HAMURA NEWS

HAMURIN Hamura City Mascot

September 1st, 2026

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section) Published by: Hamura City
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宝塚 OG レビュー公演 華麗なる伝統の調べ



<Takarazuka Alumni Review Performance ~ The Splendor of Tradition>

Date & Time: December 20th (Sun) 2PM (Doors open at 1:30PM).
Location: Primo Hall Yutoroji Main Hall.
Capacity: 854 (in application order, all seats reserved).
Fee: General ~ JPY3,000 (at door ticket JPY3,500) / High school students and younger ~ JPY1,000.
Performers: Ms. Erina Mariho, Ms. Kyoka Yoshino, Ms. San Hinata and Ms. Mirei Shiyuu.
Programs: "The Rose of Versailles" Medley, *EXCITER!!*, "Me & My Girl", "A Fleeting Love", "When the Violets Bloom", and more.
※ Performers and programs are subject to change.
Ticket Sales: Starting at September 3rd (Thu) 9AM ~, via the Yutorogi Internet Ticket website, or in person at Primo Hall Yutorogi ☎ 042-570-0707.

羽村市認知症月間

<Hamura City Alzheimer's Month>

The city has designated September as Hamura City Dementia Awareness Month every year. Why not take an interest in dementia, a condition that can affect anyone and deepen your understanding of it?
Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 197.

映画上映会「ペコロスの母に会いに行く」

①Film Screening: [Going to See Pecoros's Mother]

Date & Time: September 5th (Sat), 2PM ~ 4PM (Doors open at 1:30PM).
Location: Primo Hall Yutorogi, Small Hall.
Capacity: 200 (in application order).
Application: By September 4th(Fri) 5PM, please apply via phone or the application form.



②Book Exhibition 書籍の展示

The exhibiting and lending books related to dementia will be held.
Location: Primo Library Hamura.
Term: September 1st (Tue) ~ 30th (Wed).

③Orange Light-Up オレンジライトアップ

The east exit of Hamura Station and the entrance to Hinotonton ZOO will be illuminated in orange, the symbolic color for dementia support.
Term: September 1st (Tue) ~ 30th (Wed).
Time: Hamura Station East Exit… Sunset to 11:30PM/ Hinotonton Zoo… Sunset to 9PM.

認知症カフェを運営する団体に対する支援（通年）

④Support for organizations to run dementia cafes (year-round)

The city provides grants to organizations that operate dementia cafés, places where [anyone, including people with dementia, families, local residents, and professionals, can feel free to participate, share information through conversation, and foster mutual understanding.]

※ For details, please check city's official website or inquiry.



第39回 自殺防止！東京キャンペーン

<THE 39th TOKYO SUICIDE PREVENTION CAMPAIGN>

Inquries: Kenko Ka (in Hoken Center) ☎Ext. 626.

In Tokyo Metropolitan, every year's September is Suicide Prevention Reinforcement Months.
For relevant organizations' cooperations, the consultation hours will be extened.

※ All services are free. But, the communication fee will be costed except Free Dial.

※ Navi Dial #0570 is not eligible for free talking or all you can call plan.

■ **[Special Consolation during Campaign Term]**

Service Counter/ [Facilities]	Telephone No.	Special Consolation Term
Toll Free Special Counseling (NPO Bifrenders Tokyo Suicide Prevention Center)	☎0120-58-9090 ☎03-5286-9090	Till Sep 5th (Sat) 8PM ~ Next day 2:30AM ** Monday: 10:30PM ~ / Tuesday: 5PM~. (Kokohana will be end in August).
Kokohana (Special Counseling Service for Teens and Young Adults) [International Befrienders Tokyo Suicide Prevention Center (NPO)]		
Suicide Prevention Hotline "Japan Inochi-no Denwa" (Nationwide)	☎0120-783-556	Sep 10th (Thu) ~ 16th (Wed) .... 8AM~ Next day 8AM.
(Tokyo) "Tokyo Inochi-no Denwa"	☎03-3264-4343	every day 24 hrs.
Tokyo Suicide Counseling Dial "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Sep 11th (Fri) ~ 15th (Tue) .... Everyday 24 hrs.
Suicide-Bereaved Family Listening Line [NPO Grief Care and Support Plaza]	☎03-3796-5453	Sep 1st (Tue) ~ 5th (Sat) .... 11AM ~ 5PM
Suicide-Bereaved Family Counseling Dial [NPO Suicide-Bereaved Family General Support Center]	☎03-3261-4350	Sep 14th (Mon) ~ 16th (Wed) .... 2PM ~ 6PM
Multiple Consumer Loans #110 [Tokyo Consumer Affairs Center]	☎03-3235-1155	September 7th (Mon) and 8th (Tue) ... each day 9AM~5PM

※Regarding **general consolation** schedules, please check Hamura News ver. Sep 1st.

