



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: May 2022

**Location:** Rothesay Town Hall, 70 Hampton Rd.

506-799-9240

kirstinduffley@rothesay.ca

www.rothesay.ca/recreation/rothesayhive

@RothesayHive

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11:00AM</b> Chair Yoga ® \$5 <b>2:00PM</b> Mahjong Games ®	<b>3</b> <b>1:30PM</b> Coffee & Chats <b>2:30PM</b> Card/Board Games	<b>4</b> <b>1:30PM</b> Coffee & Chats <b>2:00PM</b> FCNB Presentation: Stay Out of Fraud's Reach®	<b>5</b>	<b>6</b>
<b>9</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11:00AM</b> Chair Yoga ® \$5 <b>2:00PM</b> Mahjong Games ®	<b>10</b> <b>1:30PM</b> Coffee & Chats <b>2:30PM</b> Card/Board Games	<b>11</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chats	<b>12</b>	<b>13</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>16</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11:00AM</b> Chair Yoga ® \$5 <b>2:00PM</b> Mahjong Games ®	<b>17</b> <b>1:30PM</b> Coffee & Chats with KVFD & KRPF <b>2:30PM</b> Card/Board Games	<b>18</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chats	<b>19</b> <b>1:00PM</b> Garden Club ®	<b>20</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>23</b> <b>Rothesay HIVE's B-Day</b> <b>Victoria Day</b> <b>CLOSED</b>	<b>24</b> <b>1:30PM</b> Coffee & Chats <b>2:30PM</b> Card/Board Games	<b>25</b> <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chats	<b>26</b> <b>1:30PM</b> Book Club ®	<b>27</b> <b>11AM</b> Latin Line Dancing ® \$5
<b>30</b> <b>9:30AM</b> 50+ Fitness ® \$5 <b>11:00AM</b> Chair Yoga ® \$5 <b>2:00PM</b> Mahjong Games ®	<b>31</b> <b>1:30PM</b> Coffee & Chats with Parkland in the Valley <b>2:30PM</b> Card/Board Games			



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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.

### 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.

**May 17:** Members from the Kennebecasis Valley Fire Department and Kennebecasis Regional Police Force will be stopping in for a chat!

**May 31:** Christine McGee from Parkland in the Valley will be joining us for the Coffee and Chat.

### 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 Meeting ®

**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.

### 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 includes warm up stretching, use of exercise balls, resistance bands and hand-held weights.

### **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.

### **Flex & Flow** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**Instructor:** Deby Siemens

This standing cardio and strength training exercise class will use exercise balls, resistance bands and hand-held weights.

### **Sittercise** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**Instructor:** Deby Siemens

Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and small hand-held weights.

### **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 as the floors are carpeted.

### **FCNB: Stay out of Fraud's Reach** ®

**Cost:** No Charge

**Program Length:** 1 hour

**Type:** Presentation

Learn how to protect yourself 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.

### **\*NEW\* Garden Club Meeting** ®

**Cost:** No Charge

**Program Length:** 1 hour

**Type:** Group Led

Garden enthusiasts are encouraged to register for the Garden Club to connect and garden together, improve their green thumb, and grow something new. The Garden Club will plan, plant, tend, and harvest a plot at the Scribner Community Garden from May until October.