

MAY 2015



**Recreation
OROMOCTO**
Building a Healthy Community



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



OROMOCTO RELAY FOR LIFE

FRIDAY, JUNE 5

Start time: 6:30 pm
on the O.H.S. Grounds

PUBLIC IS WELCOME!

*To register a team or
as a survivor,
please call Betty at 446-4609*

Summer Day Camp



**11 weeks:
June 22 to
Sept 4**

Registration Packages for this
licensed Child Care Program will be
available Monday, May 11 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 \$110/ child per week.

Max of 28 children

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

Please pick up a registration package for
more information.

OROMOCTO VISION

Dr. M Soicher Dr. T McCarthy Dr. A Bartlett

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: 8am-5pm Monday to Friday

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

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

May 5th (Tuesday) 6-8pm **Spring in Southeast Asia (\$15)**
Thai Coconut Chicken Soup, Vietnamese Pork Burgers with Banh Mi Slaw
Easy Roasted Potato Wedges, Lemon Cream Cake

May 12th (Tuesday) 6-8pm **Mediterranean (Seniors 55+ \$10)**
Greek Herb Dip, Mediterranean Vegetable Kabobs, Portobello Pine Nut Penne

May 26th (Tuesday) 6-8pm **A Night At The Pub (\$15)**
Mushroom Soup, Spring Mix with Pears & Goat Cheese, Sausage & Apple
Quiche, Sticky Toffee Pudding

May 28th (Thursday) 10:30am-12pm
Diabetes Nutrition Class with Dietician – FREE!!
Please call 446-5030 to sign up!



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

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 - oromoctoringette@gmail.com
Oromocto Dragons Judo Club - jpc@dragonsjudoclub.com
Oromocto Boxing Club - oromoctoboxingclub@gmail.com or Find Us On Facebook
Base Gagetown Recreation Association - www.pspgagetown.nb.ca



**CENTRAL VALLEY
ADULT LEARNING
ASSOCIATION INC.**

137 MacDonald Avenue, Oromocto, NB E2V 1A6 Phone: (506) 357-7892 Fax: 506-357-4111
www.cvala.ca ~ www.facebook.com/CentralValleyAdultLearningAssn

General Education Development (GED) Program

Covers the 5 Major subject areas:
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Digital Literacy Program

Learn computer basics Today!

Classes are 3 hour each,
once a week for 10 wks

Laptops are Provided

Windows 7 and 8

Small Class Size



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

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+ 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+ 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.

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.

ARTISTS WHO CARE

FUNDED BY THE GOVERNMENT OF CANADA NEW HORIZONS FOR SENIORS

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, May 4	10:00 am - 12:00 pm	Paper and Ink Project with Helen McKinnon-Bagnell
Monday, May 11	10:00 am - 12:00 pm	Tamera - Japanese needlework with Joanne Barfitt
Wednesday, May 20	6:00 pm - 8:00 pm	Mixed Media & Flowers with Jeanne Cowan
Monday, May 25	10:00 am - 12:00 pm	Various ways with alcohol inks with Beth McIntosh
Monday, June 1	10:00 am - 12:00 pm	Jewelry with alcohol inks with Beth McIntosh



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



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

Rec Co-ed Volleyball (Ages 19+)

Wednesdays from 7:30 to 9:30pm at Harold Peterson Middle School.

**For more info, please email Candice at
candicemacrae@hotmail.com.**



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OROMOCTO PUBLIC LIBRARY 357-3329

May 4 Canadian children's author, Tom Ryan, will be giving a book reading at 1:00pm. His book "Totally Underrated" was featured at as Hackmatack Book Club selection this year.

May 8 The over-sixty crowd is invited to join us for **BROWSE & BRUNCH** at the library from 9:00 to 10:00am. Meet old friends and make new ones. Please register in advance.

May 8 & 22 LEGO CLUB will continue to meet twice a month at the library at 3:30pm. School-aged children will enjoy this hour long program. Contact the library to register for the club.



New Brunswick
Public Library
Service
Service des
bibliothèques publiques
du Nouveau-Brunswick

May 18 The library will be CLOSED for Victoria Day.

All library programs are free of charge.

We offer free internet access & printing services.

For more information about these programs, 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

LINTUHTINE MUSIC ACADEMY OF OROMOCTO

**Lintuhtine Welcomes Spring Concert
with special guests "Maple Sugar"**

Sunday, May 3 at 7:00 pm
Oronoto United Church

Monetary donation at door which goes to music and necessities for the choirs. For info, call 357-3838.

