



JANUARY-FEBRUARY 2018

Recreation OROMOCTO

Building a Healthy Community



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



NEW FOR 2018:

The Recreation Guide will be published bi-monthly for 2018.



The next guide will be available for March-April.

If you have any questions about this change, please call Recreation & Tourism Director Bill Jarratt at 357-4456.

KING'S ARROW ARENA

2018 PUBLIC SKATING

Start date: Monday, 2 January, 2018

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.

**Please note the arena is closed for Statutory Holidays
(Holiday Closure: 1 January & 19 February)**



TOWN OF OROMOCTO

MILLENNIUM AWARD

Nomination Forms available at:
Oromocto Municipal Offices
4 Doyle Drive

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

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 the Ultimate CORE

Join Wendy in this ultimate Modern Pilates core conditioning class. This program will increase your core stability, help reduce back pain and improve your overall mobility. Wendy only chooses the safest & most effective Pilates exercises and stays away from traditional Pilates exercises that are now known to potentially cause harm!

Begins: 8 Jan 7:00 to 8:00pm Mon

Fee: \$96/7 wks

Kettlebell Fitness for Women

Learn why KettleBell Training is the Ultimate Fat Burning Workout! In less than an hour, experience a total body workout that is non-impact, great for people with knee/hip concerns and fun! Safely learn the basic Kettlebell exercises under the guidance of a Certified Personal Trainer / Agatsu Kettlebell Instructor!

Mats and kettlebells provided.

Begins: 10 Jan 6:30 to 7:20pm Wed

Fee: \$110/8 wks

Restore Yoga

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 improve mobility, lightly strengthen the body and de-stress. Intended for all levels & beginner friendly. Bring pillow/blanket. Yoga mats provided and blocks.

Begins: 10 Jan 7:35 to 8:45pm Wed

Fee: \$110/8 wks

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



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)



www.oromocto.ca

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@orumocto.ca.

LINTUHTINE MUSIC ACADEMY OF OROMOCTO

at the Oromocto Arts & Learning Centre

Lintuhtine Music Academy of Oromocto offers many music programmes from young children up to and including all ages of adults.

For those interested in private lessons (voice, piano, harp, fiddle, tin whistle, native flute, ukulele & Gaelic {music & language}) - call 357 - 3838 for more info.

Upcoming concerts:

JOHN WOOD FUNDRAISER

Sunday, February 18 @ 7pm - Hazen Park Centre

Monetary donation at door. 100% of funds collected at the door will go to John Wood's fund for his much needed van. Please give generously. (Snow date: Feb. 25 @ 7pm)

ANNUAL CABARET

Saturday, May 26 & Sunday, May 27 @ 7pm

More info to follow in the next Recreation Guide.



NAPA

AUTO PARTS

**Military
Discounts**

NAPA OROMOCTO

LOCALLY OWNED

273 Restigouche Rd, Oromocto

Support local

506-357-8883 • WWW.NAPACANADA.COM

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
Oromocto, NB
(506) 446-3658
suzanne@audiocorp.ca
www.audiocorp.ca



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+ Bridge

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

Please call Marie at 357-8922 or Sandra at 357-3445.

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.

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+ Chair Yoga

This Yoga class is a gentle approach that incorporates a chair for added support and comfort. Expect to gain leg strength, improve your balance and flexibility all in a relaxing and positive atmosphere.

REGISTRATION STARTS ON 10 JAN AT 8:45AM.

Begins: 15 Jan 10:15 to 11:15am Mon

Fee: \$22/ 6 wks

55+ Pilates

A Pilates 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 strength. You should have the ability to get up and down off the floor and be cleared for Pilates.

REGISTRATION STARTS ON 10 JAN AT 8:45AM.

Begins: 19 Jan 9:00 to 10:00am Fri

Fee: \$22/ 6 wks

55+ Aquafitness

A great way to stay physically fit! Designed to enhance fitness level and independent living. Tuesday and Thursday mornings from 10 to 11am. Please visit recreationoromocto.ca or 4 Doyle Drive to register.

