

# November 2015



## Recreation OROMOCTO

*Building a Healthy Community*



PROGRAM REGISTRATION TAKES PLACE AT THE MUNICIPAL OFFICES,  
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](http://WWW.RECREATIONOROMOCTO.CA)

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

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

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

Bill Jarratt - Director (357-4456) [bjarratt@oromocto.ca](mailto:bjarratt@oromocto.ca)

#### 55+ Recycled Teenagers

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

For more info, please call Helen at 357-6888.

#### 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.

#### 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 week at the Hazen Centre.

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

#### 55+ Pilates

A Pilates 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.

Begins: 6 November 9:00 to 10:00am Fri

Fee: \$12/ 6 wks

#### 55+ Chair Yoga

This Yoga class is a gentle approach that incorporates a chair for added support and comfort. It is designed to be accessible to those who may be recovering from an injury or the more mature participant.

Begins: 16 November 10:15 to 11:15am Mon

Fee: \$10/ 5 wks

### ART & CRAFTS DROP-IN Free to attend!

Thursdays 1:00 to 4:00pm @ Arts & Learning Centre

Judy Lynn Sorrie at 357-3025 or [judylynn@bellaliant.net](mailto:judylynn@bellaliant.net)

## 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

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New Patients Welcome, Please call 357-3392

OFFICE HOURS: 8am-5pm Monday to Friday

Check Us Out at: [www.facebook.com/oromoctovision](http://www.facebook.com/oromoctovision)

**Nov 3** 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 in advance.

**Nov 3** 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 4** The library will be offering a **COMPUTER GAMES CLUB** for youth 10-15 years old on Wednesday evenings from 6:00-7:30pm. It will feature a different game each night. Please bring your own computer or electronic device. Please register in advance.

**Nov 11** The library will be CLOSED for Remembrance Day.

**Nov 13** **LEGO CLUB** will meet at the library at 3:30pm. School-aged children will enjoy this hour long program. Contact the library to register.

**Nov 13** The over-sixty crowd is invited to **BROWSE & BRUNCH** at 9:00am. Don't forget to call in advance to reserve your seat.

**Nov 14** Join us as we explore a new way to scrapbook on-line using **SHUTTERFLY**. Please bring your own computer or electronic device and photographs to use in this hands-on workshop. Please call for more information or to register.

**Nov 21** Children who want to practice reading can book a time with Morgan, the dog who loves to be read to, at the library. Please call for more info or to book your 15-minute session.

*Need help with your resume, emails or have any other computer questions? Our computer interns are available for one-on-one consultations.  
Please call to schedule an appointment.*

They will be offering a variety of programs for all ages. Be sure to check out our FaceBook page for info.

**All library programs are free of charge.**

#### WINTER 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

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CANADA

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

#### Lintuhtine Music Academy's Annual Concert



#### THE CHRISTMAS STORY

Saturday, November 28th - 7:00 pm

Oromocto United Church

Sunday, November 29th - 7:00 pm

St. Andrews Presbyterian Church, Charlotte St, F'ton

Monetary donation at door to support local Food Banks

**Recreational Activities & Parks  
are essential to the  
holistic development  
of children and youth**



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## WELLNESS ACTIVITIES

### 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: 3 November 6:30 to 7:30pm Tue**  
**Fee: \$40/ 6 wks**

### Kettlebell Fitness for Women

KettleBell Training is the Ultimate Fat Burning Workout! An All-in-One program to get lean, strong and fit. Safely learn the top Kettlebell exercises under the guidance of a Certified Kettlebell Instructor. All levels welcome. Kettlebells provided. Spots limited.

**Begins: 4 November 6:30 to 7:20pm 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 yoga practice to renew oneself for health and peace in daily life. Intended for all levels and beginner friendly.

**Begins: 4 November 7:35 to 8:35pm Wed**  
**Fee: \$76/ 6 wks**

### Pilates for the Ultimate CORE

This Modern Pilates class includes top Pilates core exercises mixed with dynamic total body movements that will improve your core strength, increase your mobility and allow you to move with greater ease.

