

# THE ROTHESAY HIVE

## PROGRAMS AND ACTIVITIES CALENDAR



# August 2021

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

MONDAY	TUESDAY CLOSED	WEDNESDAY	THURSDAY CLOSED	FRIDAY
2 <b>Happy New Brunswick Day!</b> <i>Closed</i>	3 <i>Closed</i>	4	5 <i>Closed</i>	6
9 <b>10:00AM Flex &amp; Flow</b> <b>12:00PM Sittercise</b>	10 <i>Closed</i>	11	12 <i>Closed</i>	13
16 <b>10:00AM Flex &amp; Flow</b> <b>12:00PM Sittercise</b> <b>1:30PM Book Club Meeting</b>	17 <i>Closed</i>	18	19 <i>Closed</i>	20
23 <b>10:00AM Flex &amp; Flow</b> <b>12:00PM Sittercise</b>	24 <i>Closed</i>	25	26 <i>Closed</i>	27
30 <b>10:00AM Flex &amp; Flow</b> <b>12:00PM Sittercise</b>	31 <i>Closed</i>		<i>Closed</i>	
<b>Hive Book Club:</b> No Program Fee. Group Led. Discussion questions provided. Books are chosen by members each month.	<b>Flex &amp; Flow:</b> \$5.00/class This standing cardio and strength training exercise class is designed for adults (50+) and will use exercise bands and small weights.	<b>Sittercise:</b> \$5.00/class Sittercise is designed for adults (50+) to improve your strength and balance with support of a chair, using exercise bands, balls, and small handheld weights.		