Begins: 16 Jan 10:00 to 11:00am Tu/ Th

Fee: \$30/ 10 wks

55+ Indoor Walking Club

Enjoy a relaxing walk with our walking club at the Base Fitness Centre from 11:00am to 12noon on Tuesday and Thursday starting on 9 January.

ARTISTS WHO CARE

A variety of arts and music workshops and lessons for our area 55+ population. Please check our Facebook Page the week before for a project description & sample photo.



Date: Monday, January 15 10:00am - 12:00pm
Instructor: Helen Morag McKinnon

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

Date: Monday, January 29 10:00am - 12:00pm
Instructor: Barbara Heans

Date: Monday, February 26 10:00am - 12:00pm
Instructor: Jeanne Cowan

REGISTRATION PROCESS: Fee: \$11.50/Residents, \$12.65/ 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.



FAY TIDD PUBLIC LIBRARY

Registration for the winter/spring session of regular children's programs will start January 2nd.

Tuesdays **TODDLER TALES** takes place Tuesday mornings at 10:15am starting January 16th. This program is for toddlers (18months – 3years old) accompanied by an adult. This 30-minute program is packed full of stories, games, finger plays and crafts.

Wednesdays **PRESCHOOL STORYTIME** will be Wednesday mornings at 10:15am starting January 17th. This program is for 3-5 year olds accompanied by an adult. Enjoy stories, games, rhymes and crafts.

Thursdays **L'heure du conte** pour enfants. Venez-vous amuser en français. Il y aura des histoires, des chansons et un bricolage. Tout les jeudis à 15h30 à partir du 18 janvier.

Thursdays Instill a lifelong love of reading with **BABIES IN THE LIBRARY**, a 30-minute program for parents and babies (infants to 18 months) that runs for 6 weeks on Thursday mornings starting January 25th at 10:30am.

1st and 3rd Fridays **IMAGINATION STATIONS** (formerly Lego Club) is Friday afternoon at 3:30pm for school-aged children starting January 19st. Children will explore their inner builder during this hour long program with building blocks.

2nd and 4th Fridays School-aged children looking for a fun challenge should join us for **S.T.E.A.M.** (Science, Technology, Engineering, Art, Math) Fridays at 3:30pm starting January 26th.

Friday, Jan 5 & Feb 2 **PRETEEN CREATING CLUB** (for youth in grades 6-8) will meet at the library every first Friday of the month from 3:30pm-4:30pm. Every month is a new creation.



Tuesday, Jan 9 & Feb 13 The **BOOK LOVER'S DESSERT AND DISCUSSION GROUP** will meet at 6:30pm. Meet new people and learn about new books. Please come prepared to share a book you've read.

Saturday, Jan 6 & Feb 3 Everyone is invited to the library for a **FAMILY STORYTIME** starting at 10:30am. The whole family can share in stories and activities that foster a lifelong love of reading

Friday, Jan 12 & Feb 9 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.

Thursday, Jan 18 & Feb 15 The **HACKMATAACK BOOK CLUB** (for youth in grades 4 to 6) will meet at 3:30pm. Club members meet monthly for activities and discussion on the best Canadian children's books before voting for their favourites! New members are always welcome.

Saturday, Jan 20 & Feb 17 Join us for **GAMES @ THE LIBRARY** every third Saturday of the month from 2-4pm. Fun for the whole family. We have board game classics and some new favourites. Participants are welcome to bring their own games as well.

All library programs are free of charge. Please register in advance by calling 357-3329.

For more information and special events go to www.gnb.ca/publiclibraries or follow us on Facebook.

The library offers free Internet access as well as printing services.

CLOSED Monday, February 19th, for Family Day.

****NOTE: A change of hours starting January 2nd****

LIBRARY HOURS

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



Problems with your computer? We will help!

