



JANUARY &
FEBRUARY 2020

Recreation OROMOCTO

Building a Healthy Community



TO REGISTER: ONLINE at WWW.RECREATIONOROMOCTO.CA
OR IN PERSON AT THE MUNICIPAL OFFICES • 4 DOYLE DRIVE
MONDAY TO FRIDAY • 8:30AM TO 4:30PM • 357-3333



KING'S ARROW ARENA

2019-20 PUBLIC SKATING

Monday to Friday 11:30am 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 will be required to wear a CSA approved helmet.

Public skating may be cancelled for special events.

Please note the arena is closed for Statutory Holidays.

CHRISTMAS TREE DISPOSAL

Christmas Trees may be dropped off at the following designated sites until 10 January:

King's Arrow Arena - Next to Parking Area
Works Department - 181 Black Watch Ave
Carleton Park - Saint John Avenue
Oromocto West - Waasis Road West
(BMX & Skate Park)



LOCAL RECREATION ORGANIZATIONS

COMMUNITY RECREATION & SPORTS CONTACTS

NB MILITARY FAMILY RESOURCE CENTRE - 422-3352

PSP GAGETOWN - 422-2749

Oromocto Minor Hockey Association - www.omhahockey.ca
Oromocto Ringette Association - oromctoringette@gmail.com
Oromocto Skating Club - www.oromctoskaters.yolasite.com
Oromocto Area Minor Football - www.capitalareafotball.nb.ca
Oromocto Baseball Assoc. - www.facebook.com/OromoctoBaseball/
Oromocto Softball Association - oromctosoftball@gmail.com
Oromocto Area Soccer Assoc. - www.oromctosoccer.goalline.ca
Oromocto Dragons Judo Club - info@dragonsjudoclub.com
Oromocto Boxing Club - oromctoboxingclub@gmail.com
Base Gagetown Recreation Association - www.pspgagetown.nb.ca
Oromocto Youth Bowling (YBC) - rodnitz@rogers.com
Piranhas Youth Volleyball - nic.boucher@nbed.nb.ca
Gage Curling Club - shawn.riggs@forces.gc.ca or 999-2311
Oromocto & Area Pickleball Club - visit their Facebook page

Please visit the *Community Notices* section on page 6 for more info on local community groups.

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	lmuisse@oromocto.ca
Bernie Hurley - Arena/Sport Facilities	357-8155	bhurley@oromocto.ca
Bill Jarratt - Director	357-4456	bjarratt@oromocto.ca

ADULT FITNESS CLASSES

Pilates for Back Care & Core

Are you suffering from back pain or simply want a stronger and more stable core? This Pilates class will have you covered. This program will increase your core stability, help reduce back pain and improve your overall mobility. Wendy only chooses the safest and most effective Pilates exercises.

Must have the ability to get up and down off the floor and be cleared for exercise. Pilates Props provided. Limited Mats provided.

Begins: Jan 13 **7:00 - 8:00pm** **Mondays**
Fee: \$82/ 6 wks

Women & Weights: 5 Class Training Series

Feel Confident. Get Strong. Want to learn the **essentials of weight-lifting** but don't know where to start or how? This program will teach you proper lifting techniques and give you the boost and confidence you need. A Basic weight-training program provided on conclusion of program. Includes: Dumbbells/ Bar/ Body weight training only. Equipment provided.

Must be cleared for exercise and functionally independent. Mats limited. Bring mat if possible.

Begins: Jan 15 **6:00- 6:45 pm** **Wednesdays**
Fee: \$69/ 5 wks

Restore Yoga for Stress Release

This slower paced Yoga practice includes basic Yoga poses, breathwork and meditation. Restore Yoga may help to relieve the effects of negative stress and can be beneficial to those seeking a program to help restore their health and well-being. Intended for all levels and beginner friendly. Poses include: some standing/ seated/ kneeling/on back.

Must be cleared for exercise and functionally independent.

Must have the ability to get up and down off the floor.

