



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE | NEWSLETTER

MARCH | 02.2021 |

March is here!

We are very excited to be entering March with the renewed hope of re-opening on March 8th! We cannot wait to see you back at the Rothesay Hive. Reminder that only members who are registered for scheduled programs are permitted to enter during operating hours. There is still no drop-in programming at this time.

The Rothesay Hive Age Friendly Community Centre's Mission is to be a gathering place to nurture the health and well-being of adults through a hub of activities that focus on socialization, connection, health and wellness, intergenerational programming, lifelong learning and outreach.



Spring Forward on March 14th!

Don't forget to change your clocks and check your smoke alarm batteries this month! Time goes ahead one hour on Sunday, March 14th at 2:00 a.m.



Rothesay Hive Facebook Group

The Rothesay Hive Facebook Group is not only for information about the Rothesay Hive. It is a place to connect with other Hivers, find information on what is happening in the community, and more. Why not join us? We would love to have you as part of our group. A Facebook account is required.

You can find the group here:

www.facebook.com/groups/RothesayHive/

Contact Us:

Website:

www.rothesay.ca/recreation/rothesay-hive/
www.facebook.com/groups/RothesayHive/

Phone:

 506-847-6398

Email:

 kirstinduffley@rothesay.ca



Rothesay Hive Newsletter Bulletin Board

Here is where you can find information in each Rothesay Hive Newsletter about programs, events and services that are available at the Rothesay Hive, in our community, and across Canada.



Canadian Red Cross – Friendly Calls Program

If you or a loved one are feeling isolated or lonely due to COVID-19, contact the Canadian Red Cross of New Brunswick at 1-833-729-0144 Monday to Friday 8:30 a.m. to 4:30 p.m. Atlantic time to register for their free Friendly Calls Program.

A trained Red Cross volunteer will contact you to arrange to call you at regular mutually agreed times in English or French.

You can learn more about this program here: www.redcross.ca/in-your-community/new-brunswick/community-support-services/friendly-calls



Spring Speaker Series

- ▶ You heard it here first – the Rothesay Hive and Go Ahead Seniors is working on the 2021 Rothesay Virtual Spring Speaker Series! Information will be available in the coming months. Stay tuned!



March is Fraud Prevention Month

Are you armed against fraud and scams? Take the Government of Canada's Fraud Quiz to find out: www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04251.html

It's extremely important to report fraud to the authorities. Complaints are one of the best ways to gather evidence and better protect consumers and businesses. If you think you've been the victim of fraud, report it to the Canadian Anti-Fraud Centre, the Competition Bureau or the RCMP. Learn more, here: www.canada.ca/en/services/finance/fraud.html



Kennebecasis Valley Fire Department HomeSafe Program

The free KVFD HomeSafe Program consists of voluntary home safety inspections and door to door smoke alarm checks. An effective home inspection program is a proven method of fire prevention that has had success with reducing loss of life, injury, and damage from fire.

- ▶ After a resident contacts the KVFD about a home inspection, an on duty crew of firefighters will visit their home and will follow a check list as they discuss fire hazards in and around the home and what changes can be made to minimize the risk.

Residents of the Kennebecasis Valley are encouraged to contact the KVFD about the Free HomeSafe Program, by phone: 848-6601 or email: mboyle@kvfire.ca



“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

– Charles Dickens , *Great Expectations*, 1861

Rothesay Hive March Program Schedule

Pre-Registration is required 48 hours in advance for all programs during the COVID-19 pandemic. Please call **1-506-847-6398** or email kirstinduffley@rothesay.ca to register. Please include your name, program type, date & time. Thank you in advance.

MONDAY's with Sharon	TUESDAY CLOSED	WEDNESDAY's with Deby	THURSDAY CLOSED	FRIDAY
8 10:00AM Older Adult Fitness 12:30PM Chair Yoga	9 Closed	10 10:00AM Flex & Flow 12:30PM Sittercise	11 Closed	12 12:00PM Beginners Latin Line Dancing
15 10:00AM Older Adult Fitness 12:30PM Chair Yoga	16 Closed	17 10:00AM Flex & Flow 12:30PM Sittercise	18 Closed	19 12:00PM Beginners Latin Line Dancing
22 10:00AM Older Adult Fitness 12:30PM Chair Yoga	23 Closed	24 10:00AM Flex & Flow 12:30PM Sittercise	25 Closed	26 12:00PM Beginners Latin Line Dancing
29 10:00AM Older Adult Fitness 12:30PM Chair Yoga	30 Closed	31 10:00AM Flex & Flow 12:30PM Sittercise	April 1 Closed	April 2 Closed for Good Friday.
Older Adult Fitness: \$5.00/class This exercise class is designed for adults (50+). It includes warm up stretching, use of exercise bands and weights.	Chair Yoga: \$5.00/class Chair yoga is a form of yoga as therapy that is practiced sitting on a chair, or standing using a chair for support.	Flex & Flow: \$5.00/class This standing cardio and strength training exercise class is designed for adults (50+) and will use exercise bands and small weights.	Sittercise: \$5.00/class This exercise class is designed for adults (50+). This class will work on improving your strength and balance with support of a chair, using exercise bands, balls, and small handheld weights.	Beginners Latin Line Dancing: \$5.00/Class with Deby Siemens. Book Club: No Program Fee. Meetings to be determined by members once enough interest is shown.