Full support for home or business needs

Servers / Networking / Wireless

Virus cleanups

Hardware and software support

Remote assistance or onsite support

New & Refurbished Computers

1299 Hanwell Road

Tel: 206-6300

help@pcgirls.ca

www.pcgirls.ca

24 Hour turnaround on most issues



CENTRAL VALLEY ADULT LEARNING ASSOCIATION INC.

137 MacDonald Avenue, Oromocto, NB E2V 1A6 Phone: (506) 357-7892 Fax: 506-357-4111

General Education Development (GED) Program

Covers the 5 Major subject areas: Math, Science, Social Studies, Reading and Writing

Small Class Sizes

Flexible Schedule, Day & Evening Classes

Part-time or Full-time Enrollment
Work at Your Own Pace!



Continuous Enrollment!

Register today!
Call 357-7892

Digital Literacy Program

Computer Fundamentals - Windows 10 OS
Internet/Email • Social Media
Computer Security & Privacy
Documents, Spreadsheets & Presentations
Much More!

Small Class Sizes

Fun Learning Environment

3 hours a week for 10 weeks

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

Are you a local agency in the Oromocto area seeking volunteers?



Volunteer matching software is coming to the Fredericton region and you are invited to sign up!

Access a FREE mobile friendly matching service that drives volunteers to your agency.

- Access a FREE mobile friendly matching service that drives volunteers to your agency.
- Promote volunteer opportunities, in-kind needs, and special events using a familiar social environment.
- Track the impact of volunteers in your organization. Easily connect with and engage volunteers.

Go to www.VolunteerOromoctoAndArea.com to learn more!

BENEFITS OF VOLUNTEERING:

More than three quarters of volunteers said that their volunteer activities helped them with their interpersonal skills such as:

Understanding people better,
motivating others, and
dealing with difficult situations.

COMMUNITY RECREATION & SPORTS CONTACT INFORMATION

Oromocto Minor Hockey Association - www.omhahockey.ca

Oromocto Area Minor Football - www.capitalareafotball.nb.ca

Oromocto Area Soccer Association - www.romoctosoccer.goalline.ca

Oromocto Skating Club - www.romoctoskaters.yolasite.com

Oromocto Ringette Association - romoctoringette@gmail.com

Oromocto Dragons Judo Club - info@dragonsjudoclub.com

Oromocto Boxing Club - romoctoboxingclub@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 & Pickleball Club - visit their Facebook page

ODC
OROMOCTO
DENTAL
CENTRE

DR JESSICA NIELSEN
DR JONATHAN GALLANT

202 RESTIGOUCHE RD
(506) 446-3300

Community Notices

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.

Oromocto Hospital Foundation Annual Train Ride - May 12, 2018

Train departs Fredericton Junction at 1 pm. Package includes a return trip to McAdam and supper at the Tri-County Complex. Tickets at the hospital front desk, Scotiabank & Fredericton Junction Village Office.

Adults: \$100, Children (12 & under): \$50 (each child must be accompanied by a paying adult)

THE OROMOCTO MARKET, a community co-operative. **JAN 14 & FEB 11, 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.

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 & 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!

55 PLUS BOWLING at the CFB GAGETOWN Bowling Lanes

We Bowl 3 games every Thursday beginning at 9:30 am and we are finished no later than noon.

If you wish to join us ,please contact the Lanes at 422-7673 or Charlie Brown 476-0566 . See you at the lanes!



Oromocto Pioneer Gardens Cemetery Company Inc.

Please visit our website at www.romoctopioneergardens.ca

Contact us at 292-2477 or info@romoctopioneergardens.ca

****NEW COLUMBARIUM UNITS ARE NOW ON-SITE****

OROMOCTO QUILTERS

meet the 3rd Tuesday of the month - Hazen Centre 7pm - New quilters welcome

SUNBURY SENIORS FRIENDSHIP CLUB

New members welcomed in January 2018. Club date is Thursday, January 11.

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.