9 月・10 月は「行政相談月間」

<September and October are [Administrative Consultation Months]>



Inquiries: Hisho Kouhou Ka, Shimin Sodan Kakari ☎Ext. 541.

○ What Is Administrative Consultation?
Administrative consultation is a free service offering advice on general administrative matters, such as roads, social welfare, health insurance, and administrative procedures / applications etc. Questions regarding administrative matters are handled by Administrative Consultation Commissioners appointed by the Minister of Internal Affairs and Communications.

○ City Regular Consultation Sessions (Held concurrently with Human Rights and Personal Affairs Consultations).
Date & Time: The 3rd Thursday of every month, 1:30PM ~ 4:30PM.
Capacity: 3 (in application order).

○ Consultation Dates for September and October
September 17th (Thu), October 15th (Thu)
Location: Citizen Consultation Room, 1st Floor, City Hall.

○ **Administrative Complaints Hotline 110** (Ministry of Internal Affairs and Communications Administrative Consultation Center [Kikumimi Tokyo]) ☎ 0570-090-110 Fax: 03-5331-1761.

※ If using an IP phone or similar service, please call ☎03-3363-1100.

The Ministry of Internal Affairs and Communications also accepts administrative consultations via the Internet. Please check the Ministry's website for details.

第８５回羽村ゆとろぎ寄席

<The 85th Hamura Yutologi Yose>

A chance to enjoy an authentic Yose Performance at a special price!



Date & Time: October 3rd (Sat), 2PM.
Location: Primo Hall Yutologi, Small Hall.
Capacity: 252 (all seats unreserved).
Admission: Adults (Advance): JPY1,000; (At Door): JPY1,200;
High School Students and Younger: JPY500.
Performers: (Rakugo) Katsura Amanatsu San, Sanyutei Miyoshi San, etc. and
Katsura Takemaru San (special guest).
(Manzai) Miyata You & Shou San.
Organizer: Rakugo Art Association (Public Interest Incorporated Association).
Supported by: Hamura City Board of Education.
Application & Inquiries: Via the Yutorogi Internet Ticket service, or in person at Primo Hall Yutorogi
☎ 042-570-0707.

お知らせ

INFORMATION

暮らし

LIVING

敬老金をお届けします

< Complimentary Gift to Elderly Citizens from Hamura City >

The City honors and expresses its deep respect for senior citizens who have dedicated many years of service to the community, and presents them with a senior citizen allowance to celebrate their longevity.
The mayor will visit the homes of eligible individuals who have reached their 100th birthday, and Hamura City Social Welfare Committee members from each district will visit the homes of those who have reached their 88th birthday to deliver the grants by September 21st (Mon. Holiday).



Eligibility and Gift Amount:

- 100 years old people (who was born Apr 2nd, 1926 to Apr 1st, 1927) ~ JPY50,000
- 88 years old people (who was born Apr 2nd, 1938 to Apr 1st ,1939) ~ JPY20,000

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 178.

羽村市家族介護慰労金

<Hamura Rewarding Family Members who Provide Elder Home Nursing Care>

The city provides a stipend to families caring for elderly individuals at home who have been certified as requiring Level 4 or Level 5 nursing care. The purpose of this stipend is to alleviate the financial burden on families and to help elderly people with severe nursing care needs continue and improve their quality of life at home.

Eligibility: Those who meet all of the following criteria (1) ~ (4)

(1) Those who have been caring for elderly person requiring severe nursing care for the past one year while living with them in the same residence within the city, in an adjacent building on the same property, or in the caregiver's home outside the city.
(2) Both the elderly person requiring severe nursing care and the caregiver are members of a household that is exempt from resident tax.
(3) The elderly person requiring severe nursing care has not utilized nursing care insurance services for the past one year (excluding short-term stays totaling seven days or less).

