



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JUNE | 06.06.2022 |

### June Newsletter

June 1<sup>st</sup> was Intergenerational Day in Canada and the Rothesay Hive celebrated both the renewal of Rothesay's Age Friendly Community Designation and the third year of operation of the Rothesay Hive. Thank you to everyone who joined us for the celebration! In this newsletter, you will find the June 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.



#### Tai Chi Tuesdays

Thanks to our sponsors, the Rothesay Hive is offering Tai Chi classes during the summer for **NO CHARGE!** These classes are for older adults 50+ and will be held outdoors.

**When:** Tuesdays at 9:30AM

**Where:** Rothesay High School Soccer Field

**Registration Required.**



#### UNB CELLab: Band-Frail Program

The University of New Brunswick CELLab is providing a **FREE** 16-week exercise and education community program for those aged 65+ living with Type 2 diabetes. This program was developed by expert researchers at UNB and Diabetes Canada, and they are looking for participants in Rothesay and the surrounding area!

If this interests you - or someone close to you - contact the UNB CELLab at **506-458-7034** or [cellab@unb.ca](mailto:cellab@unb.ca)!

#### 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.



### KV Walker's 12 Weeks / 12 Walks (June 6)

- ▶ The KV Walkers are hosting their 12 Weeks / 12 Walks again this summer starting on Monday, June 6<sup>th</sup> at the Wells Recreation Park Trail at 6:30PM (75 French Village Road). Join the KV Walkers this summer to explore and learn new trails in our beautiful Kennebecasis Valley on Monday Evenings. No Charge and **No Registration Required**.



### Future Engage (Every Thursday!)

- ▶ Seniors and youth will be able to spend time together either virtually or in-person in the Rothesay Hive, located in Rothesay Town Hall every Thursday from 10:00am – 12:00pm. Each week there will be an activity to participate in, including card games, chess competition, Multicultural Day, digital literacy training, craft sessions, painting classes, historical trips, and much more. All required material will be provided. Limited number of electronic devices will be provided if needed.

**Contact:** Doaa Higazy, Phone: (506) 721-1325, Email: [doaa.higazy@sjnewcomers.ca](mailto:doaa.higazy@sjnewcomers.ca)



### Walk N Talk with David Goss (June 7)

- ▶ Join David Goss on Tuesday, June 7<sup>th</sup> at 7:15pm at the Bill McGuire Centre (95 James Renforth Drive). The Walk is approximately 2km long and will conclude in 1.5 hours or less. If the weather is questionable, a recorded message will be available at: 672-8601 one hour before the event is scheduled with information.

**"ROTHESAY SUMMERS OF THE PAST"** Using a town trail, the joys of summer long ago along the Kennebecasis will be recounted. Sponsored by the town of Rothesay. No Charge and No Registration Required. Need more information? [gosswalk@nbnet.nb.ca](mailto:gosswalk@nbnet.nb.ca)



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

- ▶ Time to show us your favorite spot in Rothesay (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

"Connecting with others gives us a sense of inclusion, connection, interaction, safety, and community."

— Susan C. Young





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

### 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.

### Tai Chi Tuesdays ®

**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.

# 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



Rothesay







**Are you supporting a senior who is aging at home?**

**WE ARE LOOKING FOR YOU!**

Many informal caregivers (family and friends) feel anxious and unprepared to care for a senior who is aging at home.

**Let us support you and help you to successfully navigate services to help your loved one to age in place!**

12-hour workshops are being offered from August 2022 to January 2023, teaching you practical skills for accessing, navigating, and organizing care and services for your loved ones.

As part of a research study, you may be eligible to participate in a workshop that will be held in your local community center or long-term care facility. We will be in:

**Sussex, Hampton, Rothesay, Quispamsis,**

**Saint John, Grand Bay-Westfield, St. Andrews, and St. Stephen.**

Workshops are organized by Licensed Practical Nurses from the New Brunswick Community College, to help you learn what you need in a safe, supported, and comfortable group atmosphere.

**WORKSHOP REGISTRATION IS AT NO COST TO YOU!**

**For more information**

call Stephanie Mason at 647-5190 (if no answer, please leave a message and we will call you back) or email at [Stephanie.Mason@nbcc.ca](mailto:Stephanie.Mason@nbcc.ca)

\*Note: Virtual options are available to those who cannot attend in person

**Bill McGuire Memorial Centre  
95 James Renforth Drive, Rothesay NB  
August 22, 23, 24 and 25, 2022**



It's time to hit the trails around us and explore our beautiful Kennebecasis Valley. Join KV WALKERS this summer on our Monday evening walks (6:30pm) to explore existing trails and to meet others along the way. We are a volunteer-led group that promotes healthy outdoor walks. Everyone is welcome and it's free of charge – choose your pace and bring along a friend. Most walks are 1 hour in length and start June 6<sup>th</sup>- August 22<sup>nd</sup>. Check our Facebook page for up to date details on upcoming weekly walks.

<b>DATES</b>	<b>2022 WALKS</b>	<b>WHERE TO MEET</b>
June 6th	Wells Walk Version #1	Wells Recreation Park in French Village
June 13th	QPLEX Trails	Soccer Field Lower Parking Lot
June 20th	Renforth Villa Hike	Bill Maguire Centre Parking Lot
June 27th	Hammond River Park Hike	Hammond River Park off Reynar Drive
July 4th	Ritchie Lake Ramble	Quispamsis Town Hall
July 11th	Woodland Wander Over the Hill	Comex Parking Lot on Vincent Road across from True Life Church
July 18th	Wells Trail Version 2	Wells Recreation Park in French Village
July 25th	Spy Glass Hill Hike	Rothsday Netherwood Arena Parking Lot
August 1st	Taylor Brook Trail	Rothsday Netherwood Arena Parking Lot
August 8th	Water Tower Trek	Comex parking lot on Parkside Drive near Sussex exit.
August 15th	Shady Grove	Parking at the top of Parkside Drive near playground
August 22nd	East Riverside/ Renforth Waterfront Hike	Parking at East Riverside Park lot

Participation in KV Walker activities is made at the sole discretion and risk to individual participants. We always encourage everyone to choose a comfortable pace based on their present physical condition. Those with medical conditions should always seek the advice of a qualified medical professional before starting a new activity.