



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

APRIL | 06.04.2022 |

### April Newsletter

Spring has officially arrived, although the weather is still showing signs of winter the birds are back and soon, we will see the flowers popping out of the ground. In this newsletter, you will find the April 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.

#### **FCNB Presentation: Stay Out of Fraud’s Reach**®

Frauds and scams come in many different forms, so they can sometimes be difficult to spot. Register for this presentation to learn how to be able 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.

**Date:** Wednesday, April 27, at 2:00PM.

**Presenter:** Lisa Legere, Financial and Consumer Services Commission of New Brunswick.

#### **Rothesay HIVE Trial Card**


Are you unsure about becoming a Rothesay HIVE Member? Test it out with our trial period!

Guests may participate in the activities of the Rothesay HIVE for up to three visits without taking out a membership. Including any programs and events that require registration. After which, they must become a member to continue to access services and programs.

Contact the Age Friendly Coordinator to learn more!

#### Contact Us:

 **Website:** [www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)

 **Phone:** 506-799-9240

 **Email:** [kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)

 **@RothesayHive:** <http://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.

### Rothesay's Spring Clean Up Weeks 2022

All items must be placed curbside by 7:00am on Monday regardless of your scheduled pick-up day.

#### Solid Waste Pick-Up – Monday, May 16th, 2022



- Items must be tied in manageable bundles, weighing no more than 40lbs.
- Junked car parts or batteries, appliances, paints/solvents, hazardous waste, containers from hazardous products and other similar items will NOT be accepted.

#### Organic Waste Pick-Up – Monday, May 23rd, 2022 (Victoria Day)

- Pick-up will begin on Monday, May 23, even though it is a holiday.
- Leaves, grass clippings, & bundled twigs with twine no longer than 4ft and weighing no more than 40lbs. No trees larger than 4 inches in diameter.
- Residents are required to use compostable bags, non-waxed cartons, or garbage cans that can be easily emptied into the trucks.
- Please DO NOT use your compost cart for this pick-up.

### KRPF Warns about a Spike in Frauds



The Kennebecasis Regional Police Force wants to warn the public about a recent spike in frauds in which a citizen is contacted by a “lawyer” reporting to be representing a loved one who has been arrested and needs money sent right away to secure their release. In most of these cases, the “lawyer” has someone speak to the victim over the phone pretending to be their loved one. The victim is then asked to send a large amount of cash by courier to various addresses in Quebec. The victim is also told to lie about the reason for the cash withdraw if their bank raises concerns about why they are withdrawing so much money. Please be aware that it is never a good idea to send cash to anyone by courier, and that no reputable person would ever ask for this. If you are concerned that you may at risk of being scammed, please consult with local police, or visit the Canadian Anti-Fraud Centre at: [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

### Volunteer Tax Clinic in Rothesay



- ▶ The St. Paul's Anglican Church Free Tax Clinic is open every Tuesday from 9:00am to 3:00pm until April 26<sup>th</sup>, 2022. They are located at 4 Church Avenue, Rothesay NB (Wheelchair Accessible). You can reach them by phone at: (506) 847-1812.



“The older I grow the more do I love spring  
and spring flowers. Is it so with you? ”

— Emily Dickinson, *American Poet*



# 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

### 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: ACTIVITIES CALENDAR

## 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.

## 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.

## Mahjong Games ®

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

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

## 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.

## 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 lessons will be offered in the future.

# THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Town of Rothesay



The Ketchums Sell Houses



Go Ahead Seniors



Java Moose



Rotary Club of Rothesay-Kings



**Parkland**  
RETIREMENT LIVING  
IN THE VALLEY

Parkland in the Valley



# ROTHESAY HIVE GARDEN CLUB

**The Rothesay HIVE now has a plot at the Scribner Community Garden which will be tended by our new GARDEN CLUB!**

The Garden Club is an opportunity for garden enthusiasts to connect and garden together, improve their green thumb, and grow something new!

Register to participate in the new Garden Club or volunteer to be our Worker Bee Leader! The Garden Club will plan, plant, tend, and harvest the plot from May until October. No extra fees, all tools provided, all you need is a passion for gardening!

## **WORKER BEE LEADER ROLE:**

The Worker Bee will be our volunteer leader and organizer of the Garden Club.

Learn more by contacting the Age Friendly Coordinator!



## **JOIN THE GARDEN CLUB TODAY!**

**MAY - OCTOBER**

**GROUP LEAD**

**TOOLS PROVIDED  
NO CHARGE**

REGISTER BY CALLING: 506-799-9240 OR  
EMAILING: [KIRSTINDUFFLEY@ROTHESAY.CA](mailto:kirstinduffley@rothesay.ca)  
PLEASE INDICATE IF YOU WOULD BE INTERESTED IN  
BEING THE WORKER BEE LEADER!