



**Recreation**  
**OROMOCTO**  
*Building a Healthy Community*



# September 2014

PROGRAM REGISTRATION TAKES PLACE AT THE MUNICIPAL BUILDING,  
4 DOYLE DR, 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) [lmuisse@oromocto.ca](mailto:lmuisse@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)

### 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: 29 Sept 6:00 to 6:45pm Mon**

**Fee: \$31/ 4 wks**

A Town Resident Rebate will apply.

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

**Hazen Park Centre, 994 Onondaga Street  
is available for Rent**

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

## 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

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**New Patients Welcome, Please call 357-3392**

**Office Hours: 8 am - 5 pm Monday to Friday**

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

## 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.

There will be a Town Resident Rebate for Wellness Programs

### Laughter Yoga

Open to anyone 18 years and up, the class will consist of serious laughter & deep breathing exercises.

Begins: 8 Sept 10:30 to 11:30am Mon  
Fee: \$18/ 12 wks

### 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: 19 Sept 9:00 to 10:00am Fri  
Fee: \$18/ 10 wks

### 55+ Aquafitness

A great way to stay physically fit! Designed to enhance fitness level and independent living. The program runs Tuesday and Thursday mornings from 10:00 to 11:00am.

Begins: 23 Sept 10:00 to 11:00am Tu/ Th  
Fee: \$26/ 12 wks \*\*\*There will be free classes for the weeks of Sept 8 & 15

## WELLNESS PROGRAMS

A Town Resident Rebate will apply to all Wellness 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!

Begins: 16 Sept 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: 15 Sept 6:30 to 7:30pm Mon  
Fee: \$76/ 6 wks \*\*Free Trial Class on 8 Sept

### 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: 17 Sept 7:30 to 8:30pm Wed 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: 15 Sept 7:30 to 8:30pm Mon  
Fee: \$76/ 6 wks \*\*Free Trial Class on 8 Sept

### 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: 17 Sept 6:30 to 7:30pm Wed  
Fee: \$76/ 6 wks

## OROMOCTO PUBLIC LIBRARY 357-3329

**The library will be CLOSED on Saturdays until Sept. 13, 2014.**

- Sept 1 CLOSED on Labour Day.
- Sept 12 BROWSE & BRUNCH will be held at 9:00am for the over-sixty crowd. Please register in advance by calling 357-3329 as space is limited.
- Sept 17 REGISTRATION will be held at the library starting at 10:00am for the Preschool Story Times and Toddler Tales.
- Sept 18 The first meeting of the HACKMATAK BOOK CLUB will be held at 3:30pm at the library for children from grade 4 to grade 6. This is a program for kids who love to read and talk about what they've read. Please call the library at 357-3329 to register.
- Sept 18 The Book Lovers' Dessert and Discussion Group will meet at 6:30pm. Please come prepared to talk about a book you read this summer.
- Sept 19 CLOSED for Staff Development Day.
- Sept 20 Morgan (a therapy dog) from SILENT SIDEKICKS will be in the library from 2:00-3:30pm. Children who need practice can read to Morgan for 15 minutes. Please call in advance to book your session at 357-3329.
- Sept 23 TODDLER TALES starts at 10:15am. This 30-minute program introduces toddlers (18-36 months) to stories, finger plays, action songs and a small craft. This 6-week program will be held each Tuesday morning. Registration starts on Sept.17, 2014.
- Sept 23 SANDMAN STORYTIME is a 30-minute evening story time that 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

Sept 24 BABIES IN THE LIBRARY is a 30-minute program for parents and babies (infants to 18 months) that will run for 6 weeks on Wednesday mornings from 10:15-10:45am. Contact the library at 357-3329 to register for the program.

Sept 24 The Wednesday afternoon PRESCHOOL STORY TIME starts at 1:00pm. This 45-minute program of stories and crafts is for children between 3 and 5 years of age. Registration for this program starts on Sept.17, 2014.

Sept 25 The Thursday morning PRESCHOOL STORY TIME starts at 10:15am. This 45-minute program of stories and crafts is for children between 3 and 5 years of age. Registration for this program starts on Sept.17, 2014.

Sept 26 LEGO CLUB will be returning twice a month on Friday afternoons at 3:30pm for children aged 5 and up. This hour long program will pass quickly as children create a variety of Lego items. Please register in advance by calling 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	10:00am - 5:00pm
Sat & Sun	CLOSED

New Brunswick  
**Brunswick**  
CANADA

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

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

**Sept 2 (Tuesday) 6-8pm** Theme: Back to School Sandwiches  
Szechuan Chicken Lettuce Wraps, Applewood Smoked Philly Cheese Steak Sandwich, Warm Sticky Banana & Nut Butter Sandwich

**Sept 9 (Tuesday) 12-2pm** Theme: Seafood  
**(Seniors Class 55+)**  
Pan Seared Scallops, Blueberry Balsamic Chutney, & Chipotle Kale Chips, Salmon & Black Bean Cassoulet, Peanut Butter & Bacon Squares

**Sept 23 (Tuesday) 6-8pm** Theme: Local Focus  
Roasted Cherry Tomato & Fennel Risotto, Roast Leg of Lamb with Root Vegetables, Maple Roasted Pears with Vanilla Caramel



375 Miramichi Road  
Oromocto, NB  
E2V 4T4

Tel: (506) 446-5030  
Fax: (506) 446-5883  
00860mgr@sobeys.com

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



### Tech Savvy Seniors Program

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



#### Free Workshops Available

Facebook  
Digital Camera/Basic Editing

Microsoft Word  
Skype/Video Messaging

Contact us today to register at 357- 7892 or [admin@cvala.ca](mailto:admin@cvala.ca)

Are YOU Tech Savvy? Interested in volunteering to facilitate one of these workshops?