(4) The elderly person requiring severe nursing care has not been hospitalized for more than 90 days in the past one year.

Grant Amount: (Annual) JPY100,000 / per family.

Application & Inquiries: The city will verify the care situation of the elderly person requiring severe nursing care for the past year, so please first contact Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎EXT. 197.

新しい㊐・㊑・㊒医療証の送付

<New Maru-nyu, Maru-ko and Maru-sei medical certificate will be sent>

October 1st is the renewal date ~ Medical certificates for Maru-nyu, Maru-ko and Maru-sei under the medical expense subsidy system.

The new medical certificates after renewal will be light green color. The new medical certificates will be mailed to eligibility in late September.

Inquiries: Kodomo Seisaku Ka, ☎Ext.237.



耐震診断．耐震改修の経費を補助

<Subsidies for [Seismic Assessments] and [Seismic Retrofits]>

Eligibility:

Residents who own a single-family wooden house of two stories or fewer within the city limits, built using traditional construction methods (post-and-beam construction) on or before May 31st, 1981, and who have no outstanding municipal tax payments.

Subsidy Amount:

For seismic safety inspections: Half of the expenses (up to JPY50,000).

For seismic retrofitting: Half of the expenses (up to JPY500,000).

※ For details, please inquiry.

Inquiries: Kenchiku Ka, Kenchiku Kakari ☎ Ext. 254.

<How to Dispose of Fire Extinguishers> 消火器の処分方法

The disposal method for fire extinguishers varies depending on the type of container.

○ Small aerosol cans can be placed out for collection on hazardous waste collection days.

○ The city does not collect pressurized fire extinguishers!
Collection is handled by the fire extinguisher manufacturer or authorized dealers.

※ For more details, please check the Fire Extinguisher Recycling Promotion Center's website.
☎ 03-5829-6773.

Inquiries: Seikatsu Kankyou Kakari ☎ Ext. 204.



まもなく終了　事業者物価高騰緊急対策助成金

<The Emergency Subsidy Program for Businesses Affected by Rising Prices Will End Soon>

To alleviate the financial burden on businesses, the city is providing subsidies to corporations and sole proprietors operating within the city. Please check the city's official website for details on eligibility and required documents.

Application Deadline: September 30th (Wed) (postmarked by this date).

Subsidy Amount: Sole Proprietors…JPY30,000 / Corporations…JPY100,000.

Application: Please submit the application form and required documents by postmail or in person to Sangyou Shinkou Ka on the City Hall West Branch 2F.

※ The application form can be downloaded from the city's official website.

※ If the submitted documents are incomplete, there will be a significant delay in the disbursement of the subsidy.

Send to: 〒205-8601 (No need address) Sangyou Shinkou Ka, Shoukou Kankou Kakari.
Inquiries: Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext. 667.



< Oversize Trash Services will be stop temporarily> 粗大ごみの受入れを一時休止

Term: September 21st (Mon. Holiday) ~ 25th (Fri).
※ If you need to dispose of oversized trash during moving, please contact us till September 18th (Fri) to consulat.
Inquiries: Recycling Center ☎042-578-1211.

挿し木はプレゼントします！ ～グリーンカーテン講習会・夏編～

<Giving away some cuttings as a gift!! ~Green Curtain Workshop: Summer Edition~>

The city will be holding a workshop on summer care for green curtains made with passion fruit, as well as methods for taking cuttings and overwintering the plants. All participants will receive a cutting as a gift!
Date & Time: September 13th (Sun), 10AM ~ Noon.
Location: Café Cactus (5-9-1 Midorigaoka).
Capacity: 30 (in application order).
Instructor: Mr. Hiromitsu Matsuzaki (Eco-Net Hamura).
Co-hosted by: Eco-Net Hamura and Hamura City.
Application & Inquiries: September 1st (Tue) ~ September 11th (Fri), please apply via application form or calll to Kankyou Seisaku Ka ☎ Ext. 226.



