



# Recreation OROMOCTO

*Building a Healthy Community*



PROGRAM REGISTRATION: ONLINE AT [WWW.RECREATIONOROMOCTO.CA](http://WWW.RECREATIONOROMOCTO.CA) OR AT  
MUNICIPAL OFFICES, 4 DOYLE DRIVE, MONDAY TO FRIDAY, 8:30AM TO 4:30PM 357-3333

# NOVEMBER 2017

## KING'S ARROW ARENA

### 2017-18 PUBLIC SKATING

Start date: Monday, Oct 2, 2017

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: Dec 24, 25, 26, 31 & Jan 1)*



## 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.

## OROMOCTO

DEDICATION CEREMONY FOR THE

# GARDEN OF REMEMBRANCE

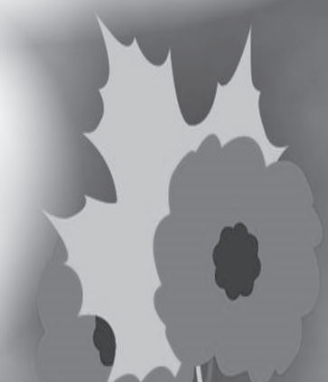
9 NOV 2017 4-6 PM

BROAD ROAD (NEAR THE OROMOCTO MALL)

Reception with refreshments will follow at the Hazen Park Centre

There will be a dedication ceremony to the memory of those who sacrificed their lives in the line of service to others.

The Town of Oromocto invites all serving and retired military/first responders and their families to join Mayor and Council as they honour their loved ones and officially open this garden in our community. The unveiling of the Remembrance Garden will be held on Thursday 9 November at 4 pm to create a special place to honour, recognize and remember friends and loved ones who served.



## 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	<a href="mailto:jdunn@oromocto.ca">jdunn@oromocto.ca</a>
Laurie Muise - Facilities/ Culture/ Tourism	357-4459	<a href="mailto:lmuisse@oromocto.ca">lmuisse@oromocto.ca</a>
Bernie Hurley - Arena/Sport Facilities	357-8155	<a href="mailto:bhurley@oromocto.ca">bhurley@oromocto.ca</a>
Bill Jarratt - Director	357-4456	<a href="mailto:bjarratt@oromocto.ca">bjarratt@oromocto.ca</a>

## ADULT FITNESS CLASSES

### 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: 1 Nov 6:30 to 7:20pm Wed**  
**Fee: \$96/ 7 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: 1 Nov 7:35 to 8:45pm Wed**  
**Fee: \$96/ 7 wks**

### 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: 6 Nov 7:00 to 8:00pm Mon**  
**Fee: \$82/ 6 wks**



## LINTUHTINE MUSIC ACADEMY OF OROMOCTO

at the Oromocto Arts & Learning Centre



Choral & Ukulele programmes as well as private lessons in voice, piano, harp, fiddle, tin whistle, native flute, ukulele, Gaelic (music & language) Call 357-3838 for info.

### UPCOMING CONCERTS:

**Saturday, December 2 at 7:00 pm**  
**Oromocto United Church**

Monetary donation at door for Oromocto Food Bank

**Sunday, December 3 at 7:00 pm**  
**Saint Andrew's Presbyterian Church**

Monetary donation at door for Fredericton Food Bank

**Sunday, December 10 at 7:00 pm**  
**Oromocto United Church**

*Lintuhtine Welcomes An Old Fashioned Christmas*

Monetary collection at door to help the academy with music purchase.

## ICE RENTAL

Ice Time is available for rent at the King's Arrow Arena.

**For more info or to book,  
please call 357-8155 or  
e-mail [bhurley@oromocto.ca](mailto:bhurley@oromocto.ca)**



### INCLUSION ROOM

*Looking for the perfect spot to host your function?*

OTEC has the **perfect** spot for you.  
Check out OTEC's "Inclusion Room"  
Dining tables/58" Smart TV's/ and more  
Capacity **80 persons**

**Availability** evenings and weekends

Call **Brenda Noble @ 357 - 3398**  
for more information or  
Email: [bnotec@nb.aibn.com](mailto:bnotec@nb.aibn.com)



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

**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](mailto:lmotec@nb.aibn.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**

2 Gateway Drive, Unit 3  
Oromocto, NB  
(506) 446-3658  
suzanne@audiocorp.ca  
[www.audiocorp.ca](http://www.audiocorp.ca)



### 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 for the more mature participant. Expect to gain leg strength, improve your balance and flexibility all in a relaxing and positive atmosphere.

