



Recreation
OROMOCTO
Building a Healthy Community



MARCH 2015

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

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

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

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

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

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

ADULT WELLNESS PROGRAMS

A TOWN RESIDENT REBATE WILL APPLY TO ALL FITNESS PROGRAMS

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!

Classes: 10/ 17/ 24 Mar, 21/ 28 Apr & 5 May
6:30 to 7:30pm **Tues**

Fee: \$40/ 6 wks

Authentic Vinyasa Yoga

Join Wendy for this more active Vinyasa Yoga class. This program creatively links one posture to the next. This style of yoga is for those who are interested in deepening their practice and building core and upper body strength. While some previous yoga experience is generally recommended, all levels are welcome.

Begins: 9 Mar **6:30 to 7:30pm** **Mon**

Fee: \$89/ 7 wks

Pilates for the Ultimate Core

Join Wendy in this ultimate Modern Pilates core conditioning class. Experience top Pilates core exercises mixed with dynamic total body movements. This Pilates program changes class to class with the use of a variety of props to keep you interested (rollers, weighted balls, bands and mini-stability balls). All levels welcome.

Begins: 9 Mar **7:30 to 8:30pm** **Mon**

Fee: \$89/ 7 wks

Kettlebell Fitness for Women

Looking for a quick and fun way to get fit? KettleBell Training is the Ultimate Fat Burning Workout! Short, Fun and Efficient Workouts provided. Safely learn the basic Kettlebell exercises under the guidance of a Certified Fitness Coach/Certified Agatsu Kettlebell Instructor! All levels welcome. Kettlebells provided.

Begins: 11 Mar **6:30 to 7:30pm** **Wed**

Fee: \$89/ 7 wks

Restore Yoga for Stress Release

This slow paced Yoga practice unwinds and opens the body using gentle yoga poses, breathwork and body release techniques to enhance the restorative experience. Restore is beneficial to those seeking a slower, deeper practice to renew oneself for health and peace in daily life. Intended for all levels and beginner friendly.

Begins: 11 Mar **7:30 to 8:30pm** **Wed**

Fee: \$89/ 7 wks

ART & CRAFTS DROP-IN

Free to attend!

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

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

EVERYDAY COOKING CLASSES IN THE SOBEYS

March 3rd (Tuesday) 6-8pm **NEW Healthy Cooking Class with Dietician**

Strawberry Banana Sunrise Smoothie, Breakfast Bruschetta, Sweet Potato Breakfast Hash, Melon Ginger Salad

March 10th (Tuesday) 6-8pm **Petits Chefs**

Seniors Class 55+
Rigatoni with Meat Sauce, Sweet Potato & Popcorn Soup
Mini Bread Pudding with Pears & Dates

March 19th (Thursday) 10-11:30am **NEW Taste & Learn Class with Dietician**

Learn how to use Oatmeal. Recipes & Samples provided! **FREE!!**

March 24th (Tuesday) 6-8pm **Food Flavorings**

Cauliflower Korma Soup, Parmesan Gremolata Halibut with Sundried Tomato Barley Risotto, Grilled Fruit & Bruleed Goat Cheese



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

55+ PROGRAMS

55+ Recycled Teenagers

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

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

55+ Carpet Bowling/Bean Bag Toss

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

For additional info, call Bill at 357-7806.

55+ Indoor Walking Club

Enjoy a relaxing walk with our indoor walking club at the Base Fitness Centre from 11:00am to 12noon on Tuesday and Thursday. Registration occurs on-site directly before the walk begins.

55+ Bridge

If you enjoy playing bridge, join us each Wednesday from 1:00 to 3:15pm at the Hazen Centre.

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

55+ Scrabble

If you enjoy playing Scrabble, join us each Friday from 1:30 to 3:30pm at the Hazen Centre.

For additional info, please call Emma at 357-7806.

