



TOWN OF OROMOCTO RECREATION AND TOURISM DEPT

WWW.RECREATIONOROMOCTO.CA

Jackie Dunn - Programs/Special Events (357-4455) jdunn@oromocto.ca

Louise Flight - Facilities/Tourism (357-4459) lflight@oromocto.ca

Bernie Hurley - Arena/Sport Facilities (357-8155) bhurley@oromocto.ca

Bill Jarratt - Director (357-4456) bjarratt@oromocto.ca

PROGRAM REGISTRATION TAKES PLACE AT THE MUNICIPAL BUILDING,
4 DOYLE DRIVE, OFFICE HOURS - MONDAY TO FRIDAY 8:30AM TO 4:30PM 357-4400
www.oromocto.ca, or register on-line at www.recreationoromocto.ca



Check us out at www.facebook.com/RecreationOromocto

Follow us on Twitter @recoromocto



TOWN OF OROMOCTO

2014 SUMMER STUDENT CASUAL EMPLOYMENT

Applications for Summer Student Casual employment with the Recreation & Tourism Department will be received at the Municipal Offices (Third Floor), 4 Doyle Drive until 4:00 pm, Friday 11 April 2014.

Applicants must be a full-time student in the 2013-14 school year and entering or currently enrolled in a post-secondary institution for Fall 2014. Please attach confirmation to application form.

Applications & Job Descriptions are available on-line at www.oromocto.ca or the Oromocto Municipal Offices at 4 Doyle Drive

*Only applicants selected for an interview will be notified.
Positions are subject to funding approval and Town, Provincial and Federal hiring policies.*

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ADULT WELLNESS PROGRAMS (Please call 357-4455 for info)

To register or for more info visit www.recreationoromocto.ca or the 1st floor of the Municipal Building

Laughter Yoga

Laughter Yoga is a combination of unconditional laughter and yogic breathing which offers physiological and psychological benefits. The hour would consist of a series of laughter and deep breathing exercises which result in positive energy to help cope with the stress of daily life and fosters a positive and hopeful attitude.

Begins: 7 Apr 10:30am to 11:30am Mon \$12/ 8 wks

Fat Burn Four: Kettlebells for Women

Lift to lose! Get that leaner and stronger body with a Kettlebell Workout designed for women by women! Safely learn the basic Kettlebell exercises under the guidance of a fitness coach!

Begins: 23 Apr 6:30 to 7:30pm Wed \$76/ 6 wks

Yoga Fusion

Join Wendy in this Yoga Fusion class. Enjoy the creative integration of Vinyasa Flow Yoga and Pilates Core exercises. All levels welcome!

Begins: 28 Apr 6:15 to 7:20pm Mon \$76/ 6 wks

Pilates: Core Essentials

Core Essentials gives you the key essential exercises you need to keep your back/core strong and provides you with the flexibility gains for pain-free movement.

Begins: 28 Apr 7:30 to 8:30pm Mon \$76/ 6 wks



Zumba®

Exercise in a party-like atmosphere! Tone & sculpt your body by doing simple, fun and effective moves. The Latin flavour and international rhythms will move your body like never before. **NO** dance experience required. Open to anyone 16 years of age and up. Join instructor Crystal Daigle and stay fit!

Begins: 29 Apr 6:30 to 7:30pm Tue \$40/ 6 wks

Tai Chi

If you are interested in taking an **8-week Tai Chi class**, please call 357-4455 to be added to our Interest List. Tai Chi is excellent for releasing anxiety and stress, improving health, strength and peace of mind. All ages and levels of fitness will easily learn Tai Chi with accomplished instructor Ming Chen.

Rec Co-ed Badminton

This program will take a non-competitive format and is designed to enhance your fitness level, and provide a fun evening out on Tuesdays from 7:30 to 9:30 p.m. at Harold Peterson Middle School. **For additional info, please call Tracey at 357-1820.**

Rec Co-ed Volleyball (AGES 19+)

This program will take a non-competitive format and is designed to enhance your fitness level. Volleyball is being held Thursday evenings at Harold Peterson Middle School from 7:30 to 9:30 p.m. **For additional info, please call Colleen at 357-3014.**

A Town Resident Rebate will apply to all Adult Wellness Programs.

