



ROTHESAY HIVE

ACTIVITIES CALENDAR: September 2021

Location: Rothesay Town Hall, 70 Hampton Rd.

506-799-9240

kirstinduffley@rothesay.ca

www.rothesay.ca/recreation/rothesayhive

@RothesayHive

® = **Registration REQUIRED.** Please call or email to register for programs marked with an 'R'. Include your name, phone number, program type, and dates in your email or voicemail. All programs have a limited capacity and are on a first come, first served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		¹ No Programs / Classes	² No Programs / Classes	³ No Programs / Classes
⁶ Labour Day - Closed	⁷ 1:30PM Coffee & Chat 2:30PM Card/Board Games	⁸ 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	⁹ 10AM Coffee & Chat 11AM Puzzles & Crosswords	¹⁰ 11AM Latin Line Dancing ® \$5
¹³ 9:30AM 50+ Fitness ® \$5 1:30PM Hive Book Club ®	¹⁴ 1:30PM Coffee & Chat 2:30PM Card/Board Games	¹⁵ 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	¹⁶ 10AM Coffee & Chat 11AM Puzzles & Crosswords	¹⁷ 11AM Latin Line Dancing ® \$5
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HIVE Book Club (September 13) ®

Cost: FREE **Program Length:** 1 hour **Instructor:** Group Led

Become a member of the HIVE Book Club free of charge! Members meet monthly to discuss the last book read and decide the next book to read. The HIVE Book Club is group led, however discussion questions are provided by the Age-Friendly Coordinator. Members are responsible for purchasing or obtaining their own copy of each book. Tea and coffee provided. Limited capacity.

Artful Friday (September 24) ®

Cost: FREE **Program Length:** 1 hour **Instructor:** Group Led

Bring your own art projects (no oil paint please) and work in a collective self-led environment to bring new ideas and encouragement to your art. Tea and coffee provided. Limited capacity. There is no art instructor for this program.

National Seniors Day Potluck and Celebration (October 1) ®

Cost: FREE **Program Length:** 1 hour **Instructor:** Group Led

Celebrate National Seniors Day with a potluck! Members will register with the Age-Friendly Coordinator what item they will bring for the potluck. Registration closes on **September 27th**. Limited capacity.

Card & Board Games

Cost: FREE **Program Length:** 1.5 hours

Drop in to play various card and board games such as cribbage, phase 10, Scrabble and more! Tea and coffee provided.

Puzzles & Crosswords

Cost: FREE **Program Length:** 1.5 hours

Drop in to play various puzzles and crosswords or bring your own in to play! Tea and coffee provided.

Stay connect with the Rothesay HIVE!



Receive the **Rothesay Hive E-Newsletter** directly to your inbox by sending an email to kirstinduffley@rothesay.ca.



Join the **Rothesay Hive Facebook Group** by visiting: www.facebook.com/groups/RothesayHive.



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Coffee & Chat

Cost: FREE **Program Length:** 1 hour

Drop in to enjoy tea and coffee and socialize with other Rothesay Hive members. This is a great time to check out the Hive Library. Stay tuned for announcements of special guests who will be joining us!

Hive Library | Give a Book! Take a Book! Let's Swap!

Cost: FREE

Share the love of reading. Bring a book from home and choose a new-to-you book to enjoy! The Hive Library is available during programming hours.

50+ Fitness ®

Cost: \$5/class **Program Length:** 1 hour **Instructor:** Sharon Randell

This exercise class is designed for adults (50+). It includes warm up stretching, use of exercise bands and weights. Limited capacity.

Flex & Flow ®

Cost: \$5/class **Program Length:** 1 hour **Instructor:** Deby Siemens

This standing cardio and strength training exercise class is designed for adults (50+) and will use exercise bands and weights. Limited capacity.

Sittercise ®

Cost: \$5/class **Program Length:** 1 hour **Instructor:** Deby Siemens

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. Limited capacity.

Beginners Latin Line Dancing ®

Cost: \$5/class **Program Length:** 1 hour **Instructor:** Deby Siemens

Learn how to Latin Line Dance! Dance routines are for beginner dancers. Smooth bottomed shoes are recommended for this class. Limited capacity.