Bring pillow/blanket. Straps/blocks provided. Limited Mats provided.

Begins: Jan 15 **7:00 - 8:15pm** **Wednesdays**
Fee: \$96/ 7 wks

LINTUHTINE MUSIC ACADEMY

Lintuhtine Studio, Oromocto Arts & Learning Centre
137 MacDonald Ave

Info: Helen Mórág McKinnon at eilidhmorag2012@gmail.com

New term start up dates as follows:

Lintuhtine Intermediate / advanced adult Ukulele
Monday, January 6 (5:30 - 6:45 pm) week

Lintuhtine Harmonies (adult male & female choir)
Monday, January 6 (7:00 - 9:00 pm) biweekly

Lintuhtine Melodies (teen choir ages 12 to 18 years)
Tuesday, January 7 (6:50 - 8:30 pm) weekly

Lintuhtine Note-ables (by invitation) adult (female & male choir) **MUST ALSO BELONG TO LINTUHTINE HARMONIES!**
Monday, January 13 (7:00 - 9:00 pm) biweekly

Lintuhtine Youth Choir (ages 8 - 11 years)
Tuesday, January 14 (6:00 - 6:45 pm) weekly



UPCOMING "Chase the Winter Blues Away" CONCERT

Lintuhtine Choirs

Saturday, February 22 at 7:00 pm @ Hazen Park Centre

Monetary donation at the door. Fundraiser for much needed risers.

If Snowstorm - concert changed to Sunday, Feb 23

RECREATION & PARKS

**build strong families and
healthy communities!**

RECREATIONAL ACTIVITIES

**are essential to the holistic development
of children and youth!**

ARTISTS WHO CARE

A variety of arts and music workshops and lessons for our area 55+ population.

Check our Facebook Page @ www.facebook.com/weareartistswhocare
the week before for a project description and sample photo of the project.



Monday, January 13 10:00 am - 12:00 pm
Instructor - Barbara Heans

Monday, February 10 10:00 am- 12:00 pm
Instructor - Jeanne Cowan

Monday, January 27 10:00 am -12:00 pm
Instructor - Helen Mórág McKinnon

Monday, February 24 10:00 am- 12:00 pm
Instructor - Beth McIntosh

REGISTRATION PROCESS: Fee: \$15/ Residents, \$16.50/ Non-Residents

To register, please visit the Service Centre on the 1st floor of the Municipal Offices or
www.recreationoromocto.ca to register online.

Registration will start one week before the scheduled class.

The deadline to register will be at noon on the Thursday before the scheduled class.

55+ ACTIVITIES



Locally Owned and Operated!

Helping Clients Hear Better! Call and make an appointment to discuss your hearing needs with one of our Clinical Audiologists!

**Your
Evaluation
is Free!!**

2 Gateway Drive, Unit 3
Oronoto, NB
(506) 446-3658
suzanne@audiocorp.ca
www.audiocorp.ca



55+ WELLNESS CLASSES

55+ Chair Yoga

This Chair Yoga class is a gentle approach program 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 for the more mature participant. Expect to gain leg strength, improve your balance and flexibility all in a relaxing and positive atmosphere. Must be cleared for exercise and functionally independent.

Begins: 13 Jan 10:15 - 11:15am Mon

Registration begins at 8:45am on Jan 6

Fee: \$21/ 6 wks

55+ Pilates

A Pilates movement class designed to fit the needs of the more mature participant. This is a slower-paced/ adapted Pilates class to improve mobility, balance and increase overall strength for 55+ participants. Must have the ability to get up and down off the floor and be cleared for exercise and functionally independent. Pilates Props provided. Limited Mats provided.

Begins: Jan 17 9:00 - 9:50am Fri

Registration begins at 8:45am on Jan 6

Fee: \$25/ 7 wks

55+ Aquafitness

A great way to stay physically fit! Designed to enhance fitness level and independent living.