**Begins: 9 November 7:30 to 8:30pm Mon**  
**Fee: \$76/ 6 wks**

### FOR ALL ASPIRING SKATERS! SKATE CANADA OROMOCTO LEARN TO SKATE



Pre-Can Skate, Canskate & Starskate programs.  
 3 years old and up to Adult.



For Winter season info, call 459-7941  
 or email: oromoctoskaters@live.ca



### Rec Co-ed Volleyball (Ages 19+)

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

**For more information,  
 please call Jessica at 292-2450.**

## 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.

November 2	10am - 12:00pm	Lighthouse Acrylics with Instructor Barb Heans
November 9	10am - 12:00pm	Acrylic Illusions with Instructor Jeanne Cowan
November 16	10am - 12:00pm	Photo Collage with Instructor Helen Morag McKinnon
<i>*Please bring 6 or 7 regular size photos of the same theme.</i>		
November 23	10am - 12:00pm	Peacock in alcohol inks with Instructor Beth McIntosh
November 30	10am - 12:00pm	Christmas Sing-Along with ukuleles with Instructor Carol Mercer

**Due to high demand, participants can only register 1 week in advance. Registrations will be taken each week from Tuesday morning at 8:30am until Thursday at noon. Those who are on the waiting list will be automatically included in the subsequent class.**

**PLEASE CALL LAURIE AT 357-4459 TO REGISTER.**

## COMMUNITY RECREATION & SPORTS CONTACT INFORMATION

Oromocto Minor Hockey Association - [www.omhahockey.ca](http://www.omhahockey.ca)

Oromocto Area Minor Football Association - [www.capitalareafootball.nb.ca](http://www.capitalareafootball.nb.ca)

Oromocto Area Soccer Association - [www.oromoctosoccer.goalline.ca](http://www.oromoctosoccer.goalline.ca)

Oromocto and Area Minor Baseball Association - [www.oamba.ca](http://www.oamba.ca)

Oromocto Skating Club - [www.oromoctoskaters.yolasite.com](http://www.oromoctoskaters.yolasite.com)

Oromocto Ringette Association - [oromoctoringette@gmail.com](mailto:oromoctoringette@gmail.com)

Oromocto Dragons Judo Club - [jpc@dragonsjudoclub.com](mailto:jpc@dragonsjudoclub.com)

Oromocto Boxing Club - [oromoctoboxingclub@gmail.com](mailto:oromoctoboxingclub@gmail.com) or Find Us On Facebook

Base Gagetown Recreation Association - [www.pspgagetown.nb.ca](http://www.pspgagetown.nb.ca)

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

The Hazen Centre is available for rent.

For info, please call 357-4459 or e-mail  
[lmuisse@oromocto.ca](mailto:lmuisse@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.

Please call Trudy at  
Emergency Response Training,  
506-470-1135 or visit [www.tmcert.ca](http://www.tmcert.ca).



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HOSPITAL**

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Oromocto

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

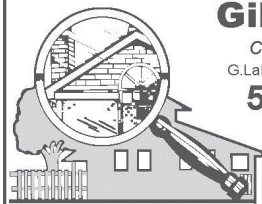
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"Like" us on Facebook to receive news, stories and upcoming events from Central Valley Adult Learning Assoc.

## RECREATION & PARKS BUILD STRONG FAMILIES & HEALTHY COMMUNITIES!

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



### DAYS INN OROMOCTO

**Christmas Craft Fair**  
**November 28 8am-3pm**  
**and**  
**Pancake Breakfast with Santa**  
**8am-10am**



Admission to the Craft Fair is FREE

Support our local Oromocto Food Bank by bidding on items from our Silent Auction



### OROMOCTO DRAGONS JUDO CLUB

Offers Judo Classes for all levels  
Starting at 4 years

Price starting at \$40 per month

We have classes every day.