**REGISTRATION STARTS ON 1 NOV AT 8:45AM.**

**Begins: 6 Nov 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 1 NOV AT 8:45AM.**

**Begins: 10 Nov 9:00 to 10:00am Fri**

**Fee: \$22/ 6 wks**

### 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 Marie at 357-8922 or Sandra at 357-3445.**

## ARTISTS WHO CARE

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

**Monday, November 13 10:00 am - 12:00 pm (approx.)**  
Chinese Brush project with Instructor Barbara Heans  
Registration begins 2 November at 8:45am

**Monday, November 27 10:00 am - 12:00 pm**  
2 Winter / seasonal Cards using dryer sheets with Instructor Beth McIntosh  
Registration begins 14 November at 8:45am

### 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 go to [www.recreationoromocto.ca](http://www.recreationoromocto.ca) to register online.

Artists  
who  
Care 

All sessions will be held at the  
AWC Gallery in the  
Arts & Learning Centre  
(137 MacDonald Avenue)

### SENIORS' CARD PARTIES

**at the Hazen Centre (994 Onondaga St.)**

Sunbury Seniors Friendship Group:

Fridays @ 7:00pm

Autumn Years Seniors Club:

Saturdays @ 7:00pm



### DID YOU KNOW?

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

**OROMOCTO  
DENTAL  
CENTRE**

**DR JESSICA NIELSEN  
DR JONATHAN GALLANT**

**202 RESTIGOUCHE RD  
(506) 446-3300**

# FAY TIDD PUBLIC LIBRARY

Tuesdays **TODDLER TALES** takes place Tuesday mornings at 10:15am. 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. This program is for 3-5 year olds accompanied by an adult. Enjoy stories, games, rhymes and crafts.

Thursdays **L'heure du conte** pour les enfants préscolaires. Ce programme amusant inclut des histoires, des chansons et un bricolage. Tout les jeudis à 15h30 à partir du 4 octobre.

Friday, Nov 3 **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.

Friday, Nov 3 & 17 **IMAGINATION STATIONS** (formerly Lego Club) is Friday afternoon at 3:30pm for school-aged children. Children will explore their inner builder during this hour long program with building blocks.

Saturday, Nov 4 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, Nov 10 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.

Friday, Nov 10 & 24 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!

Saturday, Nov 11 CLOSED - Remembrance Day

Tuesday, Nov 14 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.

Thursday, Nov 16 The **HACKMATAK 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 welcome.

Saturday, Nov 18 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.

Saturday, Nov 25 Bring your current craft project to the library for our **CRAFT-A-LONG** program from 2-4pm! Work along with others to share and learn new skills.

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

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



## LIBRARY HOURS

Mon & Thurs	10:00am – 6:00pm
Tues & Wed	10:00am – 8:30pm
Fri & Sat	10:00am – 5:00pm

New Brunswick  
**Brunswick**  
CANADA



## COMMUNITY RECREATION & SPORTS CONTACT INFORMATION

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

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

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

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

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

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

Oromocto Boxing Club - [oromctoboxingclub@gmail.com](mailto:oromctoboxingclub@gmail.com)

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

Oromocto Youth Bowling (YBC) - [rodnitz@rogers.com](mailto:rodnitz@rogers.com)

Piranhas Youth Volleyball - [nic.boucher@nbed.nb.ca](mailto:nic.boucher@nbed.nb.ca)

Gage Curling Club - [shawn.riggs@forces.gc.ca](mailto:shawn.riggs@forces.gc.ca) or 999-2311





## 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: Continuous Intake for Classes

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
- FREE program with continuous enrollment

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 seats available at the Oromocto Arts and Learning Centre and Oromocto First Nation.

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 Assoc.

