



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MAY | 04.05.2022 |

### May Newsletter

April's showers have brought in May's flowers, here is hoping for more sunny weather ahead! In this newsletter, you will find the May 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 (50+) through a hub of activities that focus on socialization, connection, health and wellness, intergenerational programming, lifelong learning, and outreach.



#### Coffee & Chats Special Guests!

Drop in on Tuesdays and Wednesdays at 1:30pm to enjoy tea and coffee and socialize with other Rothesay Hive members and our special guests!

**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.



#### Rothesay Hive Turns 3!

Did you know that the Rothesay Hive first opened its doors on **May 23, 2019**?

2022 marks our third year of operation, during which we have remained committed to our mission to make the Rothesay Hive a gathering place to nurture the health and well-being of adults (50+).

**View your invitation to celebrate on Page 5...**

### 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/>



## Rothsay HIVE Newsletter Bulletin Board

Here is where you can find information about programs, events and services that are available at the Rothsay HIVE, in our community, and across Canada.

### Need Help with Spring Chores?



The Rotary Club of Rothsay Kings is volunteering their time to help older adults (50+) in Rothsay who need assistance with their outdoor spring chores, including lawn clean-up and raking leaves, preparing gardens and flower beds, planting bulbs, changing outdoor lightbulbs, bringing items to the curb for collection, and minor repairs.

**Reach out to the Rotary Club to book an appointment for the weekend and include:** your full name and phone number in the message. Interested in Volunteering? Reach out to learn more!

**Email:** [rothesaykingsrotary@gmail.com](mailto:rothesaykingsrotary@gmail.com) **OR Phone:** (506) 639-2484

### Walk for Alzheimer's: Walk Your Trail Challenge



The Alzheimer Society of New Brunswick (ASNB) is hosting a Walk for Alzheimer's during the month of May. Approximately 15,000 people in our province are living with Alzheimer's or another form of dementia.

The funds raised are used by the ASNB to provide direct contact with families through their First Link Support program, to ensure they are not alone on their difficult journey, provide invaluable guidance in navigating resources, and sometimes just be a kind human willing to listen.

The ASNB has made it easy for you to register, be involved or donate. Simply go to [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca) to register and a walk package will be sent to you.

### 9<sup>th</sup> Annual Through the Lens Photo Contest



Time to show us your favorite spot in Rothsay (that you are willing to share) through the lens of your camera. Send your shots of spring, summer, fall, winter – makes no difference – we will take them all! Please read the full contest details prior to entering: [www.rothesay.ca/recreation/seasonal-programs/through-the-lens/](http://www.rothesay.ca/recreation/seasonal-programs/through-the-lens/)

**Submission Deadline:** August 24<sup>th</sup>, 2022

"I can't change the direction of the wind,  
but I can adjust my sails to always reach my destination."

— Jimmy Dean, American Country Music Singer (1987)





# 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

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

### 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.

# ROTHESAY HIVE: ACTIVITIES CALENDAR

## 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.

## 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



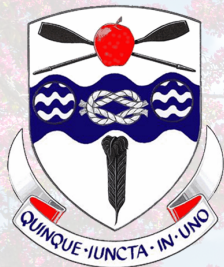
Rotary Club of Rothesay-Kings



**Parkland**  
RETIREMENT LIVING  
IN THE VALLEY

Parkland in the Valley





ROTHESAY



# ***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.

**VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT MEMBERSHIPS & PROGRAMS:**  
[WWW.ROTHESAY.CA/RECREATION/ROTHESAY-HIVE/](http://WWW.ROTHESAY.CA/RECREATION/ROTHESAY-HIVE/)

**FIND US ON FACEBOOK TO KEEP IN TOUCH:**  
[WWW.FACEBOOK.COM/GROUPS/ROTHESAYHIVE/](https://WWW.FACEBOOK.COM/GROUPS/ROTHESAYHIVE/)

Get in touch



1-506-799-9240



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



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