



ROTHESAY HIVE

ACTIVITIES CALENDAR: June 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	2	3
		1:00PM – 3:00PM Rothesay's Age Friendly Celebration – Open House	10:00AM Future Engage ® (SJ Newcomers Centre Program)	11AM Latin Line Dancing ® \$5
6	7	8	9	10
9:30AM 50+ Fitness ® \$5 2:00PM Mahjong Games ®	9:30AM Tai Chi ® 1:30PM Coffee & Chats 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	10:00AM Future Engage ® (SJ Newcomers Centre Program)	11AM Latin Line Dancing ® \$5
13	14	15	16	17
9:30AM 50+ Fitness ® \$5 2:00PM Mahjong Games ®	9:30AM Tai Chi ® 1:30PM Coffee & Chats with 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	10:00AM Future Engage ® (SJ Newcomers Centre Program) 1:00PM Garden Club ®	11AM Latin Line Dancing ® \$5
20	21	22	23	24
9:30AM 50+ Fitness ® \$5 2:00PM Mahjong Games ®	First Day of Summer 9:30AM Tai Chi ® 1:30PM Coffee & Chats 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	10:00AM Future Engage ® (SJ Newcomers Centre Program) 1:30PM Book Club ®	11AM Latin Line Dancing ® \$5
27	28	29	30	
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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.

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 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.

Program Offered by the Saint John Newcomers Centre:

***NEW* SJNC: Future Engage** ® **Cost:** No Charge **Program Length:** 2 hours **Type:** Coordinator Led

A new weekly Seniors and Youth Engagement Project that will create intergenerational connections. Register by contacting Doaa Higazy, from the Saint John Newcomers Centre, by email: Doaa.Higazy@sjnewcomers.ca or call: (506) 721-1325.



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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.

NEW Tai Chi – Outdoors! ®

Cost: No Charge

Program Length: 1 hour

Instructor: Xin Xin

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. It helps reduce stress and anxiety and increase flexibility and balance. This class will be held at the Rothesay High School Soccer Field (61 Hampton Rd, Rothesay, NB).

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.

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.

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.



YOU'RE INVITED!

Rothesay's Age Friendly Celebration



**70 Hampton Road, Rothesay
Wednesday, June 1, 2022
1:00pm - 3:00pm**

***Celebrating the Renewal of Rothesay's Designation as an
Age Friendly Community & Three Years of the Rothesay Hive!***

Please join us on June 1 for an open house from 1:00pm to 3:00pm to celebrate the renewal of Rothesay's designation as an Age Friendly Community, in conjunction with the celebration of the Rothesay Hive's third year of operation.

The age friendly celebration will be hosted both indoors and outdoors and will include refreshments, music performed by students from Rothesay High School, lawn games, and more. All are welcome to attend to celebrate these age friendly milestones! Masks are encouraged while inside the Rothesay Hive and Rothesay Town Hall.

The Rothesay Hive opened on May 23, 2019, as a gathering place to nurture the health and well-being of adults (50+) through a hub of activities that focus on socialization, connection, health and wellness, intergenerational programming, lifelong learning and outreach. The Rothesay Hive currently offers a variety of activities and opportunities, including fitness classes, a Book Club, cards and board games, Mahjong Lessons, a Garden Club, and more!

Parking: 70 Hampton Road, Rothesay NB. Spaces are very limited at the Town Hall parking lot due to business operations. If able, please park across the street. There is a well-marked crosswalk.

Accessibility: Accessible parking spots are located in the Town Hall parking lot. The Rothesay Hive is an accessible facility.

Get in touch



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