<Hamura Enjoy Walking> はむら Enjoy ウォーキング

By learning the walking style that's right for you, you can prevent injuries and pain.
Date & Time: October 3rd (Sat), November 7th (Sat) and December 5th (Sat), 9AM~Noon. (all 3 times)

■ **Details:**

Session 1 (October 3rd)	Walking functions, choosing the right shoes, basic walking techniques.
Session 2 (November 7th)	Relationship between exercise and diet, nutritional balance, basal metabolism, etc.
Session 3 (December 5th)	Body posture, stretch and muscle strength training and walking practise.

※ Body composition measurement, blood pressure measurement, and health checks before the lecture will be conducted every time.

Location: Hoken Center.
Eligibility: Residents of the city who can attend all sessions.
Capacity: 20 (in application order).
Instructor: Physical Therapist, Hamura City Branch of the Tokyo Physical Therapy Association.
Application & Inquiries: Please apply via call or Email to Kenko Ka (in Hoken Center) ☎ Ext. 624, ✉s305000@city.hamura.tokyo.jp.

健康

HEALTH

６５歳以上の方へ 成人歯科健診を受けましょう



<Adult's Dental Checkup for Age 65 or over>

Date: September 1st (Tue) ~ October 31st (Sat).
Eligibility: Hamura residents of age 65 and older.
Details: Medical interview, assessment of existing teeth and dentures, oral hygiene status, periodontal disease status, etc.
Application: Please make an appointment at a designated dental clinic in advance.

※ Those undergoing dental treatment are not eligible for checkup.
※ Once a year dental checkup.
※ Regarding Cooperative Medical iInstitutions, please check City official website or inquiry.
Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 623.



小学校に入学するお子さんの健康診断を行います

< Medical Checkup for First Grader Students >

Households with child(ren) entering an elementary school will receive a notification of Child Medical Check-up with school's name in middle of September. Please make sure to take checkup.
If you are expecting the notification but it is not delivered yet, or check to other than the designated school, please contact Gakkou Kyouiku Ka, Gakumu Kakari.

■ School Entrance Health Check Dates

Elementary School Name	Date
Hamura Higashi	November 13th (Fri)
Hamura Nishi	November 4th (Wed)
Fujimi	October 29th (Thu)
Sakae	October 23rd (Fri)
Shourin	November 18th (Wed)
Ozakudai	October 30th (Fri)
Musashino	November 5th (Thu)

Reception Time: 1:15PM ~ 1:30PM.
Inquiries: Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext.358.

交通安全

TRAFFIC SAFETY



<Traffic Safety Seminar> 交通安全講習会

The traffic safety items will be distributed to all participants.
Date and Time: September 9th (Wed), 7PM~8PM (Reception: 6:30PM ~).
Location: Primo Hall Yutorogi, Main Hall.
※ Parking space is limited, please come on foot or by bicycle as possible as you can.
Inquires: Bousai Anzen Ka, Bouhan. Koutsu Anzen Kakari ☎Ext. 216.

<Bicycle Simulator Traffic Safety Class> 自転車シミュレーター交通安全教室

In conjunction with the Respect for the Elderly Day event, city will hold a traffic safety class. By recreating real-life traffic conditions and experiencing the dangers, participants can learn to anticipate hazards.
The traffic safety goods will be distributed to participants.
Date & Time: September 21st (Mon, Holiday), 12:30PM ~ 2PM (3 minutes / per person).
Location: Primo Hall Yutogi, 1st FL Information Corner.
Eligibility: Elementary school students and older.
※ For safety reasons, the participants may be refused due to do not meet the specifications.
Capacity: First 30.
Inquiries: Bousai Anzen Ka, Bouhan. Koutsuu Anzen Kakari ☎ Ext. 215.

健康管理術

HEALTH CARE MANAGEMENT TECHNIQUES

Inquries: Kenko Ka (in Hoken Center) ☎Ext. 625.

<A Healthy Lifestyle Starts with [Breakfast]!> 朝食から始まる健康ライフ！

■ **Why Is Eating Breakfast Important?** 朝食を食べることは、なぜ大切？

For maintaining our health, [Eating Breakfast] is essential.

① Raising Body Temperature
It raises body temperature, which drops during sleep, and prepares the body for the day's activities.
② Replenishing Energy and Nutrients
It provides the energy needed for morning activities, also increases your intake of protein, iron, B vitamins, and other nutrients.
③ Preventing constipation
It stimulates bowel movements and promotes regularity.
For these benefits, eating breakfast can help you start your day with energy, build a body that resists fatigue, and improve your health.