55+ Pilates

A movement class designed to fit the needs of the more mature participant. This is a gentle, slow-paced Pilates class to improve mobility, balance and increase overall vitality and health. Move well - move better.

Beginns: 10 Apr

9:00 to 10:00am

Fri

Fee: \$15/ 8 wks

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, March 9	10:00 am to 2:00 pm	Miniatures' Workshop with Marijka Hurkens-Robbins *Please bring your lunch
Monday, March 16	10:00 am to 12:00 pm	Tamari Workshop (Japanese Needlework) with Joanne Barfitt
Monday, March 23	10:00 am to 12:00 pm	Husking Workshop with Helene Boyko
Monday, March 30	10:00 am to 12:00 pm	Poitalism Workshop with Mary Lou Watters

Funded by the Government of Canada New Horizons for Seniors



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



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OROMOCTO PUBLIC LIBRARY 357-3329

Mar 3 As part of our **MARCH MADNESS**, the library will be presenting a program about Maple Sugar for children (K-Gr.5) at 2:00pm. Be sure to sign up for the hour of fun facts about making maple sugar, a craft and a sweet surprise. Please register in advance.

Mar 4 Continuing our **MARCH MADNESS**, children (K-Gr.5) will have fun trying to break our Mystery Code. The one-hour program starts at 2:00pm and includes learning to use a code wheel and looking for hidden treasure. Please register in advance.

Mar 5 Also part of **MARCH MADNESS**, children of all ages will enjoy a variety of stories followed by "The Ugly Fish" puppet show. The hour long program starts at 2:00pm. Please register in advance.

Mar 10 The library will be offering **TODDLER TALES** for children 18-36 months old. The program starts at 10:15am each Tuesday morning and runs for six weeks. Children must be accompanied by an adult. Each session is packed full of stories, rhymes, games and a craft. Please register in advance.

Mar 13 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.

Mar 14 Morgan (a reading 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 book your session in advance.

SANDMAN STORYTIME, a 30-minute evening story time, is held each Tuesday evening at 6:30pm. The whole family will enjoy stories, rhymes and lots of fun. No registration is required for this drop-in program.

Need help with your new e-reader or setting up a Facebook account? Our computer intern is available for one-on-one consultations.

To schedule an appointment, call the library.

HOURS

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



TOWN OF OROMOCTO RECOGNITION PROGRAM

The annual Town of Oromocto Recognition Program is designed to recognize outstanding achievement in the areas of sport, recreation, business and volunteer service. Categories include:

- Provincial / Atlantic & Maritime
- National / International Awards
- Volunteer & Business Service Awards

**The nomination deadline is
1 April 2015 and forms are available at:
Oromocto Municipal Offices 4 Doyle Drive**



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OROMOCTO ROTARY CLUB "Service Above Self"



Oromocto Rotary Club Sponsorship

Invitations are extended for anyone wishing to apply for a
Rotary Camp Grant. The grant is for one week (July-Aug)
for an Adult or Child. Deadline: April 30, 2015

Contact: Email - buchana@nb.sympatico.ca



Phone - 357-5819

Mail - 25 Evans Dr., Oromocto, NB E2V 2H3



CENTRAL VALLEY ADULT LEARNING ASSOCIATION INC.

137 MacDonald Avenue, Oromocto, NB E2V 1A6 Phone: (506) 357-7892 Fax: 506-357-4111
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once a week for 10 wks
Laptops are Provided
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"Like" us on Facebook to receive news, stories and upcoming events from Central Valley Adult Learning Assoc. Inc.

RECREATION & PARKS BUILD STRONG FAMILIES & HEALTHY COMMUNITIES! PAY NOW or PAY MORE LATER!

Recreation & Parks reduce health care, social service, and police/justice costs!

After School Program

For more information, Registration Packages for this licensed program are available at our Service Centre on the 1st floor of the Municipal Offices. The program is designed for school aged children (Gr. K-5).
Cost: \$70/ child per week. Full Time Clients Only

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

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.



