



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE | NEWSLETTER

MAY | 04.2021 |

### April Showers bring May Flowers!

May is here and brings with it warmer weather, thoughts of summer, and flowers springing up for us all to enjoy. The Rothesay Hive is open for the month of May and will be offering fitness classes as well as the second meeting of the Rothesay Hive Book Club! Reminder that only those who are registered for scheduled programs are permitted to enter during operating hours.

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.




#### Join the Hive Book Club!

The second Hive Book Club meeting is May 14<sup>th</sup> at 1:30PM. Register by **506-799-9240** or [kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca). During the meeting members will discuss the book “The Wife Upstairs” and decide the next book.

There is no charge to be in the Hive Book Club as this is a member led program. Individuals will be responsible for acquiring their book.

#### Contact Us:

 **Website:**  
[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)

 **Phone:**  
506-799-9240

 **Email:**  
[kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)



#### Find Us on Facebook!

The Rothesay Hive Facebook group is the place for information about the Rothesay Hive, to connect with other Hivers, find out what is happening in the community, and more! 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/](https://www.facebook.com/groups/RothesayHive/)



## Rothesay Hive Newsletter Bulletin Board

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

### 2021 Rothesay Virtual Spring Speaker Series



Rothesay in partnership with [Go Ahead Seniors](#) and the Rothesay Hive presents the 2021 Rothesay Virtual Spring Speaker Series. These speaker sessions will take place online every Tuesday and Thursday evening at 6:00pm in May on the [Rothesay HIVE Facebook Page](#).

All of these events are **FREE** and no registration is required. The poster of the speaker schedule is included in this newsletter.

### Mental Health Week: May 3<sup>rd</sup> – 7<sup>th</sup>



A mentally healthy life includes the full range of human emotions, even the uncomfortable ones like sadness, fear and anger. This Mental Health Week, it is time to Get Real about how you really feel. Visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) to learn more!

Did you know that the Canadian Mental Health Association of New Brunswick hosts many virtual events and webinars to help with a wide variety of mental health topics? Learn more, here: <https://cmhanb.ca/events/>

### Government of Canada's Seniors Programs



There are a variety of programs and services provided by the Government of Canada. To learn more about what is available to you visit the website below or you can call them at 1 800 O-Canada (1-800-622-6232).

[www.canada.ca/en/employment-social-development/campaigns/seniors.html](http://www.canada.ca/en/employment-social-development/campaigns/seniors.html)

### Government of New Brunswick's Vaccine Rollout Plan



Timelines for this plan could be impacted and may change based on vaccine availability. Visit: [www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/nb-vaccine.html](http://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/nb-vaccine.html) for the most up-to-date information about COVID-19 vaccines.



**“The world's favorite season is the spring.  
All things seem possible in May.”**  
— Edwin Way Teale, *North With the Spring* (1951)



# 2021 ROTHESAY VIRTUAL SPRING SPEAKER SERIES



Rothesay in partnership with Go Ahead Seniors presents the 2021 *Virtual* Spring Speaker Series. Interviews will be available on the Rothesay Hive Facebook Page: [www.facebook.com/groups/RothesayHive](http://www.facebook.com/groups/RothesayHive)

## Schedule & Speakers

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- MAY 4**  
**6:00PM**     **GARDENING: NO GREEN THUMB NEEDED!**  
Brian Pike, *Halifax Seed*
- MAY 6**  
**6:00PM**     **A PHARMACIST'S PERSPECTIVE**  
Dan Curran, *Rothesay PharmaChoice*
- MAY 11**  
**6:00PM**     **THE IMPACTS OF BEING "HOME ALONE"**  
Jean Porter Mowatt, *Senior Watch*
- MAY 13**  
**6:00PM**     **DOWNSIZING: THE CHALLENGES AND THE TRIUMPHS**  
Mary Ann Ketchum, *The Ketchums Sell Houses*
- MAY 18**  
**6:00PM**     **THE POSITIVES OF CAREGIVING**  
Reverend Eric Phinney
- MAY 20**  
**6:00PM**     **YOUR HOME IS YOUR CASTLE: HOME SAFETY TIPS**  
Corporal Belliveau, *Kennebecasis Regional Police Force*
- MAY 25**  
**6:00PM**     **KV WALKERS & THE GREAT OUTDOORS**  
Margie LeClerc & Marilyn Isenor, *KV Walkers*
- MAY 27**  
**6:00PM**     **KEEPING YOUR VEHICLE IN SHAPE**  
Steve Marr, *KV Auto & Truck Center Inc.*