**Lintuhtine Melodies present their
6th annual Cabaret**

June 1 & 2 at 7:30 pm
Hazen Park Centre

Limited seating this year. A great show not to be missed! Tickets for both nights get a discount. For ticket purchase or reservation, please call Jacqueline at 357-3838.



2015 SUMMER STUDENT CASUAL EMPLOYMENT

Applications for Summer Student Casual employment with the Town of Oromocto are now being accepted.

Please visit www.oromocto.ca for a current list of positions, application details, deadlines & job descriptions.

Applicants must be a full-time student in the 2014-15 school year and entering/ currently enrolled in a post-secondary institution for Fall 2015. Please attach confirmation to application form.

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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OROMOCTO ROTARY CLUB "Service Above Self"



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OROMOCTO
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SERVICE ABOVE SELF SINCE 1982

Paul Harris Fellowship Awards - May 25th
Inductees: Murry Parlee & Dianne Buchanan

Meet & Greet: 6pm, Dinner: 6:30pm.

Tickets: \$20.00 or Couple \$35.00

Contact Paula 357-8014,
Ralph 357-8312 or Cliff 446-4019



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: 19 May 6:30 to 7:30pm Tue

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: 4 May 6:30 to 7:30pm Mon

Fee: \$89/ 7 wks

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.

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: 4 May 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: 6 May 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: 6 May 7:30 to 8:30pm Wed

Fee: \$89/ 7 wks

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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

Community Notices

OROMOCTO & AREA FOOD and CLOTHING CENTRE

Together with The Waffle Window, we present their 2nd Annual Mother's Day Brunch.
Join us at the Food Bank on Sunday, 10 May from 10am until 2pm.
Enjoy gourmet waffles \$8 each with your choice of beverage.

OROMOCTO PUBLIC HOSPITAL AUXILIARY GIFT SHOP

Open Monday to Friday 9 – 3 PM / Sunday 1 – 3 pm

Located in Main Lobby of Oromocto Hospital. Newly Renovated - wide variety of gift items, cards, scarves, purses, jewellery, home knitting, snacks, coffee & more. Great selection of stuffed animals. Gift Shop operated by Volunteers so please drop by if interested in volunteering. All profits are donated to the Hospital for purchase of medical equipment.

PESTICIDE APPLICATION NOTIFICATION REGISTRY FOR NB

Individuals wishing to become registered in the program are asked to provide the Pesticide (Unit) Program Officer with all relevant contact information that in turn can be distributed to all landscape pesticide application operators.
For more details contact program officer, Mr. John Antworth at 444-5361.



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.

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

MERCURY MARCH - 10/5 KM ROAD RACE

SATURDAY, 2 MAY at OHS

Please visit www.nbsigs.net/Mercury_March_2015.php for more information

Race Director: Ed Corey - edwardcorey@gmail.com

Come learn and soar with the Oromocto Air Cadets.

Ages 12-18 years. 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.

MEALS ON WHEELS OROMOCTO & AREA (VOLUNTEERS NEEDED)

For More Info Please Contact:

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

Town Notices

TOWN OF OROMOCTO Curbside Spring Cleanup Program 11 May to 25 May inclusive



ELIGIBLE ITEMS:

- Pieces of tree, brush, lawn rakings, garden refuse and similar articles, but **NOT** appliances, furniture or tires. Please compost where feasible.
- Lawn rakings and other similar rubbish must be bagged in clear plastic bags and placed at curbside for pick-up.
- Individual bundles or items **SHALL NOT** exceed one meter (1 yard) in greatest dimension nor weigh more than 20 kilograms (44 pounds).

FORBIDDEN ITEMS:

Petroleum, chemical or solvent/paint type products or any hazardous waste is **FORBIDDEN**.

Recyclable items must be recycled.

PICK UP:

Materials **MUST** be placed at curbside no earlier than Mon., 11 May, no later than 7:00 a.m. on 25 May.

DROP OFF:

Eligible items can also be taken to the Fredericton Region Solid Waste Commission (1775 Alison Blvd.) Mon-Fri 7:30 am – 5:00 pm & Sat 7:30 am - 3:00 pm

All residents are encouraged to participate.

If you have any questions, please contact the Works Department at 357-4409 .

Notice of Meetings

Town of Oromocto



13 & 19 May
Council in Committee
21 May
Council

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

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

TOWN OF OROMOCTO - 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

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.

Please leash your dog in public spaces.

odc

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

202 Restigouche Road,
Oromocto NB Canada E2V 2G9

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