

November Leisure Guide

TOWN OF OROMOCTO ~ DEPT OF LEISURE SERVICES & TOURISM
4 DOYLE DRIVE ~ 357-3333 ~ Mon to Fri, 8:30 to 4:30pm ~ www.orumocto.ca

FOR INFO: 357-4456

FOR INFO: 357-4456

FOR INFO: 357-4456

OROMOCTO'S DISCOVER GALLERY

A number of local artisans will be at the Gallery from 10:00am 5:00pm, Monday through Friday, displaying and creating works of art. Discover Oromocto's history, and experience an inspirational atmosphere with local artisans at the **Visitor Information Centre, located at the Restigouche, Waasis Road intersection.** For additional info please call Judy Lynn Sorrie at 357-3025 / 292-0784

NORDIC WALKING WORKSHOP

Discover how to enhance your walking routine! Research has discovered that Nordic Walking can increase your total-body workout by as much as 40%! Yennah Hurley is a certified instructor with the International Nordic Walking Association. For additional information, or to register for the workshop please contact Bill at 357-4456 by 31 October. Registration is free!

Date: 4 November 6:30 to 8:00 pm Tue

Art Workshops at Discovery Gallery

Registration for the following series of workshops is on-going at Oromocto Municipal Offices 4 Doyle Drive, 830-430, Monday through Friday.

Drawing & Painting with Carla Dianne Colford

Learn the basics of drawing and painting or enhance developed skills on Mondays from 10am to 2pm.

\$8 / workshop max 4 participants.

Photography with Helen Morag McKinnon

Learn the basics of photography or enhance developed skills on Thursdays from 10am to 2pm.

\$8 / workshop max 4 participants.

Drawing & Painting with Judy Lynn Sorrie

Learn the basics of drawing and painting or enhance developed skills on Fridays from 10am to 2pm.

\$8 / workshop max 4 participants.

Workshop Dates?? You choose the date that is most convenient for you and simply book direct with the instructor!

RECREATIONAL CO-ED VOLLEYBALL

This adult programme will take a non-competitive format and is designed to enhance your fitness level. Volleyball is being held at Harold Peterson Middle School on Thursdays, 7:30 to 9:30 pm. **For additional information please call Tracy at 471-0346.**

Dr. J.G. White / Dr. M. Soicher / Dr. Tara McCarthy
Optometrists - 1285 Onondaga St., Oromocto

Eye Examinations, Contact Lens Fitting, Children and Designer Frames Available
Evaluation for Laser Surgery Vision Correction

Examens visuels disponible en français

New Patients Welcome, Please call 357-3392
Office Hours: 8 am - 5 pm Monday to Friday

55+ CORNER

Carpet Bowling

Enjoy this challenging game every Tuesday and Wednesday morning from 10:30 to 12:00noon. No experience is necessary. For additional information please call Bill at 357-2017.

Bingo at the Manors

Enjoy a few games of fun bingo with friends on Tuesday 18 November at Sunbury Complex, and 16 December at the Foresters Manor, 1:30 to 2:30pm each day.

Bridge

A bridge club is established in Oromocto. If you enjoy playing bridge please join us each Wednesday from 1:15 to 3:15pm at the Hazen Park Centre 994 Onondaga Street. For additional info please call Betty at 357-8002.

Recycled Teenagers

This stretching and mild exercise class takes place each Monday and Wednesday morning from 9:00 to 10:00am at the Royal Canadian Legion Branch 93 on Restigouche Road. For additional information please call Helen at 357-6888.

Retired Folk's Ice Hockey

Are you retired with all this time on your hands and nothing to do? If you want to stay active then join us Monday mornings, from 10:45 to 11:45am at the Kings Arrow Arena, for some free pick-up hockey. For additional details or to sign-up please call Lowell Carr at 357-6193.

Oromocto Legion Branch #93 Activities

Each week a number of activities including card games, shuffleboard and billiards will take place at the Royal Canadian Legion on Restigouche Road. For additional information please call 446-5133.