55+ CORNER

(Please call 357-4455 for more info)

55+ Aquafitness

A great way to stay physically fit! Designed to enhance fitness level and independent living!

Begins: 15 Apr 10:00 to 11:00am Tu/ Thu \$22/10 wks

***Please note that there will be free classes the week of 7 April.**

55+ Carpet Bowling/Bean Bag Toss

Enjoy these challenging games every Tuesday and Wednesday morning from 10:30 to 12:00noon at the Hazen Park Centre, 994 Onondaga Street. **For additional info, call Bill at 357-7806.**

55+ Bridge

If you enjoy playing bridge, join us each Wednesday from 1:00 to 3:15pm at the Hazen Park Centre, 994 Onondaga Street. **For additional info, please call Betty at 357-8002.**

YOUTH PROGRAMS

(Please call 357-4455 for info)

To register or for more info visit www.recreationoromocto.ca or the 1st floor of the Municipal Building

Zumba Kids® (Ages 4 to 8 years)

The crazy-cool dance fitness workout inspired by Zumba® but for kids! Your child will love to move & groove to hip hop, salsa, reggaeton and more! **Pre-registration is required!** Limited space available. Maximum of 18.

Begins: 14 Apr 6:00 to 6:45pm Mon \$31/ 4 wks

A Town Resident Rebate will apply to all Youth Classes

Apr 11 The over-fifty crowd is invited to our **BROWSE & BRUNCH** at 9:00am. This hour is packed full of food, fun and conversation. Please call in advance to reserve your seat.

Apr 18 & 21 The library will be closed on **Good Friday and Easter Monday.**

The Oromocto Public Library hosts the **Silent Sidekicks "READING TO THE ANIMALS"** program on Saturday afternoons and Wednesday evenings. Interested parents and children should call the library for more information about Morgan, the therapy dog, or to register for a session.

The library is offering a drop-in evening story time, the **SANDMAN STORY TIME** each Tuesday evening at 6:30pm. This 30-minute family program offers plenty of stories, fun and a small craft. Fun for the whole family!

All Library programs are free of charge.

The Library offers free internet access as well as printing services.

For more info on the above programs and to register, please call 357-3329.

HOURS

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



**CENTRAL VALLEY ADULT LEARNING ASSOCIATION INC., 137 MacDonald Avenue, Oromocto, NB
(Phone) 357-7892 (Fax) 357-4111 www.cvala.ca ~ www.facebook.com/CentralValleyAdultLearningAssn**

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Digital Literacy Program

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SPORT FIELD RESERVATIONS

For all Sport Field Reservations (Turf Field/Grass Fields/Ball Diamonds etc..) please call 357-8155.

ALL SPORT FIELDS ARE CLOSED UNTIL FURTHER NOTICE

Please Check Our Website For Updated Information!

**RELAY FOR LIFE - SILENT AUCTION
TACTICS SCHOOL AND OROMOCTO
VOLUNTEER FIREFIGHTERS ASSOCIATION**

15 May 2014, 0900-1500hrs

**Building J-7 - TACTICS SCHOOL HALLWAY
Open to all!**

**Contacts: Major Jamie Hunter - 422-7651
Chief Warrant Officer Donald Tupper - 422-2124**

**RELAY FOR LIFE
1950's Rock n' Roll Dance**

**03 May 2014 - Oromocto Legion
Doors Open at 7pm**

Advance Tickets \$10 at the Legion

1950's Attire Welcome!!

FREE - 1 Hour Jive Lesson!

