

January 2026

Oshu City Newsletter



Sunday/Holiday Doctors

| | | | | |
|---|---|------------------------------------|----------------------------------|---------------------|
| Oshu Kanegasaki Holidays Clinic | | Address: 21-1 Taga Mizusawa | | TEL: 25-3935 |
| Hours: 8:30AM – 12:00PM, 1:30PM – 4:00PM (at the address listed above.) | | | | |
| ※ Please call in advance | | | | |
| Jan. 11 th | Dr. Ohtoshi (Ohtoshi GI & Orthopedic Surgery) | | | |
| 12 th | Dr. Onodera (Shimokobe Gastroenterology Clinic) | | | |
| 18 th | Dr. Kajikawa (Kajikawa Clinic) | | | |
| 25 th | Dr. Omi (Omi 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. 11 th | Takasaki Dental | 47-4182 | 188-1 Maesawa Aza Takezawa | |
| 18 th | Yui Dental Clinic | 25-7422 | 2-21 Mizusawa Fukuromachi | |
| 25 th | Forest Dental Clinic | 34-3536 | 1-2-16 Mizusawa Hanazono-cho | |
| Seikotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments) | | | | |
| Jan. 11 th | Hoshi Osteopathic Clinic | 25-3742 | 6-12 Mizusawa Fukuyoshicho | |
| 18 th | Takahashi Osteopathic Clinic | 23-8158 | 139 Mizusawa Shinjo Kitashiokara | |
| 25 th | Komura Osteopathic Clinic | 24-4542 | 4-9 Mizusawa Aza Sanbongi | |
| ★Children's Emergency Helpline (☎ 019-605-9000 or #8000) 7PM – 8AM the next day, every day year-round. | | | | |

Taxes

National Health Insurance (payment #7) is due Monday, February 2nd.

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

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

Search ID: 538

January Consultation Rooms

Administrative Consultation ☎ 34-2915

| Place | Time & Date | |
|---|-------------------------------|------------------|
| Main City Hall, Gen. Consultation Room | 9 th (Fri) | 1:00PM – |
| | 23 rd (Fri) | 3:00PM |
| Esashi Gen. Branch Office, Citizen Living Group | 14 th (Wed) | 9:30AM – 11:30AM |
| | 8 th (Thurs) | 9:00AM – 12:00PM |
| Isawa Gen. Branch Office, Citizen Living Group | 27 th (Tues) | 1:30PM – 3:00PM |
| | Feb. 12 th (Thurs) | |

Free Multiple Debts Consultation with a Lawyer ☎ 34-2915 Appointments required

| Place | Time & Date | |
|--|-------------------------|----------|
| Main City Hall, Gen. Consultation Room | 7 th (Wed) | 10:00AM- |
| | 20 th (Tues) | 3:00PM |

Pension Consultation ☎ 0191-23-4246 Appointments required

| Place | Time & Date | |
|---------------------------|-------------------------|-----------------|
| Main City Hall Auditorium | 8 th (Thurs) | 10:00AM- 3:30PM |
| | | |

Human Rights Consultation ☎ 34-2915

| Place | Time & Date | |
|---|--------------------------|--------|
| Main City Hall, Gen. Consultation Room | 8 th (Thurs) | 1:30PM |
| | 15 th (Thurs) | – |
| Esashi Gen. Branch Office, Citizen Living Group | 20 th (Tues) | 3:30PM |
| | | |
| Maesawa: Next time: Feb. 5 th (Thurs) (Maesawa Comm. Center) | | |
| Isawa: Next time: Feb. 4 th (Wed) (Oyama Comm. Center) | | |
| Koromogawa: Next time: Feb. 12 th (Thurs) (Koromogawa Health & Welfare Center) | | |

Free Law Consultation ☎ 34-2915 Appointments required

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

*Depending on availability, you may asked to consult on an open day the following month.

Consumer Affairs Consultation ☎ 34-2915

| Place | Time & Date |
|--|--|
| Main City Hall, Gen. Consultation Room | Mon-Fri, 9:00AM to 5:00PM (last apt. at 4) |
| Each branch office's Online Consultation Booth | Mon-Fri, 9:00AM to 4:00PM |

Financial & Lifestyle Stability Consultation ☎ 34-2915 Appointments required

| Place | Time & Date | |
|---|------------------------|----------|
| Main City Hall, Gen. Consultation Room | 21 st (Wed) | 1:00PM – |
| | 7 th (Wed) | 4:00PM |
| Esashi Gen. Branch Office, Citizen Living Group | | |

Events

Donto-sai

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

When? Early morning Jan. 11th (Sun) to 10:30AM

※ Decorations are not taken after 10:30AM. Plastic bags and similar are not allowed.

Where? Esashi Odori Park

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

Oshu Space & Astronomy Museum Events

★ Let's Make Mini Kusudama and Play Science Karuta!

When? January 10th (Sat), 11:00AM – 11:45AM

Cost: 100 yen for materials (admission is charged separately)

★ Stargazing Event

When? January 10th (Sat), 7:00PM – 8:30PM

Details: Storytime: Astronomical Information for 2026 and Stargazing Event

☎ Location, applications, and questions for both: Oshu Space and Astronomy Museum (24-2020)



Training Seminar for Medical Interpreters

Can you help foreign residents to access medical care in their native language? Done in Japanese and target languages (English, Chinese, and Vietnamese).

When? February 28th (Sat) and March 1st (Sun)

Where? Mizusawa Regional Community Center (Aspia)

Target audience: People who have an interest in medical interpretation

Cost: Free! (Textbook fee is separate)

How to apply: Contact the international center by February 20th (Fri)

Contact: City International Center (22-6111)

Kunimidaira Ski Area is Open

Kunimidaira Ski Area is now open for this year's winter season. The 11 courses have lots of variety, and are enjoyable for beginners and experts alike. Please stop by this winter!

Open until: Sunday, March 22nd

Contact: Kunimidaira Ski Area (52-6611), Main City Hall Sightseeing Facility Strategy Office (34-2064)



Notices

Please Follow the Rules of the Road: Drive or Bike Safely

The five rules for safely bicycling are as follows.

- As a rule, stay on the left side on roads. On sidewalks, pedestrians have the right of way.
- Ride safely by stopping at stoplights at intersections.
- Turn your lights on at night.
- Don't ride your bicycle while under the influence of alcohol.
- Wear a helmet.

Contact: Main City Hall Living Environment Dept. (34-2342)

Search ID: 2488

Produced by Oshu City Hometown Outreach Dept., ILC/Multicultural
Coexistence Prom. Division & Oshu City International Relations Association