



**Recreation
OROMOCTO**
Building a Healthy Community



December 2014

PROGRAM REGISTRATION TAKES PLACE AT THE MUNICIPAL BUILDING,
4 DOYLE DRIVE, MONDAY TO FRIDAY 8:30AM TO 4:30PM 357-3333

TOWN OF OROMOCTO RECREATION AND TOURISM DEPARTMENT

Info & online registration at WWW.RECREATIONOROMOCTO.CA

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

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

Laurie Muise - Facilities/ Culture/ Tourism (357-4459) lmuiise@oromocto.ca

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

2014-15

**Register
now!**

Max of 28 children

After School Program

Registration Packages for this licensed Child Care Program are available at our Service Centre on the 1st floor of the Municipal offices (located at 4 Doyle Drive). The program is designed for school aged children (grades K-5). The cost is \$70/ child per week.

Full Time Clients Only.

Quality coordinators will offer an activity-based schedule in a safe, supportive setting.

Please pick up a registration package
for more information.



*Season's Greetings
Happy New Year*

The Municipal Offices will be closed
from noon on Wednesday, Dec. 24
until Friday, January 2.

Registration for upcoming courses
will start in the New Year.

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

Check Us Out at: www.facebook.com/oromoctovision

EVERYDAY COOKING CLASSES IN THE SOBEYS OROMOCTO COMMUNITY ROOM 446-5030

December 2nd (Tuesday) – 6-8pm Theme: Holiday Appetizers
Mexican Roll-Ups, Turkey Salad with Chutney, Cashews & Cranberries
Bacon Brussels Sprouts Carbonara & Hazelnut Peanut Butter Blondies

December 9th (Tuesday) – 6-8pm Theme: Easy Meals
(Seniors Class 55+)
Thai Spinach Bites, Smoky Corn Chowder, Shrimp & Turkey Kielbasa
Jambalaya, Peppermint Hot Fudge Sundaes

December 16th (Tuesday) – 6-8pm Theme: Holidays to Remember!
Senegalese Peanut Soup, Skillet Rotini with Zucchini & Sausages
Ginger Pudding with Sauce



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

ARTISTS WHO CARE

All sessions will be at the AWC Gallery in the Oromocto Arts & Learning Centre.
A variety of arts and music workshops and lessons for our area 55+ population .

Pre-registration is required.

Monday, Dec. 1 from 10:00 am - 12:00 pm Christmas ornaments with Beth McIntosh

Wednesday, Dec. 10 from 6:00 - 8:00 pm Christmas cards

(Extra class for those who did not get a chance to be in the first class offered)

Barb, Beth, Jeanne & Helen wish all of you a wonderful Christmas season. See you in January!

For additional info, please visit our Facebook page or call Laurie at 357-4459.

Funded by the Government of Canada - New Horizons for Seniors Program



ART & CRAFTS DROP-IN

Free to attend!

Thursdays 1:00 to 4:00 p.m.

Bring any project you want to do.

For more info, please contact Judy Lynn Sorrie at
357-3025 or judylynn@bellaliant.net



Judy Lynn Sorrie – Artist

DAYS INN OROMOCTO

**Pancake Breakfast with Santa &
Christmas Craft Fair**
Saturday, December 6

Breakfast with Santa from 8am -10am
\$5/person or \$4/person with a donation to the
Food Bank. \$1/kids 5 and under.

Christmas Craft Fair from 8am – 3pm
Admission is FREE

**For more information or inquiries,
please contact Katrina at 506-357-5657 or
banquets@daysinnoromocto.com**



ATTENTION DOG OWNERS

As per Town of Oromocto By-law 417 dogs "running at large" or an animal unleashed or unharnessed on any property other than the owner's, excepting those participating in a sanctioned show or event or at a designated off-leash park, is prohibited within Town limits.

2015 Dog License: All dogs must be registered in the Town of Oromocto as per By-Law No. 314.

Licenses may be purchased at:

Oromocto Municipal Offices Oromocto SPCA
Oromocto Veterinary Hospital Vets Love Pets

OROMOCTO PUBLIC LIBRARY 357-3329

Dec 5 CHRISTMAS AT THE LIBRARY from 10:00am to noon. Enjoy sweets, Christmas music and make a centerpiece for only \$2.00! Space is limited so come early. No registration required.

Dec 5 Children aged 9-14 years old can register to make a **CHRISTMAS CENTERPIECE**. This hour-long program starts at 3:30pm. All materials are supplied. Spaces are limited so register early by calling 357-3329.

