



ROTHESAY HIVE

ACTIVITIES CALENDAR: March 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. Masks are REQUIRED.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|-------------------------------------|
| | 1 1:30PM Coffee & Chats 2:30PM Card/Board Games | 2 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats | 3 10AM Mahjong Lessons ® 6:00PM Virtual Winter Speaker Series | 4 11AM Latin Line Dancing ® \$5 |
| 7 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ® | 8 1:30PM Coffee & Chats 2:30PM Card/Board Games | 9 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats | 10 10AM Mahjong Lessons ® 6:00PM Virtual Winter Speaker Series | 11 11AM Latin Line Dancing ® \$5 |
| 14 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ® | 15 1:30PM Coffee & Chats 2:30PM Card/Board Games | 16 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats | 17 10AM Mahjong Lessons ® 2:00PM St. Patrick's Day Celebration ® | 18 11AM Latin Line Dancing ® \$5 |
| 21 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ® | 22 1:30PM Coffee & Chats 2:30PM Card/Board Games | 23 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats | 24 1:30PM Book Club ® | 25 11AM Latin Line Dancing ® \$5 |
| 28 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ® | 29 1:30PM Coffee & Chats 2:30PM Card/Board Games | 30 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats | 31 | |



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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 March 3rd. Limited capacity.

***NEW* Mahjong Games** ®

Cost: No Charge

Program Length: 2 hours

Type: Group Led

Register to play the game of Mahjong with other Rothesay Hive members. Limited capacity.

St. Patrick's Day Celebration ®

Cost: No Charge

Program Length: 1 hour

Type: Social

Come celebrate St. Patrick's Day at the Rothesay Hive! Registration Required. Limited capacity. More information to come!

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**.

Coffee & Chat

Cost: No Charge

Program Length: 1 hour

Type: Social

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. Stay tuned for announcements of special guests who will be joining us!

Card & Board Games ®

Cost: No Charge

Program Length: 1.5 hours

Type: Group Led

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

Bridge Lessons (Waitlist) ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Interested in learning how to play Bridge? Get added to the waitlist to learn when the next class of instructions will be offered in the future.



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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 last two speaker sessions will take place online Thursday evenings at 6:00pm on March 3rd and 10th. The sessions will be posted to the Rothesay Hive Facebook group:

www.facebook.com/groups/RothesayHive