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**Foreign Mothers Meetup**

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

When？　September 26th (Tuesday)

10:00 AM-11:45 AM

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

　☎　　 Mizusawa Health Center (℡23-4511)

**September 2017**

**Oshu City**

**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 |
| Sep. 3rd | Takita Clinic | 35-2315 | 1-9 Muikamachi  |
| 10th  | Tamazawa Rehab Orthop. Clinic | 35-8801 | 71-1 Nihongi Iwayado  |
| 17th | Hirata Surgery, Internal Med. Clinic | 31-1331 | 401-6 Kannondoki, Odaki |
| 18th | Taniguchi ENT Clinic | 35-2927 | 5-22 Odori |
| 23rd | Ito Internal Med. Clinic | 35-4006 | 3-12 Kawaramachi |
| 24th  | Ito Family Clinic | 35-0035 | 11-14 Nishi Odori |
| **Dentists (9:00 – 12:00)** |
| Day |  | ☎ | Address |
| Sep. 3rd | Nakatacho Dental | 23-3415 | 3-29 Nakatacho, Mizusawa  |
| 10th | Kodama Dental Clinic | 23-4181 | 1-138-2 Ekiminami, Hadacho, Mizusawa |
| 17th | Ishikawa Dental Clinic | 47-3477 | 12 Obatakekoji, Mizusawa |
| 24th | Ono Dental | 25-7890 | 65-1 Hitakanishi, Mizusawa  |
| ★Children Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM |

**Applying for National Pension Exemption, Deferral**

If you don’t pay pension, you might not be able to receive pension payments including disability basic pension and survivor’s pension.

If you can’t afford national pension payments, please consult with city hall. You can apply for an exemption, or to defer payments. You can make these applications between July 2017 and June 2018.You may be able to get a deferral or exemption for payments ranging back to 2 years and one month before the day you apply.

　☎　 〇National Pension Representative, Citizen Services Division, Main City Hall (℡ 24-2111 ext. 137、138)

〇 Citizen Services Division in Esashi, Maesawa, Isawa, Koromogawa General Branch Offices

〇Ichinoseki Pension Office (0191-23-4246)

**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 | Sept. 13th (Wed) 10:00 AM to 4:00 PM |
| Esashi Gen. Branch Office, Resident Consultation Room | Sept. 26th (Tues) 10:00 AM to 4:00 PM |

**Taxes**

Property tax (payment #3) and national

health insurance (payment #3) are due by

Monday, October 2nd.

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

Produced/translated by Oshu City ILC Promotion Division

**16th Oshu Yosakoi in Mizusawa,**

**63rd Mizusawa Akindo Matsuri (Merchants Festival)**

1800 people will dance for this event in four spots including Mizusawa Ekidori Street, Yokomachi and Omachi.

When？ 17th (Sun) 11:00 AM – 7:00 PM

Where? Mizusawa Ekidori Street, Yokomachi and Omachi

　☎　 Oshu Yosakoi in Mizusawa Committee (℡24-3141)

**Animal/Pet Festival**

Pet consultations, pony petting zoo, animal quiz, dog training demonstration and more.

When？ September 10th (Sun) 10:00 AM – 2:00 PM

Where?　Culture Park Aterui

　☎　 Iwate Pref. Veterinarians Association Mizusawa Office (℡23-8211)

**Events**

**Tennis Day Class**

Oshu city residents elementary school age and older can participate.

When? 　 Saturday, September 23rd 9:00 AM – 2:00 PM

Where?　Mizusawa Park Tennis Court

# Participants Up to 5 people 　　Cost 500 yen

☎ Questions, Applications Mizusawa Gymnasium (℡23-3841) ※Application deadline: September 20th

**Bowling Class**

Try bowling with us! You can start bowling at any age.

When? 〇Thursday class: Every Thursday from September 21 to October 26, 6 times total 〇Friday class: Every Friday from September 22to October 27, 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

Cost 2000 yen (includes fees for 6 games, shoe rental, teaching materials, insurance

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

**Oshu City Working Youth Home Sep. Classes**

People 34 years old or younger who live or work in Oshu can join these classes.

★Pilates (Esashi)

When？ Every Friday from September 8th to 29th (4 times total) 7:30 PM to 8:30- PM

Where？ Oshu City Working Youth Home Esashi Satellite

Class size 12 people　　Cost　Free

※Application deadline: Monday, September 4th

☎Inquiries, applications

Oshu City Working Youth Home（℡24-2917）Esashi Satellite (℡ 35-7011）Isawa Satellite（℡ 47-0527）

**NHK Nodo Jiman (Amateur Singing Contest)**

NHK’s Nodo Jiman, an amateur singing contest, will be held in Oshu in November. Apply to be a contestant or member of the audience by reply-paid postcard.

When？ November 5th (Sunday) starting 11:45 AM

(Venue open from 11:00 AM)

Where？ Oshu City Z Hall

Application Deadline for Singers September 25th (Monday)

Application Deadline for Audience October 6th (Friday)

See the first page of the August Oshu Newsletter, Notifications Issue (Japanese) for details on how to apply.

TV Broadcast November 5th (Sunday) 12:15 PM to 1:00 PM

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**51st Isawa Folk Arts Festival**

Watch traditional kagura, kenbai, shishiodori, taueodori dances from the Isawa area and more. Free.

When？ September 10th (Sunday) starting at 1:00 PM

(Venue opens at 12:30）

Where? Isawa Cultural Creative Center

　☎　 Isawa Gen. Branch Office Gen. Coord. & Policy Planning Dept. (℡46-2111 ext. 104)

**Exercise Classes**

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**Free Consultations for Single Parents**

Are you raising a child alone? Come consult with a lawyer about issues like divorce, money to take care of your children.

When? October 22nd (Sunday), December 9th (Saturday) both from 10:00 AM to 3:00 PM

Where? City Resident Activity Support Center (Maple Basement)

 Cost Free

☎ Questions, Applications

Iwate Prefecture Single Parents/Widows Welfare Association (℡019-623-8539)

Produced/translated by Oshu City ILC Promotion Division

**Notices**

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