The Technical Director is Jean Pierre Cantin,  
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jpc@dragonsjudoclub.com



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## OROMOCTO ROTARY CLUB "Service Above Self"



Meetings twice a month

Seniors Bingo at Foresters/ Sunbury Manors

Held First and Second Tuesday monthly

Supper Meetings at United Church 6pm



# Community Notices

## **OROMOCTO PUBLIC HOSPITAL AUXILIARY - CHRISTMAS BAZAAR AND FUDGE SALE**

**Saturday, November 28 at the Hazen Centre from 10:00am to 4:00pm**

Donations of cash, crafts and/or food items would be greatly appreciated. The emphasis is on food items such as pickles, jams, jellies, rolls, bread, cookies, pies, fudge etc. Please deliver your donation to the Hazen Centre after 9:30 am on November 28 or call 357-5580 or 357-8706 and arrangements will be made to pick up any donation.

## **JOHN WOOD FOUNDATION ANNUAL DINNER & DANCE**

**Saturday, November 21 at the Maritime Club, H24, CFB Gagetown**

Doors open at 5PM, Meal will be served at 6 with auction to follow. Tickets: \$20 each.

Tickets available by calling John at 357-6205 or Sandy at 208-0445.

## **OROMOCTO FOOD BANK SILENT AUCTION**

During the Christmas Craft Fair at the **OROMOCTO DAYS INN** on **Saturday, November 28 from 8am - 3pm**. Admission is FREE.

All proceeds will be awarded to this local charity.



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

Please visit our website at [www.oromoctopioneergardens.ca](http://www.oromoctopioneergardens.ca)

Contact us at 292-2477 or [info@oromoctopioneergardens.ca](mailto: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. **Cemetery is open for the season.**

## **+55 BOWLING**

Experience not required. This is a non competitive league and our aim is to socialize and get a little exercise. Cost is \$8.00

**For more info or to register call Charles Brown 476-0566 or  
CFB Gagetown Base Bowling Lanes 422-7673.**

## ***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 Ages 12-19**

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**

## **HOSPITALS SEEKING HELPING HANDS**

Oromocto Public Hospital is currently looking for energetic and outgoing individuals to volunteer a few hours a week in a variety of programs. If you have a few hours to spare, please consider donating your time and contact the volunteer office.

**Contact: Tracey Fraser 506-452-5322**

# Town Notices

## Notice of Meetings Town of Oromocto



Council in Committee:  
17 November  
Council:  
19 November

### *Council would like to hear from you!*



Town of Oromocto  
2016 BUDGET CONSULTATION  
Wednesday, 18 November  
6 to 8 pm  
Hazen Centre (994 Onondaga St.)  
[Open to all residents of the  
Town of Oromocto](#)

## Town of Oromocto 2016 BUDGET CONSULTATION

### TOWN OF OROMOCTO - 2016 DOG LICENSE

All dogs must be registered in the Town of Oromocto as per By-law No. 417

Licenses for the Year 2016 will be available  
beginning November 1<sup>st</sup> 2015.

\$20 for neutered male/spayed female dog

\$30 for unneutered male/unspayed female dog

**PROOF OF RABIES VACCINATION MUST BE PROVIDED  
BEFORE DOG LICENSE CAN BE ISSUED**

Dog Licenses may be purchased at the  
following locations:

Oromocto Municipal Office

Oromocto Veterinary Hospital

Oromocto SPCA

Vets Love Pets

## FALL LEAF COLLECTION

November 2-15, 2015

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 2 Nov and not after 15 Nov.**

Yard waste can also be taken to the  
Fredericton Region Solid Waste Commission  
(1775 Alison Blvd.)

during its normal hours of operation:  
Monday - Friday: 7:30am to 5:00pm &  
Saturday: 7:30am to 3:00pm.

### 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, scribbles,  
envelopes, 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**

## ATTENTION PET OWNERS



As per Town of Oromocto By-law 417 **dogs & cats** "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 & cat in public spaces.**

# odc

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

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