Dec 6 Morgan (a therapy dog) from **SILENT SIDEKICKS** will be in the library on Saturday from 2:00-3:30pm. Children can read to Morgan for 15 minutes. Please call 357-3329 in advance to book your session.

Dec 12 The over-sixty crowd is invited to our Christmas **BROWSE & BRUNCH** at 9:00am. This hour is packed full of food, fun and conversation. Please call in advance to reserve your seat.

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



Dec 12 Children aged 5-8 years old are invited to make **CHRISTMAS CRAFTS** at 3:30pm. Please register in advance.

The library will be offering one-on-one computer tutorials after Jan. 5, 2015. This position is funded by Industry Canada. Some of the topics are e-mail, Facebook, online job applications and e-books.

Please call the Oromocto Public Library to book a session.

LIBRARY CLOSED:

Dec. 24, 25, 26 and January 1.

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

HOUSEHOLD GARBAGE SHOULD NOT BE TAKEN TO THE RECYCLE BINS

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

Recycling depot locations:

Gateway Plaza, Freeman's Convenience and Oromocto Market Superstore



 Check February's Recreation Guide for more info!

OROMOCTO SNOWFEST



FEBRUARY 13-15, 2015

CAUTION

Although motorized vehicles are not permitted on the Town Trail System, users may encounter Town maintenance vehicles while visiting.

If you discover any maintenance concerns while using the Trail System, please call 357-8155 or e-mail recreation@oromocto.ca

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.





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

Tech Savvy Seniors Program

Funded by Government of Canada's New Horizons for Seniors Program



Upcoming Workshops:

January 13 & 14 - Intro to Facebook: learn how to create, navigate and alter your Facebook profile.

January 15 - Digital Camera/Basic Editing: Learn digital camera basics, how to upload pictures to the computer and basic editing skills using Windows Live Photo Gallery.

Contact us today to register at 357-7892 or admin@cvala.ca

Are you Tech Savvy? Interested in volunteering?

Contact us today for more information!



"Like" us on Facebook to receive news, stories and upcoming events from Central Valley Adult Learning Assoc. Inc.

55+ CORNER

55+ Carpet Bowling/Bean Bag Toss/Washer Toss

Enjoy Carpet Bowling & Bean Bag Toss every Tuesday and Wednesday morning from 10:30 to 12:00 noon and Washer Toss every Thursday from 10:30am to 12:00 noon at the Hazen Park Centre.

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.

For additional info, please call Betty at 357-8002.

55+ Recycled Teenagers

This stretching & mild exercise class takes place each Monday and Wednesday morning from 9:00 to 10:00am at the Hazen Park Centre, 994 Onondaga St.

For more info, please call Helen at 367-6888.

Seniors' Curling

Monday and Wednesday mornings from 0900 till 1130 hrs. Cost: \$5:00. Come out, meet some new people and have some fun. No experience needed.

If interested, call Karl Johnson at 357-9409.

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



Ask about our Glee Groups!

Judy Lavigne: 506-999-2631



Angela Rutter, CD, LPN
506-471-5791

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OROMOCTO ROTARY CLUB

"Service Above Self"

Raffle Calendar Draws:

\$50 each: 083 Susan Endean, 530 Gina Gray, 724 Connie Allen, 247 Kim Parimeter, 585 J.P. Chenard, 316 Louise McCleary, 783 Garth Reid, 372 L&J Grattan

Meetings twice a month

Seniors Bingo at Foresters/ Sunbury Manors held 1st/2nd Tue monthly

Supper Meetings at United Church at 6pm





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Oromocto Veterinary Hospital
(506) 357-8880

Mon – Thu 7 AM – 7 PM
Friday 7 AM – 6 PM
Saturday 8 AM – 1 PM



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info@oromoctovethospital.com
www.oromoctovethospital.com

LINTUHTINE MUSIC ACADEMY
OF OROMOCTO

Presents their annual “Christmas Story” with special guests
Becky Banks MacLean - soloist, **Catherine Harrop** - Narrator
J. David Berry - organist, **Sidney Murgatroyd** - violin

Saturday, Dec. 6 at 7:00 pm - Oromocto United Church
 Sunday, Dec. 7 at 7:00 pm - St. Andrews Presbyterian Church,
 Fredericton

Monetary donation at the door for Food Banks.
www.lintuhtinemusicacademy.ca



Now booking appointments for
 our fall flu clinics.
 Please call to arrange for an
 appointment or drop by our
 office.

