limit 20 particapants/class. Fee is 300 yen per person.

Apply by phone or fax by June 9th.

☎Questions, Applications Esashi Central Gymnasium (31-2100, fax 35-5311)

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**【奥州市政策企画課ILC推進室 発行】**