Begins: 14 Jan 10:00 to 11:00am Tu/ Th

Registration begins at 8:45am on Jan 6

Fee: \$40/ 10 wks

*To register for the above classes, please visit:
www.recreationoronoto.ca or the Service Centre located on
the first floor of the Municipal Offices at 4 Doyle Drive.*

55+ Recycled Teenagers

Mild exercise class held each Monday & Wednesday morning from 9:00 to 10:00am at the Hazen Centre.

Please call Helen at 357-6888 for info.

55+ Carpet Bowling/ Bean Bag Toss

Every Tuesday and Wednesday morning from 10:30 to 12:00 noon at the Hazen Centre.

Please call Betty at 357-6664.

55+ Bridge

Wednesdays from 1:00 to 3:15pm at the Hazen Centre.

**Please call Moe at 357-1808, Marie at 357-8922 or
Sandra at 357-3445.**

SENIORS' CARD PARTIES

at the Hazen Centre (994 Onondaga St.)

Sunbury Seniors Friendship Group: Fridays @ 7:00pm

Autumn Years Seniors Club: Saturdays @ 7:00pm

55+ WALKING CLUB - From January 14 until March 31, 2020

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

OROMOCTO QUILTERS

Meetings held the 3rd Tuesday of the Month from September to June - Hazen Centre at 7pm

New quilters welcome. For more information, please contact:

Sarah DeVarenne 357-3124

sarah.devarenne@gmail.com

Jane Galloway 357-8490

jgallow@bellaliant.net

SUNBURY SENIORS FRIENDSHIP CLUB

Meetings held the 2nd Thursday every month from 1:30 p.m. to 3:30 p.m. at the Hazen Centre.

Come and join the fun. For more info, please call President Doris Wilson at 357-5644.



FAY TIDD PUBLIC LIBRARY @ 357-3329

Saturdays Jan 4, 11, 18, 25 Adults are invited to our **WRITE YOUR STORY** workshop on Saturdays from 10:30am-12pm. Everyone has a story and yours deserves to be told.

Saturday, Jan 4 & Feb 1 The first Saturday of every month is **FAMILY FUN @ THE LIBRARY!** Drop in anytime for toys, games, art activities...a fun drop in program for the whole family focused on learning through play.

Tuesday, Jan 7 & Feb 4 The **HACKMATAK BOOK CLUB** (for youth in grades 4 to 6) will meet at 6:30pm.

Friday, Jan 10 & Feb 14 The over-sixty crowd is invited to join us for **BROWSE & BRUNCH** at the library from 9-10am. A chance to meet with friends and enjoy entertainment. Please phone to register.

Saturday, Jan 11 & Feb 8 **ADULT ART** from 2-4pm is a relaxing chance to meet with friends. January's project will be weaving and February's will be print making. All materials supplied.

Tuesday, Jan 14 & Feb 11 The **BOOK CLUB** will meet at 6:30pm. Meet new people and learn about new books. New members are always welcome.

Thursday, Jan 16 & Feb 20 We started a **TEEN GRAPHIC NOVEL CLUB**. Bring your lunch to the library to talk about old favourites and new graphic/ manga novels. Hot chocolate and tea will be provided.

Saturday, Jan 18 Science East is guest hosting a program on **ROBOTICS** for youth in grades 3-5 from 2-3:30pm. Please register in advance since supplies are limited.

Saturday, Jan 25 & Feb 22 We're showing a **MOVIE** at 2pm. January is the Mr. Rogers documentary "Won't you be my neighbor?" (2018) and February is "Downton Abbey" (2019).



Friday, Jan 31 & Feb 28 **PRETEEN CREATING CLUB** (for youth in grades 6-8) will meet from 3:30pm-4:30pm. Every month is a new creation!

Saturday, Feb 29 Join us for a special book club for youth in grades 4-6 and their parent/ guardian. This **YOUTH/ GUARDIAN BOOK BRUNCH** will have coffee, juice, snacks and discussion. Register in advance at the library to pick up your copy of the book.

