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**November 2017**

**Foreign Mothers Meetup**

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

When？　November 28th (Tuesday)

10:00 AM-11:45 AM

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

　☎　　 Mizusawa Health Center (℡ 23-4511)

**Oshu City Newsletter**

**Sunday/Holiday Doctors**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | |
| Nov. 3rd | Takita Clinic | | | | 35-2315 | | 1-9 Muikamachi | |
| 5th | Tamazawa Rehab Orthop. Clinic | | | | 35-8801 | | 71-1 Nihongi Iwayado | |
| 12th | Hirata Surgery, Internal Med. Clinic | | | | 31-1331 | | 401-6 Kannondoki, Odaki | |
| 19th | Taniguchi ENT Clinic | | | | 35-2927 | | 5-22 Odori | |
| 23rd | Ito Internal Med. Clinic | | | | 35-4006 | | 3-12 Kawaramachi | |
| 26th | Oikawa Orthopedic Surgery Clinic | | | | 35-2917 | | 1-1-32 Youkamachi | |
| **Dentists (9:00 – 12:00)** | | | | | | | | |
| Day | |  | | ☎ | | Address | | |
| 5th | | Takasaki Dental | | 47-4182 | | 188-1 Aza Takezawa, Maesawa | | |
| 12th | | Sasaki Dental Clinic | | 31-1313 | | 9-14 Nishiodori, Esashi | | |
| 19th | | Abe Dental Clinic | | 22-8522 | | 38-18 Oyama Amanuma, Isawa | | |
| 26th | | Shiraishi Dental Clinic | | 51-1622 | | 6-24 Daimachi, Mizusawa | | |
| ★Children Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM | | | | | | | | |

**Don’t Forget your Dental Exam**

Oshu City provides adult dental exams. It can be too late if you wait to notice symptoms, so if you received an exam notice please don’t wait to get checked. If you won’t get a city exam because you’re being treated, already get exams individually, etc. please let us know.

**Period:** Until Saturday, December 30th

Exams can be conducted by designated

medical facilities within Oshu.

**Exams for:** People turning 35, 40, 50, 60, 70, 76 in 2017. (Notices were sent to eligible residents in May.)

**Cost:** Free for 35 year olds, 900 yen for those aged 40, 50, or 60, 600 yen for those aged 70 or 76.

　☎　　 Mizusawa Health Center (℡ 23-4511) and health and welfare divisions in each general branch office

**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 | Nov. 8th (Wed) 10:00 AM to 4:00 PM |
| Esashi Gen. Branch Office, Resident Consultation Room | Nov. 28th (Tues) 10:00 AM to 4:00 PM |

**Taxes**

Property tax (payment #4) and national health insurance (payment #5) are due by Thursday, November 30th.

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

Produced/translated by Oshu City ILC Promotion Division

**12th City Arts and Culture Festival, Folk Song and Dance Festival**

When？ November 12th (Sunday) 10 AM to 2:30 PM

Where？ Maesawa Fureai Center

Cost Free

☎Oshu Art and Culture Society (22-6622)

**Oshu Space & Astronomy Museum Star-Gazing Event**

Part 1: Star myth kamishibai (storytelling with picture cards) from 7 PM

Part 2: Stargazing event from 7:40 PM

(Will show program in planetarium in the event of rain)

When？ November 11th (Sat) 7:00 PM to 8:30 PM

Where？ Oshu Space and Astronomy Museum

Cost Free

☎Oshu Space and Astronomy Museum (24-2020)

**Events**

**Koromogawa Arts and Culture Festival, Stage Performance**

When？ November 26th (Sunday) 9:30 AM to 3 PM

Where？ National Hostel Sun Hotel Koromogawa-so

Cost Free

☎ Koromogawa Art and Culture Society (52-3900)

**All-Japan Elementary/Middle School Poster Contest**

Taking submissions and exhibiting entered posters for the following dates.

When？ November 6th (Monday) to November 20th (Monday)

Where？ Oshu Space and Astronomy Museum

☎　 Oshu Space and Astronomy Museum (24-2020)

12:

**Classes/Lectures**

**k**

**Working Youth Home:**

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

**★Pilates Class**

When？ Every Tuesday Nov. 7th to 28th (4 times total) 7:30 PM - 8:30 PM Where？ Oyama Community Center Class size 20 people　　Cost Free

※Application deadline: Nov. 3rd (Friday)

**★Self Seitai (Body Work)**

When？ Every Wednesday Nov. 8th to 22nd (3 times total) 7:00 PM - 9:00 PM Class size 10 people Cost 500 yen

※Application deadline: Nov. 3rd (Friday)

**★Sweets Cooking Class**

When？ Thursday Nov. 9th and Thursday, Nov. 16th 7 PM – 9 PM Class size 10 people　Cost 1200 yen (600 yen/class)

※Application deadline: Nov. 4th (Saturday)

**★ Introduction to Coffee**

When？ Every Wednesday Nov. 15th to 29th 7 PM – 9 PM Class size 10 people　　Cost 1000 yen

※Application deadline: Nov.r 10th (Friday)

**★SAQ (“Speed Agility Quickness”) Training**

When？ Every Thursday Nov. 30th to December 21st (4 times total) 7 PM - 9 PM Where？ Working Youth Home Isawa Satellite Class size 30 people　　Cost 1000 yen

※Application deadline: November 25th (Saturday)

☎ Questions, applications

Oshu City Working Youth Home（℡24-2917）

**Maesawa Iki Iki Sportsland:**

★Nordic Walking in Isawa

For elem. school age and older

When: Every Friday from Nov. 10th – 24th (3 times total) 10 AM – 11:30 AM

Cost: 500 yen (200 yen elem. students, 300 yen middle school students)

Where: Maesawa Green Arena

★Pilates Class

For elem. school age and older

When: Nov. 8th (Wed), 22nd (Wed) 7:15 PM – 8:15 PM

Cost: 500 yen (200 yen elem. students, 300 yen middle school students)

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

**Shape up Exercise “With B”**

Let’s shape up with weight lifting and other exercises.

