



# 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**

## SEPTEMBER 2017

### Move Well Class

This new "Move Well" program is the ideal place to start if you are looking to do just that – learn how to move well and move your body better. This program is designed for those who are looking to start to move again, improve flexibility and decrease their aches and pains. The program will combine: light cardiovascular conditioning, essential movements to reduce pain and key postural exercises. Beginner friendly. Must be cleared for exercise.

**Begins: 11 Sept 6:00 to 6:45m Mon**  
**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: 11 Sept 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: 13 Sept 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: 13 Sept 7:35 to 8:45pm Wed**  
**Fee: \$96/ 7 wks**

### 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>

# OROMOCTO



LET'S CELEBRATE! 1867-2017



CANADA 150

## LINTUHTINE MUSIC ACADEMY OF OROMOCTO

*at the Oromocto Arts & Learning Centre*

Want to sing? Choral groups for most ages.  
Want to play an instrument? Ukulele groups.

Find out more information about the programmes & private lessons (many levels of piano & or voice, beginning levels in fiddle, tin whistle, native flute, harp, & ukulele).

Contact Helen @ 357-3838 or  
eilidhmorag2012@gmail.com or  
visit [www.lintuhtinemusicacademy.ca](http://www.lintuhtinemusicacademy.ca)



Registration dates:

Thursday, Sept 7      2:00 - 5:30 pm  
Friday, Sept 8      2:00 - 5:00 pm

### 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,  
please call 357-8155 or e-mail [recreation@oromocto.ca](mailto:recreation@oromocto.ca)

CHECK OUT THESE FACEBOOK PAGES  
**SUNBURY SOUTH WELLNESS NETWORK**  
**VOLUNTEER OROMOCTO & AREA**



## OTEC 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



# OROMOCTO

WALK/WHEEL/RIDE

## RUN WITH COUREZ AVEC

MARCHEZ/PATINEZ/ROULEZ

# TERRY

SUNDAY  
SEPT. 17  
2017



## HAZEN CENTRE

## TERRY FOX RUN

12:00pm -  
Registration  
starts

1:00pm -  
Run starts



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 6 SEPT AT 8:45AM.**

**Begins: 11 Sept 10:15 to 11:15am Mon**

### 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 6 SEPT AT 8:45AM.**

**Begins: 15 Sept 9:00 to 10:00am Fri**

**Fee: \$25/ 7 wks**

### 55+ Recycled Teenagers

Mild exercise class held each Monday & Wednesday morning from 9:00 to 10:00am at the Hazen Centre. Starts: Sept 11

**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, September 11 10:00 am - 12:00 pm  
Registration begins on Sept 5 at 8:45am  
Workshop - "Under the Sea" using alcohol inks  
Instructor - Beth McIntosh

Monday, September 25 10:00 am - 12:00 pm  
Registration begins on Sept 12 at 8:45am  
Workshop - Experimenting with Water Colours  
Instructor - Barbara Heans

### REGISTRATION PROCESS:

**Fee: \$11.30/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 (starts Sept 8)

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!

## 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



# FAY TIDD PUBLIC LIBRARY

**Saturday, Sept 2** 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

**Monday, Sept 4** **CLOSED** for Labour Day.

**Friday, Sept 8** The over-sixty crowd is invited to join us for **BROWSE & BRUNCH** at the library from 9-10am. Meet old friends and make new ones. Registration starts September 1st.

**Friday, Sept 8** **PRETEEN CREATING CLUB** (for youth in grades 6-8) will meet from 3:30pm-4:30pm for a slime making workshop. Every month is a new creation!

**Saturday, Sept 9** **CREATIVE COLOURING** for adults will start at 2pm. Join us for some relaxing colouring and conversation. All materials are supplied.

**Tuesday, Sept 12** 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, Sept 16** 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, Sept 23** 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.

**Monday, Sept 25** Drop off your gently used children's Halloween Costumes at the library anytime between September 25 and October 10 and receive a ticket to swap it for a costume at our **HALLOWEEN COSTUME SWAP** event on October 11<sup>th</sup>.

**Thursday, Sept 28** The library will be **CLOSED**.

All library programs are free of charge. Regular children's programs, including programs for babies, toddlers and preschoolers, will start the first week of October.

Registration will start September 11<sup>th</sup>. For more information about these programs, or to register, please call the library at 357-3329.

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



## LIBRARY HOURS

<b>Mon</b>	<b>10:00am – 6:00pm</b>
<b>Tues &amp; Wed</b>	<b>10:00am – 8:30pm</b>
<b>Thurs</b>	<b>10:00am – 6:00pm</b>
<b>Fri &amp; Sat</b>	<b>10:00am – 5:00pm</b>

## HAZEN PARK CENTRE RENTALS

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)



MAIN ROOM

For additional info 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](mailto:lmuisse@oromocto.ca).



