



**Recreation
OROMOCTO**

Building a Healthy Community



November 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

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

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.**

WELLNESS PROGRAMS

Rec Co-ed Badminton (Ages 19+)

Badminton is held on Tuesdays from 7:30 to 9:30pm at Harold Peterson Middle School.

For more info, please call Tracey at 357-1820.

Rec Co-ed Volleyball (Ages 19+)

Volleyball is held on Wednesdays from 7:30 to 9:30pm at Harold Peterson Middle School.

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

NEED A VENUE FOR YOUR "SPECIAL OCCASION"?

The Hazen Centre is available for rent

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

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

WELLNESS PROGRAMS

**A TOWN RESIDENT REBATE WILL APPLY
TO ALL FITNESS PROGRAMS**

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: 3 Nov 6:00 to 6:45pm Mon

Fee: \$31/ 4 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: 28 Oct 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: 3 Nov 6:30 to 7:30pm Mon

Fee: \$76/ 6 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: 3 Nov 7:30 to 8:30pm Mon

Fee: \$76/ 6 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: 5 Nov 6:30 to 7:30pm Wed

Fee: \$76/ 6 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: 5 Nov 7:30 to 8:30pm Wed

Fee: \$76/ 6 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 .

Mondays from 10:00am to 12:00pm. Pre-registration is required.

Monday, November 3 - Christmas Card & tags with Helen Morag McKinnon-Bagnell

Monday, November 10 - Write Your Own Haiku with Dr. Michael Nowlan (New Brunswick writer)

Monday, November 17 - Ceramic Christmas with Donna Theriault

Monday, November 24 - Quilling with Helene Boyko

Monday, December 1 - Christmas Ornaments with Beth McIntosh

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

Funded by the Government of Canada New Horizons for Seniors

OROMOCTO PUBLIC LIBRARY 357-3329

Nov 4 The second session of **TODDLER TALES** will start at 10:15am. This program is designed for toddlers from 18-36 months old accompanied by an adult. The 30-minute program is packed full of stories, games, finger plays and a craft. Please register by calling the library at 357-3329.

Nov 4 The **SANDMAN STORY TIME** continues during November each Tuesday evening at 6:30pm. The whole family can enjoy games, stories, songs and finger puppets in a relaxed atmosphere. No registration is required.

Nov 11 The library will be closed for REMEMBRANCE DAY

Nov 7 **LEGO CLUB** will meet at the library at 3:30pm. School-aged children will enjoy this hour long program. Contact the library at 357-3329 to register for the club.

Nov 14 The over-sixty crowd is invited to **BROWSE & BRUNCH** at 9:00am. Don't forget to call in advance to reserve your seat.



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

Nov 14 **TEEN TIE-DYE:** Teens (grades 6-9) are invited to bring a plain tee-shirt or pillow case to the library and tie-dye it bright colors. We supply the dye, you bring the item. The program will start at 3:30pm and last an hour. Please register in advance by calling 357-3329.

Nov 21 Morgan (a therapy dog) from **SILENT SIDE KICKS** will be in the library on Saturday from 2:00 to 3:30pm. Children can read to Morgan for 15 minutes. Please call in advance to book your session at 357-3329.

**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

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

Nov 4 (Tuesday) – 6-8pm Theme: Harvest Time!
Spicy Roasted Pumpkin Soup, Harvest Beef & Veggie Stew
Apple Cranberry Crumble

Nov 18 (Tuesday) – 6-8pm Theme: Breakfast Ideas
(Seniors Class 55+)
Breakfast Smoothie, Eggs Napolitano with Potato Roasties
French Toast with Almonds & Quick Apple Butter

Nov 25 (Tuesday) – 6-8pm Theme: Game Time!
Guacamole with Chipotle Mango Pita Crisps, Game Time Chicken Chili
Peanut Butter Pretzel Crunch Cookies



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

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



Free Workshops Available

Facebook

Digital Camera/Basic Editing

Skype/Video Messaging

Microsoft Word

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.

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

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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(506)357-3222***



OROMCTO ROTARY CLUB

"Service Above Self"

Raffle Calendar Draws:

\$50 each - 557 Alan Garagan, 052 Amy Parrill,
340 Donna Noble, 279 Karen & John Stella

Meetings twice a month

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

Supper Meetings at United Church at 6pm





193 RESTIGOUCHE ROAD
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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

LINTUHTINE MUSIC ACADEMY OF OROMOCTO

In our 30th very successful year for music.

- Various groups available - choirs, ukuleles, hands on music for younger children.
- Private lessons available in voice, fiddle, ukulele, tin whistle, piano, Gaelic (language & music)

For information, call Helen at 357 - 3838 or visit our website at www.lintuhtinemusicacademy.ca for further information.



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 - 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

Community Notices

OROMOCTO PUBLIC HOSPITAL AUXILIARY

CHRISTMAS BIZARRE AND FUDGE SALE

November 15 from 10:00am to 4:00pm

PLEASE NOTE THE CHANGE IN VENUE TO THE **HAZEN CENTRE** (994 Onondaga St)
Donations of cash, crafts, and/ or food items (pickles, jellies, baked goods, etc.) would be greatly appreciated.
*Please deliver your donation to the Hazen Centre after 9:30am on November 15
or call 357-5580 or 357-8706 for pick-up arrangements*

OROMOCTO PUBLIC HOSPITAL

CHRISTMAS CRAFT SALE on November 7 from 8:00 am to 4:00pm

Boardroom & Main Hallway of hospital

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

*Council would like to hear
from you!*



Town of Oromocto
2015 BUDGET CONSULTATION
Wednesday, 5 November
6 to 8 pm
Hazen Centre (994 Onondaga St.)

*Open to all residents of the
Town of Oromocto*

Town of Oromocto 2015 BUDGET CONSULTATION

**TOWN OF OROMOCTO
NOTICE OF MEETINGS**
12 & 18 November- 5:30pm
Council in Committee Meeting

20 November - 7:00pm
Regular Session

PUBLIC SKATING (starting 6 Oct) KING'S ARROW ARENA

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.

Please note the arena is closed for Statutory Holidays

FALL LEAF COLLECTION -TOWN OF OROMOCTO 3 - 16 November 2014

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 3 November and not after the 16 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.*

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

ICE RENTAL - KING'S ARROW ARENA

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**

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

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Oromocto NB Canada E2V 2G9

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