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

**Oromocto Pioneer Gardens,
Cemetery Company Inc.**



Please visit our website at www.oromoctopioneergardens.ca
Contact us at 292-2477 or info@orumoctopioneergardens.ca



**The Cemetery is now closed to vehicle traffic until spring.
Sales can be arranged by contacting us at the above number or through e-mail.**



**OROMOCTO ROTARY CLUB
"Service Above Self"**

Rotary Calendar Winners:

**Dan Queen, Mary Somers,
Margaret Clark, Albert Bouchard**

**DINNER MEETINGS - UNITED CHURCH
MONDAYS 6PM
07 & 21 April**



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Worm Products	Homeopathic Treatments

We offer a wide selection of **pet food** and **pet products** at fantastic prices!

Oromocto Area Minor Baseball Association
Registration will take place at
the Oromocto Mall
on the following dates:

- Wednesday, April 2, 6:30 pm to 8:30 pm**
- Wednesday, April 9, 6:30 pm to 8:30 pm**
- Wednesday, April 16, 6:30 pm to 8:30 pm**
- Wednesday, April 23, 6:30 pm to 8:30 pm**
- Wednesday, April 30, 6:30 pm to 8:30 pm**
- Wednesday, May 7, 6:30 pm to 8:30 pm**

**NEED A VENUE FOR YOUR
 "SPECIAL OCCASION"?**

**Hazen Park Centre, 994 Onondaga Street
 is available for Rent**

**For additional information please call
 357-4459 or e-mail lflight@oromocto.ca**



**HOUSEHOLD GARBAGE
 SHOULD NOT BE TAKEN TO
 THE RECYCLE BINS.**

**Acceptable items for the recycling bin
 depots include:** newspapers, cardboard, boxboard,
 phonebooks, paperback books, magazines, catalogues,
 white & colored paper, computer paper, scribbles,
 envelopes (with or without windows), refundable
 containers (non-glass only), metal food cans, plastic
 containers, plastic grocery bags and milk cartons.

**Recycling depot locations: Oromocto Market Super-
 store, Gateway Plaza and Freeman's Convenience**

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



Hazards of Feeding Wildlife in an Urban Area



The Town of Oromocto does not encourage the feeding of wildlife. This practice almost always carries with it negative consequences for the wildlife involved. These include increased disease transmission and increased mortality due to vehicle collisions.

There are also a number of safety and social concerns for the public, such as the potential increase in vehicle collisions, as well as damage to property and nuisance problems.

Although people who feed wildlife do so with the best of intentions and feel they are looking after the welfare of the wild animals, they should be aware that wildlife should remain wild. Wildlife should derive their food and shelter from natural habitats and under natural conditions. This will help maintain natural adaptations that ensure the long-term survival of the animals themselves, and of the species.

**For more information of this topic, please see the Town of Oromocto website
[http://www.oromocto.ca/page/widepage/By-Laws Animal Control 417 A.](http://www.oromocto.ca/page/widepage/By-Laws%20Animal%20Control%20417%20A)**

The general rule is: "Do not feed wildlife."

Emergency Response Training

TM Cert offers a wide variety of first aid certification including workplace standard and emergency first aid, as well as CPR and AED training. For additional info on up-and-coming courses in Oromocto, please call Trudy at TM Certified Emergency Response Training, **506-470-1135** or visit www.tmcert.ca



COMMUNITY NOTICES

COMMUNITY RECREATION & SPORTS CONTACT INFORMATION

- ~ Oromocto Minor Hockey Association - www.omhahockey.ca
- ~ Oromocto Area Minor Football Association - www.capitalareafootball.nb.ca
- ~ Oromocto Area Soccer Association - www.oromoctosoccer.goalline.ca
- ~ Oromocto and Area Minor Baseball Association - www.oamba.ca
- ~ Oromocto Skating Club - www.oromoctoskaters.volasite.com
- ~ Oromocto Ringette Association - oromctoringette@gmail.com
- ~ Oromocto Dragons Judo Club - jeanpierrecantin@yahoo.ca
- ~ Oromocto Boxing Club - oromctoboxingclub@gmail.com or [Find Us On Facebook](#)

TOWN OF OROMOCTO NOTICE OF MEETINGS

9 & 15 April 5:30pm Council in Committee Meeting / 17 April 7:00pm Regular Session

HOSPICE SERVICES

Hospice services are now available in the Oromocto area. Volunteers from Oromocto have been trained, and are ready to work with individuals and families coping with advanced illness, death and bereavement.