45's Card Parties

Weekly card parties take place at the Hazen Park Centre, 994 Onondaga Street, beginning at 7:30pm on Friday evenings with the Sunbury Seniors Club, and Wednesday evenings with the Autumn Years Seniors Club.



ADULT WELLNESS SECTION

RESTORATIVE YOGA

Restorative Yoga is a calm and gentle style of Yoga. It is a relaxing and restful practice that is beneficial to health and can reduce the effects of stress. This is a great first class for a beginner or for those recovering from injury or illness.

Begins: 13 November 9:30 to 10:30am \$62 / 6 weeks

PILATES LEVEL 1 – THE ESSENTIALS

Stretch and strengthen your body with Pilates. Improve your posture, balance, and realign your body. The essentials will lead you to rediscover the way your body works or use to work! Fundamental exercises will be introduced to lead you into the classic Pilates exercises. Enrolment is limited.

Begins: 17 November 6:15 to 7:15pm Mon \$52 / 5 weeks

PILATES LEVEL 2 – MOVING INTO INTEGRATION

Now that you have explored the essentials of Pilates, you are ready to further challenge the mind and body! With this class we will be building upon the basic Pilates principles and fundamental exercises to further increase mobility, flexibility, and strength in the body. You'll love the results! Previous experience with Pilates is recommended.

Begins: 17 November 7:30 to 8:30pm Mon \$52 / 5 weeks



PUBLIC SKATING KING'S ARROW ARENA

Mon to Fri	12:00 - 1:00 pm
Mon/Wed/Fri	2:30 - 3:45 pm
Sunday	2:45 - 4:15 pm





PRETEEN DANCE (8 to 12 yrs)
FRIDAY , 14 NOVEMBER
6:00pm to 8:00pm
Oromocto Community Centre
Cost: \$3 (\$2 with Food Bank Donation)

BABYSITTERS' COURSE (Ages 12+)

Our Instructor uses the Canada Safety Council's curriculum to teach this certificate course. **\$28**

Dates:	Friday	14 Nov	4:00 pm - 6:00 pm
	Saturday	15 Nov	9:00 am - 5:00 pm



FALL LEAF COLLECTION TOWN OF OROMOCTO 03-14 November 2008



In an effort to divert the volume of waste materials from the landfill, The Town of Oromocto will offer a leaf curbside collection of all residential households.

Acceptable Materials

Leaves **ONLY** in clear polyethylene plastic bags of 1.5 ml thickness with a maximum capacity of 55 litres securely tied at the top and not exceeding 20 kg (44 lbs) per bag.

Please do not place leaves at curbside in advance of the 03 November and not after the 14 November collection period.

Yard waste can also be taken to the Fredericton Region Solid Waste Commission (1775 Alison Blvd.) during its normal hours of operation Mon-Fri 7:30am – 5:00pm & Saturday 7:30 am - 3:00pm.



1st Oromocto Scout Group

Are you looking for something fun, challenging and full of adventure? How about Scouting?

Scouts Canada is an organization where boys and girls between the ages of 5 and 18 learn leadership skills and teamwork while having fun. You will enjoy camping, hiking, canoeing, visiting cool places, and playing games to mention but a few of our youth program activities offered.

For more information or to join phone Mike at 357-7683 or Heather at 446-3639.

You can also visit our web sites at www.scoutsrivorton.com and www.scouts.ca



1st Oromocto Scout Group

**Est-ce que vous recherchez une activité amusante qui vous offre de l'aventure et de nouveaux défis?
Avez-vous pensé au Scoutisme?**

Scouts Canada est une organisation où garçons et filles entre 5 et 18 ans développent leadership et travail d'équipe tout en s'amusant. Vous aimez faire du camping, de la marche en forêt, du canoë, visiter des endroits intéressants et jouer à des jeux de groupe, ceci n'est que quelques-unes de nos activités offertes dans notre programme.