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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

Medical and Dental services; Surgery; On-site laboratory;
Nutritional and Behavioural Counselling; Pet Portal



info@oromoctovethospital.com
www.oromoctovethospital.com

Community Notices

OROMOCTO SPRING HEALTH & LIFESTYLE SHOW

March 21 from 9am-4pm at the Days Inn Hotel. Meet our local Health and Fitness Professionals!
Admission is \$10/person. \$5 from every ticket will be donated to our local **RELAY FOR LIFE**.

Oromocto and Area Food and Clothing Centre - Souper Monday

We welcome the general public to **SOUPER MONDAY** every Monday, 11am until 1pm in their Community Room.

For a free-will donation, you can take out or join us for
soup, bread/rolls, herbed butter, tea/coffee/bottled water, and dessert.

16 March will be STEWper Monday, with Irish Stew on the menu in honour of St Patrick's Day.

Call us at 357-3461, or drop in on D'Amours St.



Oromocto Pioneer Gardens Cemetery Company Inc.

Please visit our website at www.oromoctopioneergardens.ca

Contact us at 292-2477 or info@orumoctopioneergardens.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

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

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.

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.



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info@modeltownphysio.ca

www.modeltownphysio.ca

WOMEN'S EMPOWERMENT WORKSHOP

March 29th with Psychic Medium Suzanne Riley. 9am-4pm. \$50/person and only 50 seats available. Lunch included.



For info, contact Katrina at 357-5657
or banquets@daysinnoromocto.com

Town Notices

Notice of Meetings

Town of Oromocto



11 & 17 March
Council in Committee

19 March
Council



Citizen Engagement Play Structure Selection

The Town of Oromocto is planning to upgrade playgrounds in the following areas:

Anniversary Park Coronation Court Park
Smith Subdivision Park

To assist with the play structure selection, please join Recreation Oromocto staff on:

Thursday, 12 March at 6:30pm

Hazen Park Centre

Bring the kids to help and a chance to win a prize!

ON STREET PARKING RESTRICTIONS

Please be advised that the Town of Oromocto's **Traffic By-Law 502, Section 15 (1)** prohibits parking a vehicle on any street, including the entire unpaved right-of-way, in the Town at any time.

The Town requests your cooperation in refraining from parking vehicles on the streets. In this way, we can ensure clean and safe roads are maintained efficiently.

If you have any questions, please contact the Planning and Compliance Office at 357-4500.

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 CSA approved helmet.

Move Right for Sirens & Lights



There are some simple rules to follow when you're on the road and encounter an emergency vehicle whose lights are flashing, whether the siren is sounding or not.

DO pull to the right and come to a complete stop. If you're traveling on a high-speed road or if there is no room to stop, slow down as much as possible.

If you are in the left lane, **DO** pull over into the right lane as traffic in the lane to your right moves over.

If you cannot move to the right because of another vehicle or obstacle, just stop. Your action will let the driver of the emergency vehicle know what you are doing and allow the driver to anticipate where to drive.

When an emergency vehicle approaches you from behind while you are stopped at an intersection, **DO** stay where you are unless you can pull to the right.

On a two or four-lane highway or street without barriers, both sides of traffic should pull to the right

If the emergency vehicle is traveling on the opposite direction of a divided highway or street, you do not need to pull over.

If you are on a divided highway where traffic in front of you is at a standstill and you see emergency lights behind you, move to the right if you can; stay where you are if you can't. **NEVER** move into the center lane - you could be moving into the path of an approaching emergency vehicle.

Following these simple rules will help everyone involved in an emergency: those who desperately need help and those who are hurrying to help them. Every emergency responder - firefighter, ambulance driver, police officer - will appreciate it when you *Move Right for Sirens & Lights*.

NEED A VENUE FOR YOUR "SPECIAL OCCASION"?

The Hazen Centre is available for rent

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

odc

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

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