



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

SEPTEMBER | 01.09.2021 |

September Newsletter

Fall is just around the corner and the Rothesay HIVE is excited to be offering more programming opportunities for you to enjoy! See the full September Calendar on Page 3 and 4 for all the details.

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 September 1st, 2021

Please note the following updates to our operational plan, subject to change as required:

- Registration is required for all programs marked with a: ®
- Coffee & Chats, Card & Board Games, and Puzzles & Crosswords are drop-in programs that do not require registration, however visitors will be asked to sign-in at the welcome desk.
- Hand sanitizer is available at the welcome desk and guests are encouraged to use it when they arrive.
- Visitors are encouraged to wear a facemask, especially during social programs. However, masks are no longer required at the Rothesay HIVE.
- 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/



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.



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.

New Boardwalk on McKeever Lake Loop Trail at Wells Recreation Park!

Rothesay Parks and Recreation staff have been busy working on the boardwalk on the McKeever Lake Loop trail at Wells Recreation Park.



- ▶ We are happy to announce it is now complete and ready for your next hike! Stop by to check it out! Located at 75 French Village Road.

For more information about Rothesay Trails, visit:

www.rothesay.ca/recreation/trails/



FREE Sunset Yoga Sessions



- ▶ The final Sunset Yoga Sessions for 2021 will be on **Tuesday, September 21** from 6:15 to 7:00PM and 7:15 to 8:00PM. The Rothesay Recreation Department is hosting the **FREE** sunset yoga sessions with Yoga Haus at the Rothesay Common. Sessions are open to all and registration is **not** required.

For more information, please visit: <https://bit.ly/RothesaySunsetYoga>



“By all these lovely tokens, September days are here.
With summer’s best of weather and autumn’s best of cheer.”

— Helen Hunt Jackson (1892)



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
20 9:30AM 50+ Fitness® \$5 1:30PM Coffee & Chat	21 1:30PM Coffee & Chat 2:30PM Card/Board Games	22 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5 1:30PM Coffee & Chat	23 10AM Coffee & Chat 11AM Puzzles & Crosswords	24 11AM Latin Line Dancing® \$5 2:00PM Artful Friday®
27 9:30AM 50+ Fitness® \$5 1:30PM Coffee & Chat	28 1:30PM Coffee & Chat 2:30PM Card/Board Games	29 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5 1:30PM Coffee & Chat	30 10AM Coffee & Chat 11AM Puzzles & Crosswords	1 11AM Latin Line Dancing® \$5 1PM National Seniors Day Potluck & Celebration®

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.

ROTHESAY HIVE – SEPTEMBER 2021

HIVE Book Club (September 13) ®

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

September's Book: the Secret to Superhuman Strength, by Alison Bechdel

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.

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.

Coffee & Chat

Cost: FREE Program Length: 1 hour

Drop in to enjoy tea and coffee and socialize with other Rothesay HIVE visitors members. This is a great time to check out the HIVE Library. Stay tuned for announcements of special guests!

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.

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



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The Ketchums Sell Houses



Go Ahead Seniors



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