Contact us today for more information!



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



### Artists Who Care

With support provided by the Government of Canada, a number of artists and musicians in the Oromocto and surrounding area will donate their time and expertise to deliver a variety of free art and music workshops and lessons to our area 55+ population.

Sept 8 Colour and Words  
Sept. 22 Mixed Media

Sept 15 Alcohol Inks on Tike: Dreamscaping  
Sept. 29 Embossing on Canvas

These workshops will run on Mondays from 10:00am to 12:00pm

For additional info, please visit our Facebook page,  
Email: [barb\\_joan@mac.com](mailto:barb_joan@mac.com) or call 357-8074 or 357-7285.



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

Starting 9 September, it will be on Tuesdays from 7:30 to 9:30 p.m. at Harold Peterson.

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

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

We are looking for a lead point of contact for this program, which will take a non-competitive format and is designed to enhance your fitness level.

If interested in volunteering,  
please call 357-4455.



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**12PM to 6PM**  
**357-PETS (7387)**

Exams/Vaccinations	Acupuncture
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Worm Products	Homeopathic Treatments

We offer a wide selection of **pet food** and **pet products** at fantastic prices!

### COME PLAY RINGETTE

Want to try a new sport?  
 Why not give Ringette a try?

The Oromocto Ringette Association will be hosting a registration table on Saturday, September 6 during the Annual Fall Expo from 9:00am and 2:00pm, at the H-12 building on base. We will have lots of info on hand to share with parents, and can answer any questions you may have.

Divisions: U7 (introduction to ringette), U10, U12 and U14.



For more information, please contact [oromocroringette@gmail.com](mailto:oromocroringette@gmail.com).  
 See you at the rink!

### LINTUHTINE MUSIC ACADEMY OF OROMOCTO

**Beginning 30th very successful year for music this September.**

- Various groups available re 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](http://www.lintuhtinemusicacademy.ca) for further info and registration dates.**



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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](mailto:info@oromoctovethospital.com)  
[www.oromoctovethospital.com](http://www.oromoctovethospital.com)



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**Kelly Murdock**

506.461.7800

### 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](http://www.tmcert.ca).



# Community Notices

## PESTICIDE APPLICATION NOTIFICATION REGISTRY FOR NB

The NB Notification Registry program is a voluntary program that is administered by the Department of Environment and Local Government and is supported by the landscape industry. Operators are asked to provide the registrants with at least **twenty-four (24) hour** prior notice of the approximate time of a pesticide application to any **adjacent** property.

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.**

## 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 Pioneer Gardens, Cemetery Company Inc.

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

Contact us at 292-2477 or [info@romoctopioneergardens.ca](mailto:info@romoctopioneergardens.ca)

**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](http://www.hospicefredericton.ca)

## 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.

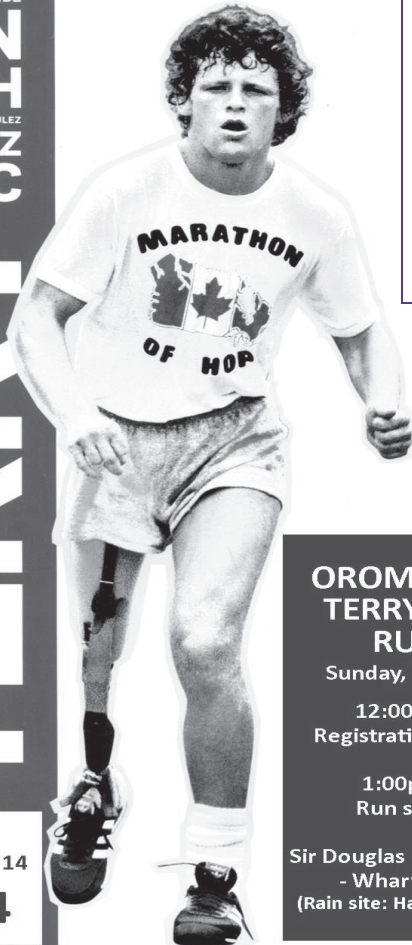
# Town Notices

WALK/WHEEL/RIDE

**RUN  
WITH**  
MACHEZ/PATINEZ/ROULEZ  
**COUREZ  
AVEC**

**TERRY**

Sunday  
September 14  
**2014**



## OROMOCTO TERRY FOX RUN

Sunday, Sept 14

12:00pm -  
Registration starts

1:00pm -  
Run starts

Sir Douglas Hazen Park  
- Wharf Road  
(Rain site: Hazen Centre)

Following the Terry Fox Run, please join us for

## FAMILY FUN 2014

Sir Douglas Hazen Park, Wharf Road  
Sunday, 14 September from 1:30 to 3:30pm

Join us for a couple of hours of entertainment, a free corn boil, inflatable play structures, activities & more!

## ANNUAL FLUSHING OF WATER MAINS AND HYDRANT INSPECTIONS

The Town of Oromocto Engineering & Public Works Department will conduct its annual water main flushing and hydrant inspections through to 30 September 2014.

This work will occur daily, including weekends, between the hours of 9:00 am and Midnight.

Please check your water before using as temporary loss of pressure and discolouration may result.

This work is being done as part of an annual maintenance program designed to provide better water quality and fire protection.

Canada's *Model Town*  
**OROMOCTO**

**TOWN OF OROMOCTO  
NOTICE OF MEETINGS**  
10 & 16 September - 5:30pm  
Council in Committee Meeting

18 September - 7:00pm  
Regular Session

## 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.

## 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



# odc

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

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