Pour plus d'information ou vous joindre à notre groupe, contactez Mike au 357-7683 ou Heather au 446-3639. Vous pouvez aussi visiter notre site web au www.scoutsrivorton.com and www.scouts.ca

OROMOCTO COMMUNITY ADULT LEARNING CENTRE 357-7892



BOOK YOUR FIRST AID/ CPR/AED COURSE

Don't forget to book your First Aid / CPR / AED course. Did you know First Aid is a required skill for employment? Call 357- 4456 or 357 - 7892

COURSE DATES: NOV. 15-16 (Sat, Sun)

Register for your GED ONLINE,

Come in and Register for your GED online course. Start anytime and complete the course at your own pace. The cost? **FREE!!!**

Online Computer Course

Excel 2003, 2007 MS Office

Power Point 2003, 2007

Access 2003, 2007

...many more!!!

Visit our web site: www.oromocto.cnbb.org

Email: CAL.Oromocto@gnb.ca

Phone: 357-7892

Fax: 357-4111

The **Oromocto Adult Learning Centre** has a new program. **Web 4 All**, is the world's first technology that allows you to bring your personal computer preferences to any public computer that is Web 4 All enabled. You are able to save your preferences to a USB or Smartcard so you can easily transport them. **The technology has voice recognition, highlight text to be read back to you, do a search and have the computer read to you and use alternate mouses or keyboards.** This new program will arrive just after Thanksgiving and we would love everyone to come in and try it out. **Please call Tonya Chedore at 357-7892 for more information.**

Oromocto & Area Chamber of Commerce 446-6043

Wednesday November 19, 2008 Lunch and Learn

Guest Speaker - Lynne Conrad, Conrad Virtual Assistant

Social Media Marketing with Web 2.0

Learn how to market your business nationally or internationally while still using a local budget. Learn to market using **Facebook, Twitter, LinkedIn, Youtube, Flickr, Kijiji**, and many more websites while staying within your business budget.

TOWN OF OROMOCTO 2009 DOG LICENSE

Available 03 November 2008 - 30 January 2009

Get your license early for only \$15*

(*this reduced fee applies to dogs spayed or neutered and requires proof of rabies vaccination)

Licenses may be purchased at:

Town Hall The Oromocto SPCA Pawsative Rewards Oromocto Veterinary Hospital

All dogs must be registered in the Town of Oromocto as per By-Law No. 314

Nov 14 The over-fifty crowd is invited to **BROWSE & BRUNCH**. This program will be held on the second Friday of the month from 9:00 – 10:00am. Please call in advance to reserve a seat.

Nov 11 The Library will be **CLOSED** for Remembrance Day

Nov 12 The second sessions of the **PRESCHOOL STORY TIME** programs starts. These 45-minute programs of stories and crafts are for children between 3 and 5 years of age. They are held each Wednesday at 10:15am and 1:00pm. Please register in advance.

Nov 13 The second session of the **TODDLER TALES** program starts. This 30-minute program of stories and crafts is for children between 18 and 36 months of age and is held each Thursday at 10:15am. Children must be accompanied by an adult. Please register in advance.

Nov. 20 The **HACKMATAACK BOOK CLUB** will be held at 3:30pm at the library for children from grade 4 to grade 6. This is a program full of fun reading, discussing and voting on the best Canadian children's books. Please register in advance.

Nov 20 The **BOOK LOVERS' DESSERT AND DISCUSSION GROUP** will meet at the library at 6:30pm. Join us for this relaxed and informal evening of book discussion. Please register in advance.

Dec 5 CHRISTMAS FEST 10:00am - NOON
Share the Christmas spirit as you listen to music, view crafts, sample baking and make a Christmas Centerpiece.

