



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

NOVEMBER | 01.11.2021 |

### November Newsletter

The crisp autumn air and changing colours of the trees are all around us in Rothesay! Make sure to enjoy the beautiful fall weather before the snow arrives. Check out the November 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.



#### Fall Back on November 7<sup>th</sup>!

Don't forget to change your clocks and check your batteries in smoke and carbon monoxide alarms this weekend! Time goes back 1 hour on Sunday, November 7<sup>th</sup> at 2:00am.



#### 2021 Rothesay Virtual Fall Speaker Series

**Cost: FREE NO REGISTRATION REQUIRED**

The 2021 Rothesay Virtual Fall Speaker Series continues into November with the final two sessions on November 3<sup>rd</sup> and 10<sup>th</sup>! Interviews are able to be viewed on the Rothesay Hive Facebook Group: [www.facebook.com/groups/RothesayHive](https://www.facebook.com/groups/RothesayHive). **View the full schedule on Page 5.**

#### Contact Us:



**Website:**

[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)



**Phone:**

506-799-9240



**Email:**

[kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)



**@RothesayHive:** [www.facebook.com/groups/RothesayHive/](https://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.



### 23<sup>rd</sup> Annual KV Santa Claus Parade

- ▶ The Towns of Rothsay and Quispamsis will be hosting the 23<sup>rd</sup> Annual KV Santa Claus Parade on Saturday, November 27<sup>th</sup>, 2021. The parade will commence at 6:00pm at KV High School and will travel along the Hampton Road to the Marr Road, Clark Road intersection. This year's parade theme is "A Superhero Christmas".

### File of Life



- ▶ File of Life is a free new resource for all residents of the Kennebecasis Valley. This program benefits everyone as medical emergencies can happen at any time to anyone. The File of Life is placed on your fridge for first responders to have instant access to invaluable information that could help save critical time during an emergency. Your latest medical information – including allergies, medications, emergency contact persons and more – all in one safe place in your own home. Kits can be picked up from the Rothsay Hive. For more information, please visit: [www.rothesay.ca/file-of-life/](http://www.rothesay.ca/file-of-life/)

### Rothsay Fall Clean-Up Week: November 8<sup>th</sup>-12<sup>th</sup>, 2021



- ▶ Organic Waste Pick-Up: All items must be placed curbside by 7:00am on Monday regardless of your scheduled pick-up day. This clean-up will be for the collection of leaves and yard waste for composting. Residents are encouraged to compost these materials on their own property for use in landscaping and gardening. If this is not appropriate or desirable the annual pickup provides an environmentally sound means of disposal. For more information, please visit: [www.rothesay.ca/fall-clean-up-week-2021/](http://www.rothesay.ca/fall-clean-up-week-2021/)

### KV Fire Department HomeSafe Check



- ▶ The **FREE** KVFD HomeSafe Program consists of voluntary home safety inspections and door-to-door smoke alarm checks. After a resident contacts the KVFD about a home inspection, an on duty crew of firefighters will visit their home and will follow a check list as they discuss fire hazards in and around the home and what changes can be made to minimize the risk.

Residents of the Kennebecasis Valley are encouraged to contact the KVFD about the Free HomeSafe Program, by phone: 506-848-6601 or email: [mboyle@kvfire.ca](mailto:mboyle@kvfire.ca)

“Autumn is a second spring when every leaf is a flower”  
— Albert Camus, *The Misunderstanding* (1942)





# ROTHESAY HIVE

## ACTIVITIES CALENDAR: November 2021

**Location:** Rothsay Town Hall, 70 Hampton Rd.  
 506-799-9240  
 kirstinduffley@rothesay.ca  
 www.rothesay.ca/recreation/rothesayhive  
 @RothsayHive

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

### 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 – NOVEMBER 2021

## HIVE Book Club (November 15) ®

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

**November's Book:** Still Life by Louise Penny

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.

## 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.

## 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.

## 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.

## Rothesay Area Seniors Hockey & Skate (FREE!)

**Seniors Hockey (Pickup):** 1 hour on Mondays from 11:30AM to 12:30PM at the Rothesay Arena.

**Seniors Skate:** 1 hour on Mondays from 12:45PM to 1:45PM at the Rothesay Arena.

# 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](https://www.facebook.com/groups/RothesayHive)

### Schedule & Speakers

---

**OCT 6 6:00PM** **AGE-FRIENDLY COMMUNITIES**  
Miriam Wells, *Age-Friendly Advisory Committee*

**OCT 13 6:00PM** **PUTTING THE GARDENS TO BED**  
Brian Pike, *Halifax Seed*

**OCT 20 6:00PM** **LEARNING ABOUT DYSLEXIA**  
Leslie Oland, *ACAM Learning Solutions*

**OCT 27 6:00PM** **FILE OF LIFE**  
Division Chief Boyle (*KVFD*) & Corporal Belliveau (*KRPF*)

**NOV 3 6:00PM** **RES COMMUNITY CONNECTION GARDEN**  
Becky McKay, *RES Greenhouse Committee*

**NOV 10 6:00PM** **FALL PREVENTION**  
Lori Patterson, *Horizon Health Network*



**Phone:** 506-799-9240  
**Email:** [KirstinDuffley@Rothesay.ca](mailto:KirstinDuffley@Rothesay.ca)  
**Facebook:** @RothesayHive  
**Website:** [www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)



# NEED HELP WITH YOUR FALL CHORES?

The Rotary Club of Rothesay-Kings is volunteering their time to help **older adults (50+) in Rothesay** who need assistance with their outdoor fall chores.

## **Do you need assistance with any of the following?**

- raking leaves,
- putting gardens to bed for the winter,
- planting bulbs,
- changing outdoor lightbulbs,
- minor repairs.

If so, please reach out to the Rotary Club, and include: your full name and phone number in the message.

**Email:** rothesaykingsrotary@gmail.com

**Phone:** (506) 639-2484