



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: November 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.

**Proof of Vaccination or Medical Exemption is REQUIRED for ALL PROGRAMS & ACTIVITIES. Face Masks are REQUIRED.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>11:30AM</b> Seniors Hockey <b>12:45PM</b> Seniors Skate	<b>2</b> <b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>3</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chat	<b>4</b>	<b>5</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>8</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>11:30AM</b> Seniors Hockey <b>12:45PM</b> Seniors Skate	<b>9</b> <b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>10</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chat	<b>11</b> <b>Remembrance Day</b> <b>Closed</b>	<b>12</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>15</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>11:30AM</b> Seniors Hockey <b>12:45PM</b> Seniors Skate	<b>16</b> <b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>17</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chat	<b>18</b>	<b>19</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>22</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>11:30AM</b> Seniors Hockey <b>12:45PM</b> Seniors Skate <b>1:30PM</b> Hive Book Club ®	<b>23</b> <b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>24</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chat	<b>25</b>	<b>26</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>29</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>11:30AM</b> Seniors Hockey <b>12:45PM</b> Seniors Skate	<b>30</b> <b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games			



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### HIVE Book Club (October 18) ®

**Cost:** FREE

**Program Length:** 1 hour

**Type:** 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.

### Coffee & Chat

**Cost:** FREE

**Program Length:** 1 hour

**Type:** Group Led

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!

### Card & Board Games

**Cost:** FREE

**Program Length:** 1.5 hours

**Type:** Group Led

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

### Hive Library (FREE) | Give a Book! Take a Book! Let's Swap!

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

### Rothesay Arena:

#### Seniors Hockey (Pickup)

**Cost:** FREE

**Program Length:** 1 hour

Mondays 11:30AM to 12:30PM at the Rothesay Arena.

#### Seniors Skate

**Cost:** FREE

**Program Length:** 1 hour

Mondays 12:45PM to 1:45PM at the Rothesay Arena.



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### 50+ Fitness ®

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

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

### Chair Yoga ®

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

Chair yoga is a form of yoga as therapy that is practiced sitting on a chair, or standing using a chair for support. Limited capacity.

### Flex & Flow ®

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

This standing cardio and strength training exercise class is 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 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

Dance routines are for beginner dancers. Smooth bottomed shoes are recommended for this class. Limited capacity.