For more information, please contact Stephanie Golding at 472-8185 or visit the website www.hospicefredericton.ca

OROMOCTO PIONEERS SQUARE DANCE CLUB OHS Cafeteria on Monday Nights
Club Dancers/Plus 7:00pm / Beginners Class/Club Mainstream 8:00pm
For more info, call Ed Garnett at 446-6058 or 449-0135

MEALS ON WHEELS OROMOCTO & AREA (VOLUNTEERS NEEDED)

For More Info Please Contact:

Nancy Nitz-Ashby (Coordinator) 357-0950 Murry Parlee (President) 357-2543

OROMOCTO SPORTS WALL OF FAME

Nomination Forms are available at the Town of Oromocto Municipal Building, 4 Doyle Drive, 3rd Level. For additional info please call Jack Matheson at 471-2803.

OROMOCTO BOXING CLUB (Located behind the Library on Miramichi Road)

Contact Info: oromctoboxingclub@gmail.com or check us out on Facebook!



375 Miramichi Road
Oromocto, NB
E2V 4T4

Tel: (506) 446-5030
Fax: (506) 446-5883
00860mgr@sobeys.com

BIRTHDAY PARTY AGES 5-10
Book Your Party Today!
Sobeys Community Room
Oromocto

EVERYDAY COOKING CLASSES IN THE COMMUNITY ROOM 446-5030

Apr 1 Tue 6:00-8:00pm (Theme: Seafood - Organic Trout Fillets))
 Goat Cheese Arugula Salad with Apple Cider Vinny,
 Honey Seared Trout with Roasted Baby Red Potato Salad, Homemade Peanut Butter Cups

Apr 8 Tue 12:00-2:00pm (Senior's Class) (Theme: Maple)
 Maple Scented Squash Soup, Seared Pork Tenderloin with Maple Cream Potatoes & Zucchini Coins, Maple Pecan Pie

Apr 22 Tue 6:00-8:00pm (Theme: Seafood - New Spin on White Fish)
 Poached Haddock Salad Parcels,
 Smashed Sweet Potato Crusted Cod with Honey Thyme Glaze, Blueberry Cream Cheese Puffs

Apr 29 Tue 6:00-8:00pm (Theme - Seafood - "Better Burger")
 Ground Chicken & Green Onion Parcels,
 Asian Salmon Burger with Wasabi Mayo & Potato Wedges, Caramelized Banana with Pistachio Ice Cream

Madrigal Music Studio - Music & Art
 Music Lessons: Judy Lavigne, Julie MacLean,
 Katrina Chiasson Budaker (bilingual)
 (voice, violin, guitar, harp, piano, flute)

Art Lessons: Judy Lavigne and Katrina Chiasson Budaker

Step Dancing Classes/Musical Theatre: Paige Le Clair
Classes and Private Lessons available in
Oromocto and Fredericton North

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Judy Lavigne: 506-999-2631

Jason Houghton "Trainer Jay" 506.999.0007
 Katrina McKee "Trainer Kay" 506.999.6802
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Saturday - 10:00am to 5:00pm, Sunday - Closed*

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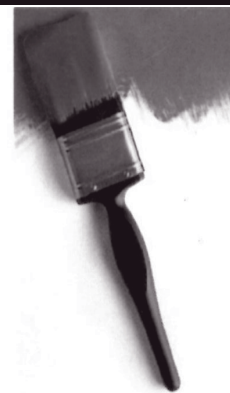
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E-mail: jeanpierrecantin@yahoo.ca



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