



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

OCTOBER | 04.10.2021 |

October Newsletter

Fall has arrived in Rothesay! Make sure to enjoy the changing fall colours before they are gone. Check out the October Calendar on Page 3 & 4 for all the details on programs and activities happening at the Rothesay HIVE this month.

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.



Public Health Requirements - As of September 22, 2021

Please note the following public health requirements at the Rothesay HIVE, subject to change:

- Proof of vaccination or medical exemption is REQUIRED.
- Masks Requirement: Facemasks are REQUIRED at the Rothesay HIVE. Masks may be removed during physical fitness classes, or when eating / drinking as long as physical distancing is maintained.
- Registration is required for all programs marked with a: "R"
- Coffee & Chats, Card & Board Games, and Puzzles & Crosswords are drop-in programs that do not require registration, however visitors MUST sign-in at the welcome desk with proof of vaccination or medical exemption.
- Visitors are encouraged to practice physical distancing at all times.
- Hand sanitizer is available at the welcome desk.
- Visitors are encouraged to practice good personal hygiene (cough/sneeze in elbow, wash hands, use hand sanitizer 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. Your continued cooperation and patience 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.



2021 Rothesay Virtual Fall Speaker Series

▶ **Cost: FREE** **NO REGISTRATION REQUIRED**

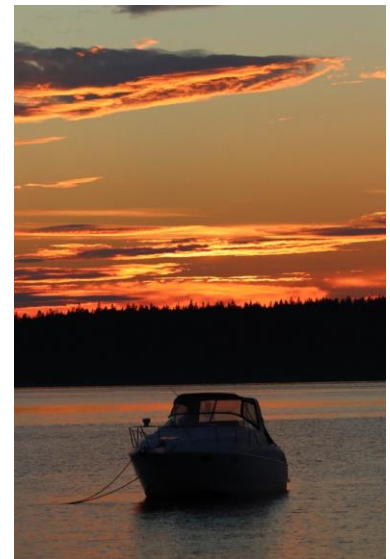
Rothesay in partnership with Go Ahead Seniors presents the 2021 Virtual Fall Speaker Series. Interviews will be available on the Rothesay Hive Facebook Group: www.facebook.com/groups/RothesayHive. View the full schedule on Page 5.



Winner of the 2021 Through the Lens Photo Contest!

A picture IS worth a thousand words! Thanks to everyone who submitted their beautiful photos in the 8th Annual Through the Lens Photo Contest. We received 42 spectacular photos of various places in Rothesay. They are a perfect reminder to take a moment to enjoy the beauty that surrounds us each and every day! Voting took place from August 27th to September 3rd and 1,085 “likes” were recorded.

We are pleased to announce the 2021 Through the Lens Photo Contest Winner is: Maddy Titus! Her photograph of a boat mooring at Renforth Wharf with a beautiful sunset lighting up the Kennebecasis River received 124 “likes”! Maddy Titus was recognized at the September 13th Council meeting.



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.



Social Supports NB

▶ Social Supports NB is a website created by the Government of New Brunswick that is helping seniors, their families and caregivers navigate and explore available government programs and services. Visit the website to learn more: <https://socialsupportsnb.ca/en/>



“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: October 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
				1 11AM Latin Line Dancing @ \$5
4 9:30AM 50+ Fitness @ \$5 11AM Chair Yoga @ \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	5 1:30PM Coffee & Chat 2:30PM Card/Board Games	6 11AM Flex & Flow @ \$5 12:30PM Sittercise @ \$5 1:30PM Coffee & Chat	7 10AM Coffee & Chat 11AM Puzzles & Crosswords	8 11AM Latin Line Dancing @ \$5
11 Thanksgiving Day – Closed 11:30AM Seniors Hockey 12:45PM Seniors Skate	12 1:30PM Coffee & Chat 2:30PM Card/Board Games	13 11AM Flex & Flow @ \$5 12:30PM Sittercise @ \$5 1:30PM Coffee & Chat	14 10AM Coffee & Chat 11AM Puzzles & Crosswords	15 11AM Latin Line Dancing @ \$5
18 9:30AM 50+ Fitness @ \$5 11AM Chair Yoga @ \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate 1:30PM Hive Book Club ®	19 1:30PM Coffee & Chat 2:30PM Card/Board Games	20 11AM Flex & Flow @ \$5 12:30PM Sittercise @ \$5 1:30PM Coffee & Chat	21 10AM Coffee & Chat 11AM Puzzles & Crosswords	22 11AM Latin Line Dancing @ \$5
25 9:30AM 50+ Fitness @ \$5 11AM Chair Yoga @ \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	26 1:30PM Coffee & Chat 2:30PM Card/Board Games	27 11AM Flex & Flow @ \$5 12:30PM Sittercise @ \$5 1:30PM Coffee & Chat	28 Closed	29 11AM Latin Line Dancing @ \$5

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.

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 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.

ROTHESAY HIVE – SEPTEMBER 2021

HIVE Book Club (October 18) ®

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

October's Book: Amazing Grace by Lesley Crewe

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!

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.

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Town of Rothesay



The Ketchums Sell Houses



Go Ahead Seniors



Java Moose



Rotary Club of Rothesay-Kings



Canadian Tire Rothesay



2021 ROTHESAY

VIRTUAL FALL SPEAKER SERIES



Rothesay in partnership with Go Ahead Seniors presents the 2021 *Virtual* Fall Speaker Series. Interviews will be available on the Rothesay Hive Facebook Group: www.facebook.com/groups/RothesayHive

Schedule & Speakers

- OCT 6** **AGE-FRIENDLY COMMUNITIES**
6:00PM Miriam Wells, *Age-Friendly Advisory Committee*
- OCT 13** **PUTTING THE GARDENS TO BED**
6:00PM Brian Pike, *Halifax Seed*
- OCT 20** **LEARNING ABOUT DYSLEXIA**
6:00PM Leslie Oland, *ACAM Learning Solutions*
- OCT 27** **FILE OF LIFE**
6:00PM Division Chief Boyle (*KVFD*) & Corporal Belliveau (*KRPF*)
- NOV 3** **RES COMMUNITY CONNECTION GARDEN**
6:00PM Becky McKay, *RES Greenhouse Committee*
- NOV 10** **FALL PREVENTION**
6:00PM Lori Patterson, *Horizon Health Network*



Phone: 506-799-9240

Email: KirstinDuffley@Rothesay.ca

Facebook: @RothesayHive

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



TAKE OUR SURVEY!

12 Questions = 12 Minutes

Are you:

- **Over the age of 50?**
- **A Rothesay Resident?**

If so, we want to hear from YOU!



The Rothesay Age-Friendly Advisory Committee is collecting information to identify the needs of seniors in the community and continuing Rothesay's Age-Friendly Community Designation. Your responses will help develop the Action Plan for the next three years.

Want to take part? Follow this link:
<https://forms.gle/DChQfcu3w3XepivG9>

OR Scan the QRCode to take the survey!



Submit before



**OCT 14
AT 12:00PM**

Paper copies of the survey are available upon request.
Please call (506) 799-9240 or email KirstinDuffley@Rothesay.ca.