



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

AUGUST | 04.08.2021 |

August Newsletter

Summer programming continues at the Rothesay Hive! Please see the full schedule on Page 3. Register for the Book Club, Flex & Flow, and Sittercise by calling 506-799-9240 or emailing kirstinduffley@rothesay.ca. We look forward to welcoming you to the Hive!

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.



Green Phase at the Rothesay Hive - As of August 1st, 2021

Please note the following updates to the Rothesay Hive's operational plan, subject to change as required:

- Registration is still required for all programs.
- Drop-in programming will return in the fall.
- Hand sanitizer will remain available at the welcome desk.
- Visitors are encouraged to wear a facemask. However, masks are no longer required.
- Visitors are encouraged to practice good personal hygiene (cough/sneeze in elbow, wash hands, etc.).
- Visitors are encouraged to self-monitor for COVID-19 symptoms.
- Visitors must stay at home if they are ill or have two or more symptoms of COVID-19, and are encouraged to contact 8-1-1.

We ask that everyone continue to support and respect our policies and each other's personal comfort levels as we ease into this transitional period together. Thank you to all who made it possible for the Rothesay Hive to re-open at reduced capacity during the pandemic. Your continued cooperation and patience as we transition back to a full offering of programs in the fall is greatly appreciated.

Contact Us:



Website:

www.rothesay.ca/recreation/rothesay-hive/



Phone:

506-799-9240



Email:

kirstinduffley@rothesay.ca



@RothesayHive: www.facebook.com/groups/RothesayHive/



Rothsay Hive Newsletter Bulletin Board

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

Concert in the Common 2021



The Concert in the Common series continues into the month of August. Take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothsay Common stage from 7:00-8:00PM. Registration is **not** required. If the weather is inclement, the concert(s) will be rescheduled.

- Sean Roach (Folk, Country) - Thursday, August 5 at 7:00PM
- Thom Swift (Roots, Folk, Blues) - Thursday, August 12 at 7:00PM
- Jon Mullane (Rock, Pop) - Thursday, August 26 at 7:00PM

CMHA of NB: Free Online Webinars



Canadian Mental Health Association of New Brunswick is hosting the following free online webinars in August:

- Coping Toolbox - August 12, 1:00 to 2:00PM
- Positive Attitude in Older Adults - August 26, 1:00 to 2:00PM

Learn more and register online here: <https://cmhanb.ca/events/>

Through the Lens Photo Contest



Submit your photos of your favourite places in Rothsay for the 8th Annual Through the Lens Photo Contest before **August 25th**! Send your shots of spring, summer, fall, winter – makes no difference – we will take them all!

For full contest details, please visit: <https://bit.ly/TTLPC21>

FREE Sunset Yoga Sessions



The Rothsay Recreation Department is hosting the following **FREE** sunset yoga sessions with Yoga Haus at the Rothsay Common. Sessions are open to all and registration is **not** required. For more information, please visit:

<https://bit.ly/RothsaySunsetYoga>

- Tuesday, August 24 - 6:15 to 7:00PM & 7:15 to 8:00PM
- Tuesday, September 21 - 6:15 to 7:00PM & 7:15 to 8:00PM

“A single sunbeam is enough to drive away many shadows.”
— St. Francis of Assisi

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 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 Happy New Brunswick Day! <i>Closed</i>	3 <i>Closed</i>	4	5 <i>Closed</i>	6
9 10:00AM Flex & Flow 12:00PM Sittercise	10 <i>Closed</i>	11	12 <i>Closed</i>	13
16 10:00AM Flex & Flow 12:00PM Sittercise 1:30PM Book Club Meeting	17 <i>Closed</i>	18	19 <i>Closed</i>	20
23 10:00AM Flex & Flow 12:00PM Sittercise	24 <i>Closed</i>	25	26 <i>Closed</i>	27
30 10:00AM Flex & Flow 12:00PM Sittercise	31 <i>Closed</i>		<i>Closed</i>	
Hive Book Club: No Program Fee. Group Led. Discussion questions provided. Books are chosen by members each month.	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 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.		

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Town of Rothsay



The Ketchums Sell Houses



Go Ahead Seniors



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Rotary Club of Rothsay-Kings



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