Programs will start again the 2nd week in January

Tuesdays **BABIES IN THE LIBRARY** is a 30-minute program for parents or guardians and babies (infants to 18 months) that runs on Tuesday mornings at 10:15am.

Wednesdays **PRESCHOOL STORYTIME** for 3-5 year olds will be Wednesday mornings at 10:15am.

Thursdays **TODDLER TALES** (18 months-3 years old) takes place Thursday mornings at 10:15am.

Fridays
Jan 3, 17 & Feb 7, 21
BUILDING BONANZA is Friday afternoon at 3:30pm for school-aged children (5 years old and up). Children will explore their inner builder during this hour long program.

Jan 10, 24 & Feb 14, 28
School-aged children (5 years old and up) looking for a fun challenge should join us for **S.T.E.A.M. STORYTIME** (Science, Technology, Engineering, Art, Math) Fridays at 3:30pm.

For more information about these free programs, or to register, please call the library at 357-3329.

LIBRARY HOURS

Mon, Thurs, Fri, Sat 10:00am – 5:00pm
Tues & Wed 10:00am – 9:00pm

The library will be CLOSED
Wednesday, January 1
Monday, February 17

To register with Patient Connect NB for a primary care provider, please call **811** or visit www.gnb.ca/patientconnectNB.

- Patients will need to provide their name, address, phone number and Medicare number.
- A number of health-related questions will be asked.
- The registry is on a first-come first-serve basis.



TOWN OF OROMOCTO - 2020 DOG LICENSE

All dogs must be registered in the Town of Oromocto
\$20 for neutered /spayed • \$30 for unneutered/unspayed
PROOF OF RABIES VACCINATION MUST BE PROVIDED BEFORE DOG LICENSE CAN BE ISSUED

Licenses may be purchased at the following locations:

- | | |
|------------------------------|----------------|
| Oromocto Municipal Office | Oromocto SPCA |
| Oromocto Veterinary Hospital | Vets Love Pets |



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: Classes are completely Free! Covers the 5 Major subject areas: Math, Science, Social Studies, Reading, and Writing

- Widely recognized as high school equivalency
- DAY and EVENING classes available to fit your schedule
- Continuous enrollment so get started at any time



Getting your GED is a great first start to bigger and better things — many of our graduates are already completing college diplomas. We currently have day and evening classes at the Oromocto Arts and Learning Centre and day classes at our Oromocto Hazen Centre location. Monthly GED Testing is also happening in Oromocto now!

Don't wait — contact us today at 357-7892 or admin@cvala.ca to get started!



“Like” us on Facebook to receive news, stories and upcoming events from Central Valley Adult Learning



HAZEN PARK CENTRE

The Hazen Park Centre is located on the waterfront where the Oromocto and St. John Rivers meet. The Centre is a great venue for small or large group events including meetings, wedding receptions, family special events and conventions.

Occupancy Loads:

- ◆ 500 - Standing
- ◆ 365 - Chairs
- ◆ 228 - Liquor license (no dancing)
- ◆ 167 - Liquor license (with dancing)



For additional information on the Centre, to book an appointment to view or to book your “special event” please call Laurie at 357-4459 or email lmuisse@oromocto.ca.

OROMOCTO DENTAL CENTRE

DR JESSICA NIELSEN
DR JONATHAN GALLANT

202 RESTIGOUCHE RD
(506) 446-3300

HOUSEHOLD GARBAGE SHOULD NOT BE TAKEN TO THE RECYCLE BINS



Acceptable items include: newspapers, books, cardboard, boxboard, phonebooks, paperback, magazines, catalogues, white & colored paper, computer paper, scribblers, envelopes, refundable containers (non-glass only), metal food cans, plastic containers, plastic bags & milk cartons.

Gateway Plaza, Freeman's Convenience and Oromocto Market Superstore

TOWN OF OROMOCTO MILLENNIUM AWARD



This award is presented to a deserving Volunteer who has made an outstanding contribution to arts & culture, community service, sports or recreation in Oromocto.

