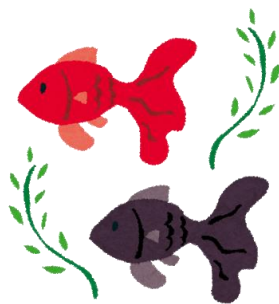


July 2021

Oshu City Newsletter



Sunday/Holiday Doctors

Oshu Kanegasaki Nighttime and Holidays Clinic and Sunday dental clinics may pause and re-open their services based on the current COVID-19 situation. For information about closures and re-openings, see the city homepage or call one of the numbers below. If you need healthcare on a holiday or at night while these clinics are closed, please contact a city or prefectural hospital.

Contact

- ① Nighttime and Holidays Clinic (25-3935), Oshu Kanegasaki Administrative Association (24-5821)
- ② Oshu Dentistry Association Secretariat (24-0810)

Mizusawa			
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
Dentists (9:00 – 12:00)			
Day		☎	Address
July 4 th	Ono Dental Clinic	25-7890	65-1 Mizusawa Hitakanishi
11 th	Iwabuchi Dental	41-9333	57-69 Kanegasaki-cho Nishine Kamihirasawa
18 th	Oishi Dental Clinic	41-3711	60-2 Maesawa Mikkamachi
25 th	Takahashi Dental Clinic	56-3333	28-9 Maesawa Tairakoji
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)			
July 4 th	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori
11 th	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi
18 th	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara
25 th	Kuramoto Osteopathic Clinic	22-6788	42-15 Isawa Oyama Kawakita
★Children's Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM			

Don't Forget to Lock Up!

June is Locking-Up Promotion Month. Please protect your life and valuables by making sure to lock your doors.

- Get into the habit of locking up
In many cases where homes have been burglarized, the doors were unlocked. If you run into the burglar while the crime is in progress, it can become very dangerous, so please get in the habit of locking your house as a family.
- For short times too
Lock up even in situations when you'll return soon, such as taking out the trash, going out somewhere nearby, or anytime you leave your car.

☎ City Crime Prevention Association (Inside Main City Hall
Consumer and Environmental Protection Division, 34-2342)

Taxes

Property Tax (Payment 2) and National Health Insurance (Payment 1) are due Monday, August 2nd.

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

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

Produced by Oshu City ILC Prom. Division & Oshu
City International Relations Association

June Consultation Rooms

Pension Consultation ☎ 0191-23-4246

Appointments required

Place	Time & Date
Main City Hall	8 th 10:00AM to (Thurs) 3:15PM

Free Law Consultation ☎ 34-2915

Appointments required

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

Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	9 th (Fri) 1:00PM to 21 st (Wed) 3:00PM
Esashi Gen. Branch Office, Citizen Living Group	14 th (Wed) 9:30AM to 11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	8 th (Thurs) 9:00AM to 12:00PM
Isawa Gen. Branch Office, Citizen Living Group	27 th (Tues) 1:30PM to 3:00PM
Koromogawa Health and Welfare Center	8 th (Thurs) 1:30PM to 3:30PM

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	1 st (Thurs) 1:30PM to 15 th (Thurs) 3:30PM
Esashi Gen. Branch Office, Citizen Living Group	20 th (Tues) 1:30PM to 3:30PM
Koromogawa Health Center	8 th (Thurs) 1:30PM to 3:30PM

Consumer Affairs Consultation ☎ 34-2915

Appointments required 1 day in advance for Esashi, Maesawa, Isawa, and Koromogawa

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Esashi Gen. Branch Office, Citizen Living Group	Every Monday, 10:00AM to 3:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	Every Tuesday, 10:00AM to 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	Every Thursday, 10:00AM to 3:00PM
Koromogawa Health & Welfare Center	Every Friday, 10:00AM to 3:00PM

Events

※ The events promoted on this page may be changed, postponed, or canceled to prevent the spread of COVID-19. For the most current information on events, check the Oshu city website.

Free Entry to Esashi-Fujiwara Heritage Park for City Residents

Esashi-Fujiwara Heritage Park will be free for Oshu residents for the anniversary of the park's opening.

When? July 3rd (Sat) and 4th (Sun) from 9:00AM – 5:00PM

What to bring Annual pass or some proof of residence in Oshu

Firefly Festival

When? June 18th-20th, June 25th-27th, and July 2nd-4th at 8:00PM-9:00PM ※ Check-in from 7:30PM to 8. Will be canceled in rainy weather.

Where? Esashi-Fujiwara Heritage Park

Cost 400 yen for middle schoolers and up, 200 yen for elementary schoolers, children younger than school age are free

※ Not covered by an annual pass

※ Free entry to the restaurant on firefly days from 3:30PM onward

☎ Esashi-Fujiwara Heritage Park (35-7791)

Classes & Sports

Ichi-Sapo Oshu Room

Support for people who are ready to start working.

When? July 7th (Wed) and 21st (Wed), 10:00AM – 3:00PM

Morning: Fun seminar about improving communication skills, work practice, etc.
Afternoon: Individual consultations (by appointment)

Where? Maple basement

Participants Job seekers between age 15 and 49, their families, etc.

Cost Free!

📞 Ichinoseki Youth Support Station (0191-48-4467)

Z Arena Sports Classes

Participants 20 people per session, first come first serve

■ Pilates Class

Easy Pilates: July 11th, August 15th & 22nd, September 5th & 12th (5 sessions, all on Sunday) 9:30AM – 10:30AM

Basic Pilates: July 5th – September 27th (13 sessions, all on Monday) 7:00PM – 8:00PM

What to bring Pilates mat or yoga mat (rentals available)

Cost 500 yen per class

■ Lymph Conditioning Class

When July 9th (Fri) 7:00PM – 8:30PM

What to bring A large towel and a small towel, something to drink

Cost 800 yen

📞 Location, inquiries, applications: Z Arena General Gym, 22-7000

Information on COVID-19

※ Information about COVID-19 is changing all the time. For the most up-to-date info, check the Oshu city homepage.

Consultations and Diagnosis for Fevers, Etc.

- If you have a fever or similar symptoms, **call your regular doctor**.
- If you're not sure who to call, **contact the Diagnosis and Consultation Center**.