MEALS ON WHEELS OROMOCTO & AREA (VOLUNTEERS NEEDED)

For more info, please contact: **Nancy Nitz-Ashby (Coordinator) 357-0950** **Murry Parlee (President) 357-2543**

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.

LADIES' AUXILIARY - OROMOCTO LEGION BRANCH 93

The next monthly meetings will be Jan 3 & Feb 7 at 2:30p.m.

Town Notices

BUDGET 2018



The General Operating Budget for 2018 is established at \$17,912.636, an increase of 1.1% from the 2017 budget. The Town's Community Funding Equalization Grant from the Province of New Brunswick has increased to \$561,738 or 9.5%. The 2018 mill rate will remain at \$1.3851, which is the same as 2017. The Capital Expenditures are set at almost \$3.3 M.

Major Capital Projects 2018:

- Gateway Wetland Boardwalk - Phase 2
- Multi-Use Trail Paving (Black Watch to D'Amours)
- Pumper Truck Replacement - Phase I
- Fire Department Radio Communications Upgrades
- Finnermore St. Extension (Subgrade and Storm Drains)
- Replacement Truck and Plow
- Water Main Replacements (Gardiner Street)

Notice of Meetings Town of Oromocto



Council in Committee:
10 & 16 January 5:30PM
12 & 20 February 5:30PM
Regular Session:
18 January 7:00PM
22 February 7:00PM

ON STREET PARKING RESTRICTIONS

Please be advised that the Town of Oromocto's **Traffic By-Law 502, Section 15 (1)** prohibits parking a vehicle on any street, including the entire unpaved right-of-way, in the Town at any time.

The Town requests your cooperation in refraining from parking vehicles on the streets. In this way, we can ensure clean and safe roads are maintained efficiently.

If you have any questions, please contact the Planning and Compliance Office at 357-4500.

TOWN OF OROMOCTO - 2018 DOG LICENSE

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

\$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 the following locations:

Oromocto Municipal Office	Oromocto SPCA
Oromocto Veterinary Hospital	Vets Love Pets

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.

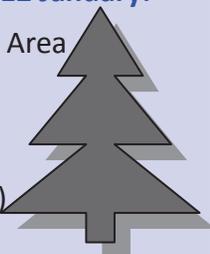
The cooperation of all property owners, to obtain a permit for their Temporary Storage Shelter, will be appreciated.

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

CHRISTMAS TREE DISPOSAL

Christmas Trees may be dropped off at the following designated sites until 12 January:

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



**NB MILITARY HISTORY MUSEUM
BASE GAGETOWN**

Hours of Operation:
Monday to Friday 8am - 4pm
Saturday & Sunday tours by
appointment only



www.nbmilitaryhistorymuseum.ca
Base Gagetown, Building A5



**OROMOCTO
VETERINARY
HOSPITAL**

357-8880

Mon-Thu 7 AM — 7 PM
Fri 7 AM — 6 PM
Sat 8 AM — 1 PM

Skills that heal Hearts that feel

appt@oromoctovethospital.com
oromoctovethospital.com

OROMOCTO VISION

**Dr. M Soicher Dr. T McCarthy
Optometrists**

1285 Onondaga St., Oromocto
New Patients Welcome, Please call 357-3392

OFFICE HOURS: 8am-5pm • Monday to Thursday
8am-4:30pm • Friday

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

On-Line Registration



**Girl Guides of Canada Guides
du Canada**

www.girlguides.ca/join_us
1-800-565-8111

Visit our Website: www.girlguides.ca

Guiding is *the* place
for today's girls

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

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

cb.warrensauto@gmail.com
Owner: Chris Warren



*Assisting adults with an intellectual
disability towards achieving
independence and securing gainful
employment within their Community.*

Promoting Inclusion For Adults With Disabilities

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"



Meetings twice a month
Seniors Bingo at Foresters/ Sunbury Manors
Held First and Second Tuesday monthly
Supper Meetings at United Church 6pm