



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

AUGUST | 02.08.2022 |

August Newsletter

In this newsletter, you will find the August 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.




The Rothesay Hive Garden Club have been busy bees this summer! Their green thumbs are growing beats, beans, raddishes, carrots, and tomatos in the Scribner Community Garden. All the produce is being donated to the Kennebecasis Valley Food Basket!


🌿🥕 Amazing work! 🍅🥕



Contact Us:

 **Website:** www.rothesay.ca/recreation/rothesay-hive/

 **Phone:** 506-799-9240

 **Email:** kirstinduffley@rothesay.ca

 **@RothesayHive:** 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.

Pick Up Your FREE File of Life Kit Today!



Do you have a File of Life on your fridge yet? Thanks to the Kennebecasis Valley Fire Department and the Kennebecasis Regional Police Force the program is a FREE resource for **all Kennebecasis Valley residents**. The File of Life pocket is placed on your fridge for first responders to have instant access to invaluable information that could help save critical time during an emergency. **Visit the Rothsay Hive to pick yours up!** Learn more about the program, visit: www.rothesay.ca/file-of-life/

Walk with a (Future) Doc.



Join local medical students and healthcare professionals every **Tuesday at 6:00 PM** starting **September 6th** for a FREE walk and talk. Each session will start with a 5-minute health education talk, then followed by a self-paced walk where you can socialize with community members and healthcare staff.

Website: walkwithadoc.org **Phone:** 506-259-3617 **Email:** wwafdsaintjohn@gmail.com

Concert in the Common 2022

Thursdays in August take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothsay Common stage from 7-8pm. You won't want to miss the amazing performances that we have lined up for this year!



August 2022

August 4: Cathy Hutch

August 11: Easley / Stevenson / Arsenault

August 18: Saint Marys Band

August 25: Thom Swift

www.rothesay.ca/recreation/seasonal-programs/concert-in-the-common/

Sunset Yoga



The final FREE Sunset Yoga Sessions at Renforth Rotary Park will be on **August 23** (Rain date August 24). No experience is necessary; yoga sessions are for people of all ages and abilities! Please do not park on James Renforth Drive. Overflow parking is available at the Bill McGuire Centre.

"If you think it's hard to meet new people,
try picking up the wrong golf ball."

— Jack Lemmon, American Actor & Musician (1925 - 2001)





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
CLOSED: NB Day 1 <i>Happy New Brunswick Day!</i>	*NO TAI CHI August 2* 2 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 / Arsenaault	12
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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
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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 are 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

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, Auction 45s, Euchre, Skip-Bo, 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

