



ROTHESAY HIVE

ACTIVITIES CALENDAR: April 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 11AM Latin Line Dancing ® \$5
4 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	5 1:30PM Coffee & Chats 2:30PM Card/Board Games	6 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	7	8 11AM Latin Line Dancing ® \$5
11 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	12 1:30PM Coffee & Chats 2:30PM Card/Board Games	13 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	14	15 CLOSED GOOD FRIDAY
18 CLOSED EASTER MONDAY	19 1:30PM Coffee & Chats 2:30PM Card/Board Games	20 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	21 1:30PM Book Club ®	22 11AM Latin Line Dancing ® \$5  EARTH DAY
25 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	26 1:30PM Coffee & Chats 2:30PM Card/Board Games	27 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats 2:00PM FCNB Presentation: Stay Out of Fraud's Reach®	28	29 11AM Latin Line Dancing ® \$5



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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.

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, Yahtzee and more! Tea and coffee provided.

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**.

Bridge Lessons (Waitlist) ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Interested in learning how to play Bridge? Be added to the waitlist to learn when the next session of lesson will be offered in the future.

Mahjong Lessons (Waitlist) ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Interested in learning how to play Mahjong? Be added to the waitlist to learn when the next session of lessons 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.

NEW FCNB Presentation: Stay Out of Fraud's Reach ®

Cost: No Charge **Program Length:** 1 hour **Presenter:** Lisa Legere, Financial and Consumer Services Commission of NB

Frauds and scams come in many different forms, so they can sometimes be difficult to spot. Attendees will be able to protect themselves by learning about: common types of frauds and scams, spotting the red flags of fraud, recognizing signs of financial abuse, and reporting frauds and scams.