



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: August 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED: NB Day</b> 1 <i>Happy New Brunswick Day!</i>	2 <b>*NO TAI CHI August 2*</b> 1:30PM Coffee & Chats with <i>Guest: PRUDE Inc.</i> 2:30PM Card/Board Games	3 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	4 10:00AM Future Engage ® 7:00PM Concert in the Common: Cathy Hutch	5
8 2:00PM Mahjong Games ®	9 9:30AM Tai Chi ® 1:30PM Coffee & Chats 2:30PM Card/Board Games	10 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	11 10:00AM Future Engage ® 7:00PM Concert in the Common: Easley / Stevenson / Arsenault	12
15 2:00PM Mahjong Games ®	16 9:30AM Tai Chi ® 1:30PM Coffee & Chats with 2:30PM Card/Board Games	17 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	18 10:00AM Future Engage ® 1:30PM Garden Club ® 7:00PM Concert in the Common: Saint Marys Band	19
22 2:00PM Mahjong Games ®	23 9:30AM Tai Chi ® 1:30PM Coffee & Chats 2:30PM Card/Board Games 7:00PM Sunset Yoga	24 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	25 10:00AM Future Engage ® 1:30PM Book Club ® 7:00PM Concert in the Common: Thom Swift	26
29 2:00PM Mahjong Games ®	30 9:30AM Tai Chi ® 1:30PM Coffee & Chats with 2:30PM Card/Board Games	31 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats		



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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:**

#### **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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### **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).

### **Sunset Yoga at Renforth Rotary Park Cost:** No Charge

**Program Length:** 1 hour

**Instructor:** Jason McLean

The final FREE Sunset Yoga Session will be on Tuesday, August 23 at Renforth Rotary Park with Jason McLean from Yoga Haus! No experience is necessary; yoga sessions are for people of all ages and abilities! In the event of inclement weather, the yoga session will move to Wednesday, August 24. No parking on James Renforth Drive – overflow parking is available at the Bill McGuire Centre.

### **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.

### **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.