THANK YOU TO OUR ROTHSAY HIVE SPONSORS



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Wealth Management

Lindsay Palmer
TD Wealth Investment Advisor



Go Ahead Seniors



Java Moose

Rotary
Club of Rothesay-Kings



Rotary Club of Rothesay-Kings



Canadian Tire Rothesay

Province of New Brunswick COVID-19 Vaccination Plan

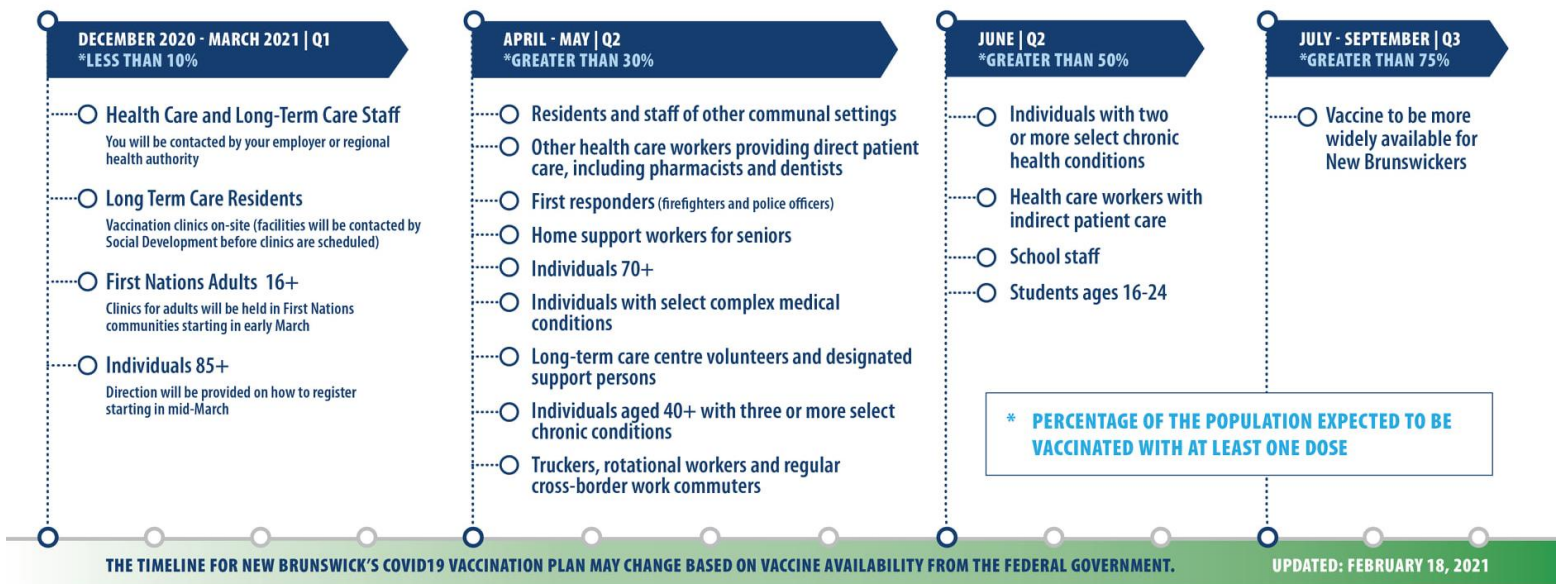
Source: www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/vaccine.html

Availability of vaccine is expected to be limited until mid-to-late summer. Details on who can register, how and when will be announced by the Province & Public Health publicly as vaccinations are completed within priority groups. Please **do not call** care providers or Tele-Care, as this ties up access to those services.

With the approval of the AstraZeneca vaccine by Health Canada, the additional doses of vaccine expected and new recommendations concerning intervals between doses, the Province of New Brunswick announced on March 5th, 2021 that they would be updating the COVID-19 vaccination plan.

COVID-19 Vaccination Plan for New Brunswick

More details on who can register when and how will be shared in the coming weeks.



Beware of Vaccine Scams

As fraudsters continue to prey on fears and misinformation about COVID-19, it's important to stay up to date on the latest scams and fraud impacting, especially as vaccines have begun to rollout across the country.



Unsolicited calls offering vaccination kits for an upfront fee

Companies selling fraudulent products that claim to treat or prevent the disease

Vaccination themed emails or text messages with links that ask you to reveal sensitive personal or financial details

Canada

Protect yourself and stay informed about ongoing scams related to COVID-19 at:
www.canada.ca/en/public-safety-canada/campaigns/covid19.html