# 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: Fall 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.

### Rec Co-ed Volleyball (Ages 19+) at the Base Gym

Wednesdays 7:30-9:30pm  
Sundays 7:00-9:00pm

Drop-in Fee: \$2.25  
Free for Military &  
Rec Members



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



Active  
Transportation  
OROMOCTO  
*A Town on the Move!*

### 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.

### COMMUNITY RECREATION & SPORTS CONTACT INFORMATION

Oromocto Minor Hockey Association - [www.omhahockey.ca](http://www.omhahockey.ca)  
 Oromocto Area Minor Football - [www.capitalareafotball.nb.ca](http://www.capitalareafotball.nb.ca)  
 Oromocto Area Soccer Association - [www.oromoctosoccer.goalline.ca](http://www.oromoctosoccer.goalline.ca)  
 Oromocto and Area Minor Baseball Association - [www.oamba.ca](http://www.oamba.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)

OROMOCTO  
DENTAL  
CENTRE

DR JESSICA NIELSEN  
DR JONATHAN GALLANT

202 RESTIGOUCHE RD  
(506) 446-3300

# Community Notices

## OROMOCTO PUBLIC HOSPITAL FOUNDATION DINNER & AUCTION

**SATURDAY, OCTOBER 14 5:30PM BURTON LIONS CLUB**

Turkey Dinner Tickets: \$20 Can be purchased from any member or at the Oromocto Public Hospital or Scotiabank Oromocto

**THE OROMOCTO MARKET**, a community co-operative. **SUNDAY, SEPTEMBER 10**

Fresh food, local vendors, and beautiful views off the deck  
of the Hazen Center. **10am - 2pm.**

Would you like to join us? Visit [www.romoctomarket.com](http://www.romoctomarket.com) to apply. #LoveLocal

## 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!

## LADIES' AUXILIARY - OROMOCTO LEGION BRANCH 93

The next monthly meeting will be September 9 at 7:00p.m.

## YOUTH BOWLING OROMOCTO 2017-18

Start date is Sept 9 but youth can join at anytime. Four age divisions, certified coaching and everyone plays.  
Loads of fun for youth 5-19 .

Contact Program Director Rod Nitz for more information: [rodnitz@rogers.com](mailto:rodnitz@rogers.com) or 357-8749

## 55 PLUS BOWLING at the CFB GAGETOWN Bowling Lanes

Start Date: 14 September 9:30 am. League ends early May.

We Bowl 3 games every Thursday beginning at 9:30 am and we are finished no later than noon. You do not have to be there every week. You do not have to be a Pro, you just have to be 55 Plus!

*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](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.

## Sobeys Oromocto FREE Nutrition Classes with Registered Dietitian

Tuesday September 19<sup>th</sup>, 12noon-1:30pm – Taste & Learn Class: Sweet Potatoes 3-ways  
To Register, 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:  
13 & 19 September 5:30PM  
Regular Session:  
21 September 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.**

## 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.**



### 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.

### 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 - 2017 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

## 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)**

## SPORT FIELD RESERVATIONS

Please call 357-8155  
for all Sport Field Reservations  
(Turf Field/Grass Fields/Ball Diamonds)  
**FIELD CANCELLATION HOTLINE: 357-4433**



# Baby Steps DAYCARE INC.

REGISTRATION IS NOW OPEN FOR OUR  
2017 PRESCHOOL PROGRAM

Helping your children succeed to their full potential  
in a fun and nurturing environment.  
Implemented and instructed by a licensed Teacher.

Limited spacing available.  
Call 357-5437 for more info.

## OROMOCTO VISION

Dr. M Soicher Dr. T McCarthy Dr. A Bartlett  
Optometrists

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

OFFICE HOURS: 8am-5pm Monday to 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)

Problems with your computer? We will help!



Viruses, Pop-ups  
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1299 Hanwell Road  
Tel: 206-6300

24 Hour turnaround on most issues!



Girl Guides of Canada Guides  
du Canada

[www.girlguides.ca/join\\_us](http://www.girlguides.ca/join_us)  
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

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

357 - 2228

[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"

Calendar Winners:

492 Jim Penney; 124 Fred White; 565 Larry & Carol  
Wood; 397 John & Helma Hanlon; 083 Angie  
Jackson; 346 Raymond Cashol; 033 Monica Evans;  
350 Noah (Vimy Ridge Cadet); 314 Scott Major;  
447 Myra Kay/Michelle Morehouse;  
307 Theresa Carr; 552 Karen Stella

