



ROTHESAY HIVE

ACTIVITIES CALENDAR: February 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
	1	2	3	4
			6:00PM Virtual Winter Speaker Series	
7	8	9	10	11
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5	10AM Bridge Lessons ® 2:30PM Card/Board Games ®	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	10AM Mahjong Lessons ® 6:00PM Virtual Winter Speaker Series	11AM Latin Line Dancing ® \$5
14	15	16	17	18
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5	10AM Bridge Lessons ® 2:30PM Card/Board Games ®	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	10AM Mahjong Lessons ® 6:00PM Virtual Winter Speaker Series	11AM Latin Line Dancing ® \$5
21	22	23	24	25
CLOSED: FAMILY DAY	10AM Bridge Lessons ® 2:30PM Card/Board Games ®	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	10AM Mahjong Lessons ® 6:00PM Virtual Winter Speaker Series	11AM Latin Line Dancing ® \$5 2:30PM Résumé Writing Workshop ®
28		Rothesay HIVE Membership 2022 - \$25 prorated (February Amount: \$23) 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 beginners class to learn the game of Bridge starting on February 8th. Limited capacity.

***NEW* Mahjong Lessons** ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Register for this beginners class to learn the game of Mahjong starting on February 10th. Limited 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 capacity.

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. 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.

Card & Board Games ®

Cost: No Charge

Program Length: 1.5 hours

Type: Group Led

During Alert Level 2, registration will be **required** to attend the Card and Board Games. Register to play various card and board games such as cribbage, phase 10, Scrabble and more! Limited capacity.

Coffee & Chat

Notice: During Alert Level 2, there will be **no** Coffee & Chat drop-ins.



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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.

Virtual Winter Speaker Series

Cost: No Charge – No Registration Required

Rothesay in partnership with Go Ahead Seniors present the 2022 Virtual Winter Speaker Series. The speaker sessions will take place online during Fundy Winterfest on Thursday evenings at 6:00pm from February 3rd – March 10th. The sessions will be posted to the Rothesay Hive Facebook group: www.facebook.com/groups/RothesayHive