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

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

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

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



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

### ***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.*

### OROMOCTO PUBLIC HOSPITAL AUXILIARY GIFT SHOP

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

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

### 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.

### 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.

*Please consider donating your time and contact Tracey Fraser at 506-452-5322.*

# Community Notices

## OROMOCTO PUBLIC HOSPITAL AUXILIARY - CHRISTMAS BAZAAR & FUDGE SALE

**Saturday, November 18 from 10:00 AM until 4 PM at the Hazen Centre.** Donations of cash, crafts and/or food items would be greatly appreciated. Items such as pickles, jams, jellies, rolls, bread, cookies, pies, fudge etc. Please deliver your donation to the Hazen Center after 9:00 am on November 28, or call 357-5580 or 357-8706 and arrangements will be made to pick up any donation.

*The proceeds from this sale will be used to purchase items needed by the Oromocto Hospital.*

*Remember this is Your Hospital.*

**THE OROMOCTO MARKET**, a community co-operative. **SUNDAY, NOVEMBER 5, 10am-2pm.**

Stop by for lunch, get some shopping done, and meet other members of this wonderful community! Both rooms of the Hazen Center are full of vendors.

## LADIES' AUXILIARY - OROMOCTO LEGION BRANCH 93

The next monthly meeting will be November 2 at 7:00p.m.

## 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!

Orienteering, outdoor skills, biathlon, marksmanship, band - have I piqued your interest yet?

If you are interested in any these activities and are between the ages of 12 and 19 then come out see what

**2647 Oromocto Army Cadets Corps** is all about.

We meet every Tuesday from 6:30 until 9 PM at building D-57, CFB Gagetown.

Contact Capt. Kailha Winter, 478-7246. Cost: FREE



## 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)

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

Sales can be arranged by contacting us at the above number or through e-mail.

## OROMOCTO QUILTERS

meet the 3rd Tuesday of the month (Sept 19th) - Hazen Center 7pm - New quilters welcome

## SUNBURY SENIORS FRIENDSHIP CLUB

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

## Sobeys Oromocto FREE Nutrition Classes with Registered Dietitian

Tuesday October 17<sup>th</sup>, 10:00-11:30am – Diabetes Label Reading Tour

Tuesday October 24<sup>th</sup>, 12noon-1:30pm – Taste & Learn Class: Fall Harvest Squash

Registration Required, contact Ellie - phone (452-9984) or email ([ellie.doggett@sobeys.com](mailto:ellie.doggett@sobeys.com))

# Town Notices

## Notice of Meetings Town of Oromocto



Council in Committee:  
8 & 14 November 5:30PM  
Regular Session:  
16 November 7:00PM

## FALL LEAF COLLECTION - TOWN OF OROMOCTO 6 - 17 November 2017

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 do not place leaves at curbside in advance of 6 November and not after 17 November.**

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.

## CAUTION

Although motorized vehicles are not permitted on the Town Trail System, users may encounter Town maintenance vehicles while visiting.

**If you discover any maintenance concerns,**  
call 357-8155 or e-mail [recreation@oromocto.ca](mailto:recreation@oromocto.ca)

## ATTENTION PET OWNERS

As per Town 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.**

## 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.

## 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

## RECREATION & PARKS

**BUILD STRONG FAMILIES &  
HEALTHY COMMUNITIES!**



**NB MILITARY HISTORY MUSEUM  
BASE GAGETOWN**

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



[www.nbmilitaryhistorymuseum.ca](http://www.nbmilitaryhistorymuseum.ca)  
Base Gagetown, Building A5

**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](http://www.facebook.com/oromoctovision)



**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](mailto:appt@oromoctovethospital.com)  
[oromoctovethospital.com](http://oromoctovethospital.com)

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24 Hour turnaround on most issues!



Girl Guides of Canada Guides du Canada

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1-800-565-8111

Visit our Website: [www.girlguides.ca](http://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](mailto:cb.warrensauto@gmail.com)  
Owner: Chris Warren



**NAPA OROMOCTO**

LOCALLY OWNED  
273 Restigouche Rd, Oromocto

**506-357-8883**  
[WWW.NAPACANADA.COM](http://WWW.NAPACANADA.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