### CONTACT THE ROTHESAY HIVE:

Phone: 506-799-9240  
Email: [KirstinDuffley@Rothesay.ca](mailto:KirstinDuffley@Rothesay.ca)

Facebook: [@RothesayHive](https://www.facebook.com/RothesayHive)  
Website: [www.rothesay.ca/rothesayhive](http://www.rothesay.ca/rothesayhive)

# May 2021

## THE ROTHESAY HIVE

### PROGRAMS AND ACTIVITIES CALENDAR



Pre-Registration is required 48 hours in advance for all programs during the COVID-19 pandemic. Please call 1-506-799-9240 or email [kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca) to register. Please include your name, program type, date & time. Thank you in advance.

MONDAY	TUESDAY CLOSED	WEDNESDAY	THURSDAY CLOSED	FRIDAY
3 <b>10:00AM Older Adult Fitness F</b> <b>12:30PM Chair Yoga</b>	Closed	5 <b>10:00AM Flex &amp; Flow FULL</b> <b>12:30PM Sittercise</b>	Closed	7 <b>12:00PM Beginners Latin Line Dancing</b>
10 <b>10:00AM Older Adult Fitness F</b> <b>12:30PM Chair Yoga</b>	Closed	12 <b>10:00AM Flex &amp; Flow FULL</b> <b>12:30PM Sittercise</b>	Closed	14 <b>12:00PM Beginners Latin Line Dancing</b> <b>1:30PM Book Club Meeting</b>
17 <b>10:00AM Older Adult Fitness F</b> <b>12:30PM Chair Yoga</b>	Closed	19 <b>10:00AM Flex &amp; Flow FULL</b> <b>12:30PM Sittercise</b>	Closed	21 <b>12:00PM Beginners Latin Line Dancing</b>
24 <b>Closed for Victoria Day</b>	Closed	28 <b>10:00AM Flex &amp; Flow FULL</b> <b>12:30PM Sittercise</b>	Closed	30 <b>12:00PM Beginners Latin Line Dancing</b>
<b>Older Adult Fitness: \$5.00/class</b> This exercise class is designed for adults (50+). It includes warm up stretching, use of exercise bands and weights. <b>FULL</b>	<b>Chair Yoga: \$5.00/class</b> Chair yoga is a form of yoga as therapy that is practiced sitting on a chair, or standing using a chair for support.	<b>Flex &amp; Flow: \$5.00/class</b> This standing cardio and strength training exercise class is designed for adults (50+) and will use exercise bands and small weights. <b>FULL</b>	<b>Sittercise: \$5.00/class</b> 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.	<b>Beginners Latin Line Dancing: \$5.00/Class with Deby Siemens.</b>  <b>Book Club: No Program Fee, Group Lead.</b>

## THANK YOU TO OUR ROTHESAY HIVE SPONSORS



**Town of  
Rothesay**

**Palmer**  
Wealth Management

**Lindsay Palmer**  
TD Wealth Investment Advisor



**Go Ahead Seniors**

*The*  
**Ketchums**  
Sell Houses

COLDWELL BANKER | SELECT REALTY

**The Ketchums  
Sell Houses**



**Java  
Moose**

**Rotary**  
Club of Rothesay-Kings



**Rotary Club of Rothesay-Kings**



**Canadian Tire  
Rothesay**