



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

DECEMBER | 01.12.2021 |

December Newsletter

The Holidays are fast approaching and the Rothesay HIVE looks forward to welcoming you. In this newsletter, you will find the December 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.

Winter Storm Policy

To ensure safety during the winter months, when schools in Rothesay are closed due to a storm or bad road conditions, the Rothesay HIVE will close for the day. All registered participants will be contacted by email or phone and a notice will be posted to the Rothesay HIVE Facebook Group if the Rothesay HIVE closes for the day.

Holiday Craft (December 16) ®

Cost: \$5 **Program Length:** 1 hour **Type:** Instructor Led

Let's make a Holiday Craft together! You will be guided by an instructor on how to make a Snowman salt shaker decoration similar to the photo included. This cute holiday craft will be a lovely addition to your home's decorations or as a gift to someone special. Holiday treats, tea and coffee provided. **Limited capacity and registration required.**



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.

Emergency Alert System (Sentinel)



The Emergency Alert Service is offered by Rothesay to quickly notify residents, by email or phone, of a potential emergency such as flooding, fire, a boil water order or other similar events. In order to receive notification through this service, you will need to register online using the link below. Please contact Rothesay Town Hall at (506) 848-6600 for additional information.

If you know of someone who would like to register for this service, but does not have internet access, registration forms can be obtained from the following locations:

- Rothesay Town Hall (70 Hampton Road, Rothesay, NB E2E 5L5)
- Kennebecasis Public Library (1 Landing Court, Quispamsis, NB E2E 4R2)
- Download the pdf form from the link below.

You can register here: <https://ecc.sentinel systems.ca/selfsub/?c=rothesay>

2021-2022 Seniors' Directory



The Human Development Council have put together the 2021-2022 Seniors' Directory with information about many programs, services, and opportunities in the Greater Saint John Area for seniors. You can view the PDF version of directory online by following this link, or you can pick up a paper copy at the Rothesay HIVE.

<https://sjhdc.ca/.../09/2021-Seniors-Directory.-FINAL.pdf>

Survey:



The CIHR Institute of Aging is currently developing a new Strategic Plan for 2022-2029. This plan will outline a new vision and goals that will help set future priorities for research on aging in Canada. Add your voice in the development of their new strategic plan by responding to their survey before December 20: <https://tinyurl.com/4m57knvt>



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

— Edith Sitwel, *Taken Care Of: An Autobiography* (2011)



ROTHESAY HIVE

ACTIVITIES CALENDAR: December 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 Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	2	3 11AM Latin Line Dancing ® \$5
6 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	7 1:30PM Coffee & Chat 2:30PM Card/Board Games	8 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	9	10 11AM Latin Line Dancing ® \$5
13 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate	14 1:30PM Coffee & Chat 2:30PM Card/Board Games	15 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	16 3:30PM Holiday Craft ® \$5	17 11AM Latin Line Dancing ® \$5
20 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 11:30AM Seniors Hockey 12:45PM Seniors Skate 1:30PM Hive Book Club ®	21 1:30PM Coffee & Chat 2:30PM Card/Board Games	22 Closed for the Holidays Reopening: January 4 th	23 Closed for the Holidays	24 Closed for the Holidays
27 Closed for the Holidays	28 Closed for the Holidays	29 Closed for the Holidays	30 Closed for the Holidays	31 Closed for the Holidays

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 – DECEMBER 2021

HIVE Book Club ®

Cost: FREE **Program Length:** 1 hour **Instructor:** 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.**

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.

Rothsay 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



Java Moose



The Ketchums Sell Houses



Rotary Club of Rothesay-Kings



Go Ahead Seniors



Canadian Tire Rothesay