■ **About "20%" of All Age Groups Skip Breakfast** 全世代の約「２割」は朝食欠食
It's been found that about 20% of all age groups ~ and about 40% of younger generations do not eat breakfast every day. The main reasons cited for skipping breakfast are "lack of appetite", "not having time to prepare it in the morning" (Ministry of Agriculture, Forestry and Fisheries Survey on Food Education).

朝食欲がない方は
■ **For Those Who Can't Eat Breakfast Due to a Lack of Appetite**
If you lack an appetite and can't eat, start by eating whatever quantity you can manage. Light foods like yogurt, jelly, or fruit, or liquids such as vegetable juice or miso soup are fine. Once you get used to it, try adding more variety to your meals.

朝時間がない方は
■ **For those who can't eat breakfast due to lack of time in the morning**
If you don't have time to eat, establishing a basic menu or routine will make preparation easier. It's also a recommanded to prepare these items in advance and freeze them.



すでに朝食を食べる習慣のある方は
■ **For those who already have the habit of eating breakfast**
If you already eat breakfast, aim for a balanced combination of staple foods, main dishes, and side dishes. A balanced diet allows your body to use energy more efficiently. Start by pairing staple foods with protein rich foods . Once you get used to this, incorporate vegetable-based side dishes and fruits.

朝食にも使える健康レシピを公開中
■ **Healthy Recipes for Breakfast Now Available**
The theme of this year's "Health Promotion Officers Recommended Recipe Collection" is "Nutritionally Balanced ◎ Quick and Easy Recipes" . It features delicious menus perfect for breakfast, please feel free to make use of them.



情報アラカルト

MISCELLANEOUS INFORMATION

子育て

CHILDREN

< The 1 Year-Old and Parent Get-Together Group > １歳児教室「1 歳ちゃん♪ 集まれ～！」
Date: September 29th (Tue), 9:30AM ~ 11:30AM. Location: Hoken Center.
Eligibility: Hamura City Residents who have a child at one year old as September can attend with their child.
Capacity: 15 pairs (in application order).
Details: Brushing teeth at home, managing screen time (TV and smartphones), weaning, meals, ways to play, and more.
Application & Inquiries: Please apply via application form, call or in person to Kodoma Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 696.

S&D SWIMMING PLAZA HAMURA ☎042-579-3210

水中ウォーキング講習会
<Water Walking Class>

Date and Time: September 26th (Sat) 10AM~10:50AM
Location: S&D Swimming Plaza Hamura.
Eligibility: Age 16 or over. Capacity: First 30.
Fee: Hamura residents or worker JPY500 (outside of Hamura City JPY750).
Application: At the same day 9AM~9:50AM, in person to S&D Swimming Plaza Hamura.



第 4 期水泳教室案内

<The 4th Session of Swimming Classes>

Elementary school students must be picked up and dropped off by a parent or guardian aged 16 or older at 5PM and Junior high school students are by 7PM or later.
Term: October 30th (Fri) ~ December 24th (Thu).
Location: S&D Swimming Plaza Hamura.

Class	Fee (all 8 sessions)
Preschool Class (Age 3~6)	JPY10,000
Elementary School students Class	JPY9,000
Swimmes (Elmentary School Students & Junior High School Students)	JPY9,500
Adult (Junior High School Students or over)	JPY9,500
Parent-Child Class (Age 3~6 and guardians)	JPY8,500

Application: October 11th (Sun) ~ October 29th (Thu), 9AM ~ 8:50PM. Please apply in person at S&D Swimming Plaza Hamura.

PRIMO LIBRARY HAMURA ☎042-554-2280



■ 休館日のお知らせ **Close Day** September 15th (Tue).

たくさん本を読んだ方を表彰します

■ <Those who have read a large number of books will be commendation>

Those who are using the "Reading Notebook" and "Yomucho" of Hamura City Library and reading a lot of books according to the reading week will be commended.
If you have reached the standard number of books, please come to main library's counter. Staff will contact you at the award ceremony at a later date.