All of the above Library Programs are free of charge
For more information about these free programs call the library at 357-3329

The following hours are in effect:

Mon	12:30am - 8:30pm
Tues & Wed	10:00am - 8:30pm
Thurs	10:00am - 6:00pm
Fri & Sat	10:00am - 5:00pm
Sun	CLOSED



Join us in Welcoming Manager Dave Wilson and Dietitian Margaret Langille to our Community

Community Events

Mon 10 Nov – Legion Branch 93 – Veterans Dinner
Tue 11 Nov – War Memorial and Legion Remembrance Day Service
Fri 14 Nov – Hazen Center – JDRF Walk and Run Kickoff – Continental Breakfast

The **Dietitian Nutritional Programs** will be advertised in-store and information available at the Pharmacy and Customer Service.

Healthy Cooking Classes for the Leisure Service 55+ Group will be on Tue 4th and 18th starting at 12:00. You must pre-register for these classes with Bill Jarratt 357-4456.

OPERATION RED NOSE IS LOOKING FOR VOLUNTEERS. THIS COMMUNITY SERVICE PROVIDED BY THE BURTON LIONS CLUB OPERATES ON FRIDAY AND SATURDAY NIGHTS IN DEC. **IF YOU ARE INTERESTED PLEASE PICK UP A SECURITY CHECK FORM AT SOBEYS CUSTOMER SERVICE.**

COMMUNITY NOTICES

GET THE FLU SHOT-NOT THE FLU

VON is excited to once again combat the flu through our 2008 National Flu Immunization Program.

19 November 13:00-15:30 pm VON Office - 62 Miramichi Road, Oromocto (by appt only - 357-8542)

The cost of the Flu Shot is \$25 per person

There is no cost for the Flu Shot for Seniors (65+), children ages 6 mts to 2 years and pregnant women.

TOWN OF OROMOCTO NOTICE OF MEETINGS

12 & 18 NOV 4:45pm **Council in Committee Meeting**

20 NOV 7:00pm **Regular Session**

2009 COMMUNITY GRANT PROGRAMME TOWN OF OROMOCTO

Non-Profit Organizations and Groups, whose majority of members are resident in Oromocto, are eligible to apply for a Grant from the Town of Oromocto.

Guidelines and Applications are now available at Town of Oromocto Municipal Building
4 Doyle Drive or on-line at www.oromocto.ca

DEADLINE FOR SUBMISSION 7 NOVEMBER 2008



OROMOCTO DRAGONS JUDO CLUB

Located at 137 MacDonald Ave

for more info call 506-449-3637 or E-mail: jeanpierrecantin@yahoo.ca



Welcome Wagon Oromocto and Area

Welcome to the Neighborhood!

We have free gifts and local information for you!

To add your business to our basket or to request a welcome visit,
please call toll free: 1-866-873-9948 or Email: welcome-wagon@live.com

**OROMOCTO PIONEER SQUARE DANCE CLUB IS HAPPY TO WELCOME NEW DANCERS
FOR DETAILS PHONE 357-6002 OR 458-1362**

**CHECK OUT OUR OROMOCTO LEISURE SERVICES & TOURISM PAGE
ON FACEBOOK**

**RECREATION AND PARKS
BUILD STRONG FAMILIES & HEALTHY COMMUNITIES**

DEPARTMENT OF LEISURE SERVICES & TOURISM

Jim Arbeau - Director (357-4458)

E-Mail: arbeau@oromocto.ca

Bill Jarratt - Adult/Tourism (357-4456)

E-Mail: bjarratt@oromocto.ca

Louise Flight - Facilities (357-4459)

E-Mail: lflight@oromocto.ca

Jackie Dunn - Youth (357-4455)

E-Mail: jdunn@oromocto.ca

Living Fit *Fitness & Wellness Solutions* *FIT CAMP!*

*Fitness Programs * Yoga * Pilates*

Individual attention, expert instruction

Experience the difference!

449-0889-www.livingfit.ca



Oromocto Pioneer Gardens *Cemetery Company Inc.*

Information available on our web site at
www.oromocto.ca Select the 'Resident' tab for the link to the
cemetery. Contact us at 292-2477, or by e-mail:
oromoctopioneergardens@rogers.com

Sales packages are available at the Town Hall,
1st and 3rd levels

We also do sales by appointment.
Ask us about our one-year interest-free payment plan.

