



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MARCH | 02.03.2022 |

March Newsletter

March has so much to celebrate – St. Patrick’s Day, Women’s History Month, and more. The days are getting longer, the sun is getting warmer, and soon spring will be in the air! In this newsletter, you will find the March Activities Calendar on Page 3 & 4 for all the details on programs, events, 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.

Spring Forward on March 13th!

Don't forget to change your clocks and check the smoke and carbon monoxide alarm batteries this month! Time goes ahead one hour on Sunday, March 13th at 2:00 a.m.







File of Life

File of Life is a free resource for all residents of the Kennebecasis Valley. The File of Life is placed on your fridge for first responders to have instant access to invaluable information that could help save critical time during an emergency at your home.

Kits can be picked up from the Rothesay Hive. For more information, please visit: www.rothesay.ca/file-of-life/

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.



St. Patrick's Day Celebration ®

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

When: March 17th at 2:00pm at the Rothesay Hive.

2022 Virtual Winter Speaker Series

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. The sessions will be posted to the Rothesay Hive Facebook group and no registration is required.

- **March 3:** Explore the Winter Rivers & Trails, Sean Creary, Owner of River & Trail Outdoor Company
- **March 10:** The NB HEARS Study, Danielle Kent, Gail Dornan, & Angela Ryan, Loch Lomond Villa Research Team

International Women's Day Celebration

- The Towns of Rothesay and Quispamsis invite you to attend the annual International Women's Day celebration on Tuesday, March 8th at 11:45am – 1:00pm. This year's event will feature award-winning soprano and NB native, Measha Brueggergosman!

There is the option to attend the event in-person or virtually. There are a limited number of spaces for people to attend the event at the Quispamsis Town Hall. Please email: mchilds@quispamsis.ca to secure your spot. For those who wish to attend virtually, please register at this link: <https://bit.ly/3pvstAj>



Rothesay's NEW Quarterly E-Newsletter

- ▶ The town of Rothesay has a new quarterly e-newsletter for Rothesay news, events, and more directly to your inbox! You can subscribe to receive the electronic newsletter by visiting: <https://mailchi.mp/rothesay/r-insider>

“We must open the doors and we must see to it they remain open, so that others can pass through.”

— Rosemary Brown, *Canadian Politician & Activist*





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	

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 – FEBRUARY 2022

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.**

HIVE Book Club ®

Cost: No Charge **Program Length:** 1 hour **Type:** Group Led

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. **Limited capacity.**

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.

Mahjong Lessons ®

Cost: No Charge **Program Length:** 2 hours **Type:** Instructor Led

Register for this beginners class to learn the game of Mahjong. **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.**

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. **Limited capacity.**

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Town of Rothesay



The Ketchums Sell Houses



Go Ahead Seniors



Java Moose



Rotary Club of Rothesay-Kings



Canadian Tire Rothesay