● **Award Criteria** 表彰基準

Classification	Award number of books
Elementary School students or younger	500 books
Junior High and High School students	500 books (including books read before Junior high school) Or, a record of 200 books read since entering Junior high school.
General	1,000 books for (up to 5 times for award).

※ Items in which the student has placed stickers or made entries in their "Reading Notebook" or "Yomucho" (excluding magazines, manga, and audiovisual materials).

Application period: September 4th (Fri) ~ 27th (Sun) to Primo Library Hamura.
Award Day and Time: November 3rd (Tue. Holiday) 10AM~ (about 30 minutes).

■ 大人のためのお話会 ～ほっとするひとときをご一緒に～

<Storytelling adults ~Let's enjoy a relaxing moment together~>

Heartwarming picture books and stories that expand your imagination await you.
Date & Time: September 18th (Fri) 2PM ~.
Location: Primo Hall Yutrogi 2F, Lecture Room 1.
Details: Reading of "Which way to Paradise?" and others.
Performers: Library Volunteers, Storytelling Hoton.

■ **<Fun Paper theater for both adults and children>** 大人もこどももたのしめる紙芝居



Date and Time: October 3rd (Sat), 1:30PM ~ 3:30 PM.
Location: Primo Hall Yutrogi 2F, Lecture Room 1.
Details: Paper theater "The Tale of Anjin Kiyohime", "The Cowardly Sanpei vs. the Ghosts" .
Performers: Eichi and Paper Theater Mokuren (Library Volunteers).

フレッシュランド西多摩 **FRESHLAND NISHITAMA**

<Yotsuba no Yu ~ Special Offers & Points Program> よつ葉の湯　優待・ポイントサービス

Starting in September, "Resident Discount Days" and "Double Points Days" will begin for residents of the member municipalities (Hamura City, Ome City, Fussa City, and Mizuho Town).

Hamura City Resident Discount Day (including workers & students)
October 1st (Thu), January 14th (Thu), 2027.
JPY100 off for adults, JPY50 off for children
Double Points Day in Participating Municipalities (The 10th of every month)
Double points
Bath Day (The 26th of every month)
Double points

※ Please present proof of address.

<Yotsuba no Yu Beer Garden> よつ葉の湯 ビアガーデン

Food trucks and street vendors will be selling draft beer, craft beer, and more. During September 19th (Sat) ~ September 23rd (Wed. Holiday), A festival will be held!
Term: September 4th (Fri) ~ October 12th (Mon. Holiday), Fridays, Saturdays, Sundays, and Holidays' 5PM ~ 9PM. (Cancelled in case of rain).



年金生活者支援給付金制度

<The Pensioner Support Benefit Program>

The Pensioner Support Allowance is paid as a supplement to pensions primarily to support those living on pensions that fall below a certain threshold.

○ Eligible Individuals (Must meet all of the following requirements.)

■ For recipients of the Basic elderly Pension 老齢基礎年金を受給している方の場合

・Must be 65 years of age or older.
・All household members must be exempt from resident tax.
・The total of pension income and other income must be JPY890,000 or less.

障害基礎年金・遺族基礎年金を受給している方の場合

■ For recipients of the Basic Disability Pension or Basic Survivors' Pension
・Income for the previous year is JPY4.72 million or less.

○ Claim Procedures 請求手続き

■ Those newly eligible to receive the Pensioner Support Allowance
The Japan Pension office plans to send notices to eligible individuals starting around early September. Please fill out and submit the enclosed postcard (Pensioner Support Allowance Claim Form).

■ Those who are newly starting to receive a pension
Please complete the claim procedures at a Pension Office or city hall at the same time you apply for your

pension.
Inquiries: Japan Pension Office [Benefit Dedicated Hotline]: ☎0570-05-4092 (Navi Dial).
※ If calling from a number starting with 050: Please call (Tokyo) ☎03-5539-2216.



