

GETTING TO KNOW YOUR COMMUNITY



WE ARE AGE FRIENDLY!



DID YOU KNOW?

Oromocto is an age-friendly Town where older residents can enjoy an outstanding quality of life. The Town offers many services that enables seniors to be active and engaged members of the community.

Events and Activities for Seniors to Enjoy



There are many programs specific to the older adult population including two seniors' clubs (Autumn Years 50 Plus Club & Sunbury Seniors Friendship Club), carpet bowling, exercise/wellness classes, pick-up hockey, pickleball, card party groups, library programs, square dancing, quilting, church groups and local volunteer service organizations (eg: Oromocto Legion, Oromocto Rotary Club, Meals on Wheels).

The Town's Age-Friendly Community Action Plan Committee is actively working on initiatives to improve the quality of life for all members of our community with a focus on the older adult population.



The Fay Tidd Public Library offers free access to over 2 million books, movies, magazines and CDs with your library card. The library also has games, musical instruments and skill kits PLUS they offer curbside pickup. Please call 506-357-3329 to learn more about these services and their programs.



The Wellness Movement for seniors is growing in New Brunswick!

New Brunswick now has a toll-free number for seniors, their families and caregivers who are looking for information on government programs and services. Please call 1-855-550-0552 Monday to Friday, from 8:30 a.m. to 4:30 p.m. Service is offered in both official languages.

New Brunswick Dementia Friendly Initiative Pilot Project is working with New Brunswick communities to better support people living with dementia as well as their caregivers. If you are a caregiver of a person living with dementia and would like to talk to us about your experience, please contact Samantha Hachey at 506-460-6262.

Discover more at www.Oromocto.ca



WHAT'S NEW?

The New Brunswick Age-Friendly Recognition Program has awarded the Town of Oromocto with an age-friendly designation for its establishment of policies, services and structures that promote healthy aging and wellness which enable seniors to live in secure, healthy environments where they can contribute fully to society. To be recognized, the Town had to demonstrate how it met the World Health Organization's framework.

WHAT YOU CAN DO!

GET ACTIVE!

Physical activity plays an important role in our well being and quality of life. As we get older, it becomes essential to maintaining our health and independence. It is never too late to adopt new habits and a more active lifestyle.

WHAT WE WANT TO IMPROVE

Silvermark Inc. has been hired to provide engagement and advisory services for the development of a full continuum of care for older citizens in Oromocto. As well, staff continue to engage real-estate developers about the need for affordable housing opportunities. This work continues to be a top priority for Council and staff.

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