

NOVEMBER & DECEMBER 2019 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



Council would like to hear from you! Open to all residents of the Town of Oromocto



2020 BUDGET CONSULTATION Wed, Nov 13, 2019 @ 5:30pm

2020 BUDGET PRESENTATION Tues, Dec 10, 2019 @ 5:30pm Council Chambers Municipal Offices - 4 Doyle Drive

Town of Oromocto 2020 BUDGET

HOLIDAY CLOSURE NOTICE:

The Municipal Offices will be closed: November 11 and from noon on December 24 to January 1. We will re-open on January 2, 2020.



FALL LEAF COLLECTION TOWN OF OROMOCTO NOVEMBER 4 - 15, 2019



In an effort to divert the volume of waste materials from the landfill, the Town 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 <u>do not</u> place leaves at curbside in advance of November 4 and not after November 15.

> 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 RECREATION AND TOURISM DEPARTMENT Info & online registration at WWW.RECREATIONOROMOCTO.CA

Jackie Dunn - Programs/Special Events Laurie Muise - Facilities/ Culture/ Tourism Bernie Hurley - Arena/Sport Facilities Bill Jarratt - Director

357-4455 357-4459 357-8155 357-4456 jdunn@oromocto.ca lmuise@oromocto.ca bhurley@oromocto.ca bjarratt@oromocto.ca

ADULT FITNESS CLASSES

Pilates for Back Care & Core

Are you are 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: Nov 4	7:00 - 8:00pm	Mondays
Fee: \$82/ 6 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 wellbeing. 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: Nov 6 Fee: \$96/ 7 wks 7:00 – 8:15pm Wednesdays

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

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

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 - oromoctoringette@gmail.com Oromocto Skating Club - www.oromoctoskaters.yolasite.com Oromocto Area Minor Football - www.capitalareafootball.nb.ca Oromocto Baseball Assoc.- www.facebook.com/OromoctoBaseball/ Oromocto Softball Association - oromoctosoftball@gmail.com Oromocto Area Soccer Assoc. - www.oromoctosoccer.goalline.ca Oromocto Dragons Judo Club - info@dragonsjudoclub.com

Oromocto Boxing Club - oromoctoboxingclub@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.

LINTUHTINE MUSIC ACADEMY ANNUAL CHRISTMAS CONCERTS

"The Christmas Story"

Saturday, November 30 at 7:00 pm Oromocto United Church



Sunday, December 1 at 7:00 pm Saint Andrew's Presbyterian Church

Monetary (\$) donation at door with proceeds going to the Food Banks.

"An Old Fashioned Holiday Season"

Sunday, December 8th at 7:00 pm Oromocto United Church Monetary (\$) donation at the door to go towards music purchases.

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.

November 4 10:00 am - 12:00 pm Instructor - Barbara Heans

November 18 10:00 am - 12:00 pm Instructor - Helen Mórag McKinnon December 2 10:00 am - 12:00 pm Instructor - Jeanne Cowan

December 9 10:00 am - 12:00 pm Instructor - Beth McIntosh

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.



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. Starts: Sept 9

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+ 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: Nov 410:15 - 11:15amMonRegistration begins at 8:45am on Oct 30Fee: \$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.

Fri

Begins: Nov 8 9:00 - 9:50am Registration begins at 8:45am on Oct 30 Fee: \$21/ 6 wks

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

DID YOU KNOW?

Keeping active can improve many aspects of a Senior's life including cognitive function, physical strength & social interaction!

LADIES' AUXILIARY - OROMOCTO LEGION BRANCH 93

The next monthly meetings will be November 6 & December 4.

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:

357-3124

357-8490

Sarah DeVarenne Jane Galloway sarah.devarenne@gmail.com 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

Saturday, Nov 2 & Dec 7 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, Nov 5 & Dec 3 The HACKMATACK BOOK CLUB (for youth in grades 4 to 6) will meet at 6:30pm.

Wednesday, Nov 6, 13 & 20 The library is hosting a FINANCIAL INFORMATION SERIES on Wednesday evenings at 6:30pm. Guest presenters will present on Retirement Planning, Estate Planning, and Budgeting. Please phone to register.

Friday, Nov 8 & Dec 13 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, Nov 9 ADULT ART from 2-4pm is a relaxing chance to meet with friends. November's project will be string art. All materials supplied.

Tuesday, Nov 12 & Dec 10 The BOOK CLUB will meet at 6:30pm. Meet new people and learn about new books. New members are always welcome.

Saturday, Nov 23 & Dec 28 We're showing a MOVIE at 2pm. November is "the Hundred Foot Journey" and December is "Holiday Inn". Treats provided!

Thursday, Nov 21 & Dec 19 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.

Friday, Nov 29 PRETEEN CREATING CLUB (youth in grades 6-8) will meet from 3:30pm-4:30pm. Every month is a new creation!

Saturday, Dec 7 The library will be having a CHRISTMAS TEA fundraising event at 2pm. Relax with a cup of tea, some sweets, and a visit with friends before the holiday season gets hectic. This year there will be a Christmas Baking auction event! Tickets are \$5 each. Please pick up your tickets at the library in advance due to limited seating.



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

Friday, Dec 13 There will be a HOLIDAY EXTRAVAGANZA for school-aged children at 3:30pm. Join us for crafts and games! Please register in advance.

Saturday, Dec 21 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.

Tuesday, Dec 31 All ages are invited to the library's NOON YEAR'S EVE PARTY! The little ones may not be able to stay up to celebrate New Year's at midnight, but they can join us for some fun from 11am-12pm as we count down to noon!

Regular youth programming will run until November 22. Programs will start again in January with registration starting December 9.