公的年金等の受給者の扶養親族申告書の送付

<Mailing of the Declaration Form for Dependents of Public Pension Recipients>

For those who have income tax withheld from their public pension payments, the Japan Pension Service will mail the [Declaration Form for Dependents] for the FY2026 tax year starting around mid-September.
This form is required to claim various deductions, such as the spouse deduction, for income tax withheld from pension payments made on or after February 2026. Once you receive the form, please review its contents and submit it by the deadline if you are eligible for any of these deductions.
If you are unsure how to fill out the form, please contact the [Declaration Form for Dependents Inquiry Hotline] or consult your local Pension Office.
※ Please note that municipal offices and the Ministry of Health, Labor and Welfare cannot assist with this matter.
Inquiries: Declaration Form for Dependents, etc. Inquiry Hotline: ☎0570-081-240.
※ If calling from a number starting with 050: please call (Tokyo) ☎03-6837-9932.

<Autumn Kyudo Class ~ for Beginners> 初心者向け　秋季弓道教室

Date & Time: September 30th (Wed) ~ October 21st (Wed), every Wednesday and Saturday.
(Wednesday ... from 7PM ~ / Saturday ... from 3PM ~.)
Location: Hamura Kyodo
Eligibility: Junior high school students and older (Junior high school students must be accompanied by guardian. Priority will be given to residents and employees within the city.)
Capacity: 12 (If oversubscribed, the drawing will be held.)
Fee (all 7 sessions): JPY3,500 (including insurance).
Details: Basic posture, handling of archery equipment, entering and exiting the range, and shooting practice.
Application: Sep 3rd(Thu) ~ 17th(Thu), please apply via email with [name, address, phone number, gender, age, and height] to the Hamura City Kyudo Association ✉kyudo_hamura@outlook.jp

第２９回はむら桜づつみジュニア駅伝大会

< The 29th Hamura Sakura-Zutsumi Junior Road Race Ekiden Race >

Date: October 25th (Sun) (The competitors' reception ….. 7:30AM ~ 8AM)



Start Time	Group Classification
9AM	3rd .4th grade boys group
9:30AM	3rd .4th grade girls group
10:10AM	5th. 6th grade boys group
10:50AM	5th. 6th grade girls group



※ Start times are subject to change.

Location: Miyanoshita Sports Park ~ Sakura-Zutsumi.
Eligibility: Hamura residents 3rd ~ 6th Grade elementary school students.

Team Composition	Regular players 4 , Substitute player 1 and Coach 1 (guardian)
Distance	3rd .4th grade students :　1 block 1.2 km x 4 blocks
	5th .6th grade students :　1 block 1.4 km x 4 blocks

Co-Sponsored: Tokyo Metropolitan Gov. , Tokyo Metropolitan Athletic Association, Hamura City, Hamura Education Board and NPO Hamura Taiiku Kyoukai (Athletic Association).
Application: Sep 1st (Tue)~30th(Wed), Please submit the [Application Form] to the Sports Association (S&D Sports Arena Hamura 2F) or email to Hamura City Track and Field Club.

※ Please download [application form] from Hamura City Track and Field Club official website.
Inquiries: Hamura City Rikugyou Kyogi Club ☎042-555-2946 (6PM~8PM), ✉nishitama_ac@yahoo.co.jp

9 月 24 日～ 30 日は 結核・呼吸器感染症予防週間

<September 24th ~ 30th is Tuberculosis and Respiratory Infections Prevention Week>

In the Nishitama Public Health Center district, 27 people were newly diagnosed with tuberculosis in 2024. Tuberculosis can be treated with medication. Be sure to get checked at least once a year.
Inquiries: Nishitama Public Health Center ☎ 0428-22-6141.



<One-Day Diabetes Seminar> 糖尿病 1 日教室

Date & Time: October 10th (Sat), 2PM ~ 4PM.
Location: Nishitama Medical Association Hall Conference Room.
Eligibility: For people with diabetes and those at risk of developing diabetes.
Capacity: 30 (in application order).
Details: Lectures on diabetes/ Dietary therapy/ exercise therapy.
Application & Inquiries: Nishitama Medical Association (General Incorporated Association) ☎ 0428-23-2171 (Monday ~ Friday, 10AM ~ 4PM).

<Disaster Prevention and Emergency Services Fair> 防災救急フェア

Date & Time: September 12th (Sat), 9AM ~ 1PM. Location: Fussa Fire Station.
Details: Featuring vehicle displays, hands-on experiences with initial fire suppression, first aid, and putting on firefighting gear, observation of fire drills, and the 75th awards ceremony, exhibition of "Working Firefighters" Sketching Contest.
Inquiries: Fussa Fire Station, Disaster Prevention and Safety Section ☎042-552-0119.