When: Every Thursday from Nov. 16th to December 21st except Nov. 23 (5 times total) 7:30 PM to 8:15 PM

Place: Health Promotion Plaza Yuyukan

Cost: 100 yen/time Class size: 20 people

Application period: Nov. 9th (Thursday) to Nov. 15th (Wed) 1:00 PM to 8:00 PM, 1st come 1st served

☎Questions, Applications Health Promotion Plaza Yuyukan (46-2977)

**Parent and Child Badminton Game**

Taking applications for city sports festival badminton game.

When: Nov. 26th (Sunday) from 9:00 AM

Place: Mizusawa Gymnasium

Divisions: Middle Schooler & parent division, Elementary schooler and parent division. For both divisions, teams formed by three parent-child pairs.

How to apply: Fax, mail or hand in application by Nov. 6th (Mon.)

☎ Questions, applications Lifelong Learning & Sports Division Sports Promotion Contact (Esashi Gen. Branch Office 35-2111 ext. 336, fax 35-7466, email shousupo@city.oshu.iwate.jp)

Produced/translated by Oshu City ILC Promotion Division

**Job Café Oshu: Joint Company Information Session #2**

Talk with ten Oshu companies to learn more about them. Any ages welcome, any clothes are OK (no dress code). Feel free to drop by!

When? November 17th (Fri) 1 PM – 4 PM (Reception starts 12:30)

Where? Maple Basement Multipurpose Hall

☎ Job Café Oshu (23-6331)

12:

Produced/translated by Oshu City ILC Promotion Division

**Oversize Garbage Collection (Esashi)**

Collecting oversize garbage in Esashi on the following dates. Please see the flyers sent to each household within Esashi ward for details on collection times and places.

**Collection Days:** November 19th (Sunday), November 26th (Sunday)

☎ Esashi General Branch Office Citizen’s Environment Dept. (35-2111 ext. 142)

**About Updating Paperwork for Address Change**

Starting on April 1st, 2018, all Oshu city addresses will lose the ward (-ku) part of the address. (Mizusawa-ku 🡪 Mizusawa, Maesawa-ku 🡪 Maesawa, Isawa-ku 🡪 Isawa, Koromogawa-ku 🡪 Koromogawa, Esashi-ku 🡪 Esashi) Please check with the following places on updating your address.

|  |  |
| --- | --- |
| Society-managed health insurance (not national health insurance) | Please ask your workplace. |
| Bankbook, cashcard | Usually no updates required, but ask your bank. |
| Credit card, stocks, life insurance, property insurance | Ask the company or companies you use. |
| Cellphone companies (au, Softbank) | You need to update your information. Please check with your carrier. (You don’t need to update with Docomo) |

(No updates needed for IDs including residence cards, national health insurance, car and driving-related paperwork, most other things. Please see details in October Oshu Public Relations Magazine, main issue)

☎ Main City Hall General Coord. And Policy Planning Dept. Policy Planning Division (24-2111 ext. 415)

**Taking Applications for City Housing**

■ Application period: October 26th (Thursday) to November 10th (Friday). Receive application forms from below.

■ Questions, applications: Building and Housing Division, Housing Contact, Main City Hall (24-2111 ext. 542, 543)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Ward | Name of Housing | Address | Building Type/# Rooms | # apts available | Rent (yen) | Details |
| Mizusawa | Hibarigaoka | Aza Kawabata | Mid-rise 3 floors/3DK  Mid-rise 4 floors/3DK | 5 | 17,000 - 31,500 | Three apts on 3rd floor (1 wheelchair accessible), 1 on 3rd floor, 1 on 4th floor |
| Kawabata | Aza Kawabata | Mid-rise 3 floors/3DK | 1 | 13,200 – 19,700 | 1 apt on 1st floor, single ppl OK |
| Ishida | Aza Sakurakawa | Mid-rise 4 floors/3DK | 2 | 17,900 – 26,700 | 1 apt on 1st floor, 1 on 2nd floor |
| Esashi | Shimonawa  shirosawa | Aza Shimonawashirosawa, Iwayado | Wooden 1 floor house/2LDK | 3 | 22,700 – 33,700 |  |
| Mukaiyama | Mukaiyama, Iwayado | Wooden 2 floors/2LDK | 1 | 15,900 – 23,700 | 1 apt on 1st floor, single ppl OK |
| Maesawa | Takezawa | Aza Takezawa | Wooden 2 floors/2LDK | 4 | 25,100 – 38,200 |  |
| Wooden 1 floor house/1DK | 1 | 13,600 – 20,200 | Single ppl OK |

**Notices**