



ROTHESAY HIVE

ACTIVITIES CALENDAR: January 2022

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
3 Closed for the Holidays	4 10AM Bridge Lessons ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	6	7 11AM Latin Line Dancing ® \$5
10 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	11 10AM Bridge Lessons ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	12 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	13 10AM Mahjong Lessons ® 2:00PM Résumé Writing Workshop ®	14 11AM Latin Line Dancing ® \$5
17 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	18 10AM Bridge Lessons ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	19 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	20 10AM Mahjong Lessons ®	21 11AM Latin Line Dancing ® \$5
24 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate 1:30PM Hive Book Club ®	25 10AM Bridge Lessons ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	26 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	27 10AM Mahjong Lessons ® 2:00PM Résumé Writing Workshop ®	28 11AM Latin Line Dancing ® \$5
31 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	Rothesay HIVE Membership 2022 - \$25 prorated In order to participate in all Rothesay Hive activities please complete the Membership Form (available on our website or at the Rothesay HIVE). <i>Unsure about a membership?</i> Test it out with our 3-visit trial! Contact us to learn more.			



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***NEW* Bridge Lessons** ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Register for this four-week class for beginners to learn the game of Bridge starting on January 4th. Limited class capacity.

***NEW* Mahjong Lessons** ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Register for this three-week class for beginners to learn the game of Mahjong starting on January 13th. Limited class capacity.

***NEW* Résumé Writing Workshop** ®

Cost: No Charge

Program Length: 1 hour

Type: Instructor Led

Are you considering a career change or part-time work after retirement? Katlyn Boucher from the KV Work Room wants to help you! The Résumé Writing Workshop will show you the many tricks to avoid ageism in the hiring process and ways to highlight skills needed for a new position. Limited class capacity. Registration Required. Class offered only on January 13th and 27th.

HIVE Book Club ®

Cost: No Charge

Program Length: 1 hour

Type: Group Led

The HIVE Book Club meets monthly to discuss the last book read and decide the next book to read. Members are responsible for obtaining their own copy of each book. Tea and coffee provided. Limited capacity.

Hive Library | 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 at no charge.

Coffee & Chat

Cost: No Charge

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.

Card & Board Games

Cost: No Charge

Program Length: 1 hour

Type: Group Led

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



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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 their strength and balance with complete 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.

Rothesay Arena:

For more information visit: www.rothesay.ca/recreation/facilities/rothesay-arena/

Seniors Hockey (Pickup)

Cost: No Charge **Program Length:** 1 hour
Every Monday 11:30AM to 12:30PM at the Rothesay Arena.

Seniors Skate

Cost: No Charge **Program Length:** 1 hour
Every Monday 12:45PM to 1:45PM at the Rothesay Arena.