スマートフォン教室 偽情報・誤情報対策コース

<Smartphone Class ~ Course on Countering Disinformation and Misinformation>

This course teaches measures to prevent harm caused by disinformation and misinformation.
Date & Time: October 3rd (Sat), 9:30AM ~ 12:30PM.
Location: Sangyou Fukushi Center, Computer Conference Room.
Eligibility: Residents of Tokyo aged 60 and older.
Capacity: 10 (if oversubscribed, drawing will be held).
Thing to bring: Smartphone (if you have one).



Instructor: Smartphone specialist instructor commissioned by the Tokyo Metropolitan Government.
Application & Inquiries: Till September 25th (Fri), please provide your name (katakana), age, gender, phone number, city/town/street of residence, whether you wish to borrow a smartphone, and the identification certificate you will bring on the day of the class, call or fax to the Smartphone Promotion and Awareness Call Center: ☎03-6316-3169 (Monday ~ Friday, 9AM~5PM, excluding the year-end and New Year holidays) FAX 03-4496-4058.

今９月の子育て研修動画 「親子で幸せになるためのストレスマネジメント」

<September Child-Rearing Training Video
~ Stress Management for Parent-Child Happiness.>

Instructor: Ms. Keiko Takayama (Representative, NPO Ejison Club; Clinical Psychologist; Representative, Hartec Research Institute)
Co-hosted by: Meiji Yasuda Mental Health Foundation and Hamura City.
Inquiries: Kodomo Seisaku ☎Ext. 261.

「子ども国際交流音楽祭」合唱団参加者・歓迎演奏出演者募集

<[Children's International Exchange Music Festival] Chorus Group, Participants and Performers for Welcome Performance Recruitment>



Inquiries: Primo Hall Yutorogi ☎042-570-0707

City is recruiting a choir group to perform at the [Children's International Exchange Music Festival], which will be held at Primo Hall Yutorogi on Feb 11th (Thu, Holiday),2026 and as well as a group to welcome the performers from Vienna.

Practice dates: Sundays during October 11th (Sun) ~ January 31st (Sun), 2026.
※ Time: 2PM ~ 5PM (total 9 times).

Location: Primo Hall Yutogogi, Main Hall.

Eligibility: The 4th grade elementary school students ~ 18 years old residing in Hamura and are able to participate in the practice and the performance.

Capacity: About 50 (in application order).

Lecturer: Mr. Takehiko Okabe (Music Director, Children's International Music Festival).

Sponsor: Children's International Music Festival Executive Committee (Hamura City, Okutama Town, Hinohara Village, Akishima City).

Application:

[Choir group] ~ Till September 25th (Fri), via applicaiton form or in person to Primo Hall Yutorogi.

[Welcome performance] ~ Till November 27th (Fri), please apply in person to Primo Hall Yutorogi.

行政・人権相談日

PUBLIC CONSULTATIONS Schedule of September



Category	Date	Time	Contact
Public Administration and Human Rights	September 17th (Thu) October 15th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu City hall ☎Ext.541

*Ⓐ=appointment required. .

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.

９月休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
September	9am~5pm		5pm~10pm		9am~5pm	
6th (Sun)	Hamura Skin, Plastic Surgery and Intenal Medicine Clinics	☎042-578-8785	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Inagaki Shika	☎042-555-6018
13th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Hikari Clinic (Fussa-shi)	☎042-530-0221	Inoue Shika Iin	☎042-554-7735
20th (Sun)	Yanagida Iin	☎042-555-1800	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Usui Shika. Orthodontic Clinic	☎042-579-1199
21st (Mon)	Hamura Sougo Shinryoujo	☎042-554-5420	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Uno Shika Iin	☎042-555-8241
22nd (Tue)	Yamakawa Iin	☎042-554-3111	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Okikura Shika	☎042-555-4331
23rd (Wed)	Wakakusa Iin	☎042-579-0311	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Ozawa Shika Clinic	☎042-579-1500
27th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Katou Shika Clinic	☎042-554-8887

＊Tokyo Health & Medical Information Center “Himawari” ☎03-5285-8181 (English) 9AM~8PM Dail.