Nomination Forms available at:

**Oromocto Municipal Offices - 4 Doyle Drive
or online at www.oromocto.ca/grants-amp-awards**

Community Notices

THE OROMOCTO MARKET, a community co-operative. **JAN 12 & FEB 9, 10am-2pm.** Stop by for lunch, get some shopping done, and meet other members of this wonderful community! Both rooms of the Hazen Centre are full of vendors.

ALZHEIMER SOCIETY - CAREGIVER SUPPORT NETWORK - 4th Tuesday of every month

Are you caring for someone with Alzheimer's disease or dementia? This group meets each month to share experiences and to support one another. Location: Oromocto Special Care Home, 225 Mitchell Street, Education room, downstairs. Registration is mandatory by contacting Tina Burns at 459-4280, 1-800-664-8411 or tburns@alzheimer.nb.ca.

OROMOCTO & AREA FOOD AND CLOTHING BANK

SOUPER MONDAY every Monday from 11:00-1:00 in the Community Room. Join us for soup and sandwich selections, desserts and tea/coffee/water. All for a free will donation. And we offer take-out!

Join Sobey's Registered Dietitian for our FREE Fall Taste & Learn Classes! Tuesdays 12noon at Oromocto Sobey's. To register or for more information, please call 452-9984 or email ellie.doggett@sobeys.com



Oromocto Pioneer Gardens Cemetery Company Inc.

Please visit our website at www.oromoctopioneergardens.ca
Contact us at 292-2477 or at info@orumoctopioneergardens.ca
Sales can be arranged by contacting us either at the above number or through e-mail.
PRICE INCREASE TAKES EFFECT ON 1 JANUARY 2020.

OROMOCTO ANGLICAN CHURCH

"Soups On" every Thursday from 11am - 1pm. Free will donation.
What a great way to socialize, meet friends and help an organization. See you there.

OROMOCTO PIONEERS SQUARE DANCE CLUB

Monday evenings from 7:30-9:30pm at the Oromocto Community Centre (66 Miramichi Road)
\$5 per person/ night • Newcomers - your first three classes are free!
Individuals, couples and families are welcome! Please dress in comfortable, casual attire/ footwear.
For more info, please contact: Vernon Cliff-357-3923 or Ellen Reid 260-2334

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 Jerry McCann at 687-4420.

OROMOCTO PUBLIC HOSPITAL AUXILIARY GIFT SHOP

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

Located in Main Lobby of Oromocto Hospital. Wide variety of gift items, cards, scarves, purses, jewellery, home knitting, snacks, stuffed animals, coffee & more. All profits are donated for the purchase of medical equipment.

HOSPITALS SEEKING HELPING HANDS

Oromocto Public Hospital is currently looking for energetic & outgoing individuals to volunteer a few hours a week.
Please consider donating your time and contact Tracey Fraser at 506-452-5322.

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

Notice of Meetings Town of Oromocto



Council in Committee:	
14 Jan	5:30PM
12 & 18 Feb	5:30PM
Regular Session:	
16 Jan	7:00PM
20 Feb	7:00PM

TOWN OF OROMOCTO 2020 DOG LICENSE

All dogs must be registered in the Town.

\$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

Licenses may be purchased at these locations:

Oromocto Municipal Office

Oromocto SPCA

Oromocto Veterinary Hospital

Vets Love Pets

CHIMNEY FIRE SAFETY

Things to do before you light a fire:

- Check your home's fire safety equipment.
- Know how to operate the fireplace or stove.
- Have the right hearth tools and equipment.
- Have the chimney checked by a professional.

For the sake of fire safety, have your chimney checked at least once each year by a chimney professional.

Your chimney professional will check to see if the chimney requires cleaning, and will also check for unsafe conditions in the chimney.

Check your smoke alarms and fire extinguishers.

Replace the batteries in smoke alarms regularly.