VON Oromocto

62 Miramichi Road
357-8542
Office hours: Monday to Thursday, 8:30am-1:00pm

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.yolasite.com
- ~ Oromocto Ringette Association - oromctoringette@gmail.com
- ~ Oromocto Dragons Judo Club - jpc@dragonsjudoclub.com
- ~ Oromocto Boxing Club - oromctoboxingclub@gmail.com or Find Us On Facebook
- ~ Base Gagetown Recreation Association - www.pspgagetown.nb.ca

Community Notices

OROMOCTO FOOD BANK - ANGEL TREE

has 300 Angels, each a gift for a child in need in your community.

Call us if your group can display a tree on our behalf to promote the Angels, or pick your Angel from the tree at the Food Bank on D'Amours St. **For more info, visit or call Jane Buckley at 357-3461.**

RED CROSS SILENT AUCTION

During the Christmas Craft Fair at the Days Inn on Saturday, December 6 from 8am - 3pm. Admission is FREE. All proceeds will be awarded to this local charity.

For more information or inquiries,
please contact Katrina at 506-357-5657 or banquets@daysinnoromocto.com

ARMY CADET LEAGUE NB

Become an Army Cadet! Tuesdays from 6:00 to 9:00pm in D-57 at CFB Gagetown. Free!
For more information, contact Capt. Mike Law at 454-6722 or Brian Vessey at 446-6974.

OROMOCTO PIONEERS SQUARE DANCE CLUB

at the OHS Cafeteria on Monday Nights
Round Dancing 7:00pm / Plus 7:30pm / Beginners Plus Class/Club Mainstream 8:00pm

For more info, call Ed Garnett at 446-6058 or 449-0135



Oromocto Pioneer Gardens Cemetery Company Inc.

Please visit our website at www.oromoctopioneergardens.ca

Contact us at 292-2477 or info@oromoctopioneergardens.ca

****NEW COLUMBARIUM UNITS ARE NOW ON-SITE****

Sales can be arranged by contacting us at the above number or through e-mail.

MEALS ON WHEELS OROMOCTO & AREA (VOLUNTEERS NEEDED)

For More Info Please Contact:

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

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

Come learn and soar with the Oromocto Air Cadets.

All youths between the age of 12 and 18 years old are welcome.

The Squadron meets every Wed 1815-2100 hrs at Bldg D-15 on Base Gagetown.

For more info, please contact the Sqn Commanding Officer, Capt Meredith Wills at 478-1052.

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.

Town Notices

TOWN OF OROMOCTO NOTICE OF MEETINGS

10 & 16 December - 5:30pm
Council in Committee Meeting

18 December - 7:00pm
Regular Session

KING'S ARROW ARENA

PUBLIC SKATING

Monday to Friday 12:00pm to 1:00pm

2:30pm to 3:45pm

Sunday

3:15pm to 4:45pm

Mandatory Head Protection Policy

All participants ages 18 years and younger attending the King's Arrow Arena Public Skating will be required to wear a Canadian Standards Association (CSA) approved helmet.

ICE RENTAL

Ice Time is available for rent at the King's Arrow Arena.

For more info or to book,
please call 357-8155 or
e-mail bhurley@oromocto.ca

*Please note the arena is closed for
Statutory Holidays
(Including Dec 24, 25, 26 & 31 and Jan 1)*

NEED A VENUE FOR YOUR "SPECIAL OCCASION"?

The Hazen Centre is available for rent.

For additional info, please call
357-4459 or e-mail lmuisse@oromocto.ca.

OROMOCTO FIRE DEPARTMENT

Christmas Tree Tips

For many people, decorating the Christmas tree is a favorite part of the holiday. The Oromocto Fire Department offers some safety tips to make sure a mishap doesn't spoil your holidays.

CHRISTMAS TREES

- ◆ A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard.
- ◆ Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.
- ◆ Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- ◆ Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- ◆ If you use an artificial tree, choose one that tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.

TREE LIGHTS

- ◆ Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.
- ◆ Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.
- ◆ Turn off all lights on trees and decorations when you go to bed or leave the house.

TREE ORNAMENTS

- ◆ Always use the proper step stool or ladder to reach high places.
- ◆ Read labels before you use materials those come in jars, cans & spray cans.
- ◆ Never place lighted candles on a tree or near any flammable materials.
- ◆ Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- ◆ Do not hang popcorn chains and candy canes on the tree when small children are present. They may think that other tree ornaments are also edible.

Have a safe and joy filled Holidays!

odc

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

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