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

Nov 1 & 15 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.

Nov 8 & 22 School-aged children (5 ys old & 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: Dec 24 (afternoon only), Dec 25, 26 & 31 (evening only) and Jan 1.

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 Veterinary Hospital

Oromocto SPCA Vets Love Pets

Horizon



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
- Full or Part time options
- 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.

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 Imuise@oromocto.ca.



DR JESSICA NIELSEN DR JONATHAN GALLANT





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 New Computers

24 Hour turnaround on most issues



THE OROMOCTO MARKET, a community co-operative. NOV 10 & DEC 8, 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@alzheimernb.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 Sobeys Registered Dietitian for our FREE Fall Taste & Learn Classes! Tuesdays 12noon at Oromocto Sobeys. 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@oromoctopioneergardens.ca Sales can be arranged by contacting us either at the above number or through e-mail. PRICE INCREASE WILL TAKE EFFECT ON 1 JANUARY 2020.

St Luke's Thrift Shop open at G332, directly behind St Mary's Chapel

Accepting donations of household goods, clothing and recreational items. No furniture or large electronic equipment. Operating hours Mon, Tues, Weds 1830-2030, Tues, Weds & Sat 1300-1500 call local 4108 for info.

OROMOCTO PIONEERS SQUARE DANCE CLUB

Monday evenings from 7:30-9:30pm (starting September 9) 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.

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 www.hospicefredericton.ca*

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: 13 & 19 Nov 5:30PM 10 Dec 5:30PM Regular Session: 21 Nov 7:00PM 12 Dec 7:00PM



NOTICE OF PUBLIC PRESENTATION AND HEARING OF WRITTEN OBJECTIONS OF PROPOSED BY-LAWS 510-B MUNICIPAL PLAN and 522-B, A ZONING BY-LAW FOR THE TOWN

Residents of the Town of Oromocto are hereby advised that a Public Presentation and Hearing of Written Objections will be held in the Council Chambers at the Oromocto Municipal Building, 4 Doyle Drive, Oromocto, NB on 19 November 2019 at 5:30pm.

The purpose of this presentation and hearing is to introduce the by-law admendments and to allow persons who wish to speak for or against the written objections of Proposed Municipal Plan By-Law 510-B and Proposed Zoning By-Law 522-B. The purpose of these by-laws is to re-designate the land use and zoning located at 292-300 Restigouche Road from Transportation and Light Industrial (TPIND) to Residential Zone 3 (R3) to accommodate a new multi-unit residential building.

In advance of the presentation and hearing, any person interested in reviewing the proposed by-laws may contact the Planning and Compliance Office Monday to Friday (8:30am – 4:30pm) or review it on the Town's website at www.oromocto.ca.

Any written objections to the proposed by-laws will be received by the undersigned until 12:00 noon 19 November 2019. All interested residents of the Town are invited to attend the Public Hearing.

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

COUNCIL HIGHLIGHTS SEPTEMBER - OCTOBER 2019

Thank you to all our citizens for your patience with regards to our investments in roads – paving season is almost complete!

Urban Forest Management Plan

Council has entered into an agreement with the University of New Brunswick to develop an urban forest management plan for the Town of Oromocto as part of the community's response to the emerald ash borer infestation.

New Brunswick Municipal Finance Corporation – Application for Financing Council has authorized staff to issue and sell to the New Brunswick Municipal Finance Corporation a debenture in the amount of \$6 million dollars for the construction of the new Engineering and Public Works building.

2020 Budget Public Consultation

Council invites its residents to attend the 2020 Budget consultation on Wednesday, 13 November 2019 at 5:30 pm at the Municipal Building, 4 Doyle Drive.

Recreation and Tourism

Council would like to take this opportunity to thank Althea Arsenault and Susan Dean for their service as members of the Recreation and Tourism Committee. Mr. Dale Currie has been appointed to replace one of the vacancies and the committee is actively looking for other members. If you are interested, please contact the Director of Recreation and Tourism, Mr. Bill Jarratt, at 506-357-4456 or via email at bjarratt@oromocto.ca to find out more.

On another note as we transition from summer sports to winter sports, Council would like to thank its community members who volunteered as coaches and association members.

Council wishes our boating community a great winter as the docks come in and looks forward to next year with the Oromocto Boat Club.

Visitor Information Centre/Gateway Wetlands

Following Council's recent funding announcement, design work and site planning are well underway along with the development of an interpretive plan for the new visitor information centre.

Council would like to acknowledge and thank Mr. Robin Hanson and staff for their work on the new mast display at the Gateway Wetlands.

Sculpture Saint John

Council has partnered once again with Sculpture Saint John to create a second granite sculpture for the Town in 2020. Next year is the final year of their International Sculpture Trail program. It is expected the sculpture will be completed in the FALL.

RECREATION & PARKS BUILD STRONG FAMILIES & HEALTHY COMMUNITIES!

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



357-8880

Skills that heal 🕲 Hearts that feel

appt@oromoctovethospital.com oromoctovethospital.com



NAPA OROMOCTO

LOCALLY OWNED 273 Restigouche Rd, Oromocto

> **506-357-8883** WWW.NAPACANADA.COM

Assisting adults with an intellectual disability

FUNDRAISING BREAKFAST November 16 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

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 Imuise@oromocto.ca.



Owner: Chris Warren

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

OROMOCTO ROTARY CLUB "Service Above Self" www.oromoctorotary.ca



POOR BOYS LUNCH at the Hazen Centre Beans, wieners, brown bread with coffee/tea. Friday, Nov 15 11:00am-1:30pm By Donation

2020 Calendars are now available. \$20/ each. Makes a great Christmas gift!