THE HAZEN PARK MARKET.

01/08/15/22/29 NOV 9:00am to 3:00pm

You are invited to the **HAZEN PARK CENTRE 994 ONONDAGA STREET** to celebrate local arts with area artisans and crafters. For additional info or to reserve a free table, please call

Judy Lynn Sorrie at 357-3025



GIRL GUIDE REGISTRATION

Join us for fun, friendship &
new adventure!

Sparks: 5-6 Brownies: 7-8 Guides: 9-11

Pathfinders: 12-14 Rangers: 15-17

Women Volunteers: 18 or 19 +

Call Laurie at 357-0936, or gnlmul@nbn.net.nb.ca
Lorraine at 357-8099, or ldawe@nb.sympatico.ca
or 1-800-565-8111

Find out more at www.girlguides.ca



DO-IT-ALL



Renovations & Odd Jobs
Specializing in Attic Insulation Upgrade
~ R-30 starting at \$950~

You Name It, We Do It!
For a Free Estimate Call Greg
357-1099



Kelly Murdock
506. 461.7800
kellymurdock@royallepage.ca
www.kellymurdock.ca

- Knowledgeable and experience of the military lifestyle
- Enthusiasm, energetic, professional, honest & dependable
- Proud Resident of Oromocto for 18 years
- Active community member
- Relocation Specialist

*Kelly doesn't just sell houses
she matches buyers
With homes!!!*

odc

Oromocto Dental Centre Dr. Peter Currie, D.D.S., M.Sc

202 Restigouche Road, Oromocto NB Canada E2V 2G9
Tel: 506-446-3300 - Fax: 506-446-3885

Oromocto Dental Centre
202 Restigouche Road, Oromocto, NB Canada E2V 2G9



FULL TIME
AWARD WINNING
AGENT

RE/MAX®
Group Four Realty Ltd.

GWEN YOUNG 357-8601

Placing People First

3 Gateway Mall
Oromocto, NB E2V 4R3
Cell: 470-1773 Fax: 357-2010
realestate@gwenyoung.ca
www.gwenyoung.ca

DR. ROBERT M. ALLABY, B.Sc, D.C.

Chiropractor

Registered Massage Therapist –Angela Cosman

255 Restigouche Rd., Restigouche Place
Oromocto, NB E2V 2H1
357-back (2225)

Email: bakdoc@nbnet.nb.ca

*Emergency, evening and Saturday
appointments are also available*

Bilingual Service Available Special Military Rates

Pawsative Rewards

253 Restigouche Rd ~ 446-4100

For your pet needs, nutrition, supplies and training.

*Hours: Monday to Friday - 9:00am to 8:00pm,
Saturday - 9:00am to 5:00pm, Sunday - Closed*

Owned and operated by Julia Anderson-member of
CAP PDT-Canadian Association of Professional
Pet Dog Trainers.

**"YOUR PET DESERVES
PAWSATIVE REWARDS"**

OROMOCTO ROTARY CLUB

"SERVICE ABOVE SELF"

**WANT TO JOIN AN ORGANIZATION
THAT WORKS TO BUILD A BETTER
WORLD?**

**BECOME A MEMBER OF THE
OROMOCTO ROTARY CLUB. CALL
PRESIDENT MARTY FORSYTHE
357-5686 FOR MORE INFORMATION.**

Social Butterfly Children's Centre

Licensed Daycare Facility

Children Ages 2-12

Open 7:00 am to 6:00 pm



*Call Today for
More Information
446-4991*



Fredericton
Oromocto
Hanwell

Infants -Children
Youth - Adults
Seniors

Judy Lavigne 442-2871 Debbie Tarrant 357-3623
Geraldine Mitchell 472-4144 (www.myc.com)
email: madrigalmucisians@gmail.com

**Take the worry out of preparing your
Income Tax Return
VISIT YOUR LOCAL TAX SPECIALIST
"Cash Refund" in Less than 24 Hours**



Open from
9am to 9pm Daily
CALL 357-3130