Many businesses are required to have their fire extinguishers inspected yearly. It is a good habit for homeowners, too. Make sure you have the right kind of extinguisher. It should be labeled with the types of fires it is designed for, but if you are not sure, ask your local fire department for more information. They also can generally provide you with info about establishing fire drill routines & exit routes for the safety of your family.

A little bit of preparation can prevent a lot more than a bad experience and will put your mind at ease.

COUNCIL HIGHLIGHTS NOVEMBER - DECEMBER 2019

Council wishes everyone a Happy New Year and hopes that the Holiday Season was full of joy, friends and family.

Pioneer Days Committee Chair Appointment

Council appointed Mr. Jeff Melanson as the Pioneer Days Committee Chair. Thank you to all for your interest and engagement.

2020 Budget Public Consultation

Council appreciated the interest of the community in the public budget consultation in November and December 2019.

Seniors Living Opportunity Analysis

Council has engaged a third party to develop a road map for increased long term care facilities in the community.

Age-Friendly Community Action Plan

Council has approved, in principal, the Age-Friendly Community Action Plan and will be submitting it to the Province in the coming weeks.

Council thanks citizens for their patience with the completion of the road improvement projects. It was a big year with MacDonald Avenue, Hersey Street, Cowichan Street, Carpenter Drive and Fynamore Street.

The Town celebrated the opening of the Fynamore Street Extension in December, and reminds all to be extra cautious as traffic patterns evolve and change.

Public Information Notice Temporary Storage Shelters

Please be advised that the Town of Oromocto's Zoning By-Law 422, Section 32. (2) requires "Temporary Storage Shelters" assembly be permitted from November 1 to April 30 annually.

"Temporary Storage Shelter" means a commercially manufactured collapsible assembly used for temporary storage.

The cooperation of all property owners, to obtain a permit for their Temporary Storage Shelter, will be appreciated.

If you have any questions concerning property setbacks, contact the Planning and Compliance office at 357-4500.

**RECREATIONAL ACTIVITIES
are essential to the holistic development
of children and youth!**

**NB MILITARY HISTORY MUSEUM
BASE GAGETOWN**

*Tours by appointment only.
Please contact us at
506-422-2000 ext 1304 or
info@nbmilitaryhistorymuseum.ca*



www.nbmilitaryhistorymuseum.ca
Base Gagetown, Building A5

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



The Town has several facilities
& various meeting spaces
available for rent.

For additional info or to book your event,
please call Laurie at **357-4459** or
email lmuse@oromocto.ca.



**ALEXANDRA
DAIGLE**

506-440-7057
daiglerealty@gmail.com
DaigleGroup.ca



**C.B.
WARREN'S
AUTO CARE**
357 - 2228

9 Seneca St.
Oromocto, N.B.
E2V 2H1

cb.warrensauto@gmail.com
Owner: Chris Warren



NAPA OROMOCTO

LOCALLY OWNED
273 Restigouche Rd, Oromocto

506-357-8883
WWW.NAPACANADA.COM

Girl Guides

Everything she wants to be.

*Looking for a place where girls are empowered
to take the lead, jump into awesome activities
and explore what matters to them?*

girlguides.ca/jointoday

1-800-565-8111



Assisting adults with an intellectual disability

FUNDRAISING BREAKFAST
January 18 & February 15
8:00 to 11:00am

OROMOCTO TRAINING & EMPLOYMENT CENTRE
286 Restigouche Rd Unit D, Oromocto NB, E2V 2H5
Monday-Friday 7:30am-4:00pm

For more info on services offered, please contact:
Lorie Mitchell, Executive Director @ 357-3397 ext 3
Email: lmotec@nb.aibn.com

**OROMOCTO
ROTARY CLUB**
"Service Above Self"
www.oromocrotary.ca



2020 Calendars are available. \$20/ each.

*A chance to win weekly 104 draws with
4 x \$250.00. Help Rotary support Local!
There are **Goldmine draws** every Monday
for **\$2.00 weekly**.*

*Any Rotarian can help you with calendars
or the Goldmine.*