



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

SEPTEMBER | 01.09.2022 |

### September Newsletter

In this newsletter, you will find the September 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.



#### Movie Matinee: Mamma Mia! ®

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. Come enjoy popcorn and a refreshing beverage and enjoy watching Mamma Mia with a friend on **Thursday, September 15<sup>th</sup> at 1:30PM!**

This program has no additional charge for Rothesay Hive Members! **Registration Required.**

**Movie Length:** 1h 48m

**Director:** Phyllida Lloyd

**Stars:** Meryl Streep, Pierce Brosnan, & Amanda Seyfried



#### 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/>



# The Buzz

## BULLETIN BOARD

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

### Zoomers on the Go



Zoomers on the Go is coming to ROTHESAY! This free, peer-led, volunteer-based exercise program is for adults 50 years or older in New Brunswick. Zoomers on the Go was created to reduce the factors that may increase the risk of falling for older adults.

▶ The exercise program will have classes delivered twice a week on Wednesdays and Fridays from 9:30AM – 10:30AM. Involves light cardio work, resistance training, balance & flexibility exercises.

For more information, visit: <https://bit.ly/zoomersonthego>

Register by calling: (506) 458-7034 or emailing: [cellab@unb.ca](mailto:cellab@unb.ca).

### 50+ Friendship Games Saint John



▶ Join for the 30<sup>th</sup> Anniversary of the Games! For the affordable price of \$30.00 you can participate in any number of games, enjoy the Opening Ceremony Lunch and Closing Awards Banquet, the company of old friends and the opportunity to make new ones.

For more Information? Call (506) 633-8781 or (506) 647-8872.

Follow the 50+ Friendship Games on Facebook: [@50plusfriendshipgamesj](https://www.facebook.com/50plusfriendshipgamesj)

### The New Brunswick Extra-Mural Program (EMP)



▶ EMP delivers primary health care services to New Brunswickers of all ages in their homes and communities. The inter-disciplinary EMP team delivers acute, palliative, chronic, rehabilitative and supportive care services, and provides patients with access to additional services including medical, occupational therapy, physiotherapy, respiratory therapy, social work, clinical dietetics, speech language pathology, pharmacy, as well as nursing care available on a 24/7 basis.

This service is for individuals who are unable to leave their home for health services. Speak with your Physician about your eligibility for EMP.

Questions about EMP Services or Referrals? Contact the Care Coordination Center at 1-844-982-7367 or visit: <https://extramuralnb.ca/en/>.



"Without a sense of caring, there can be no sense of community."  
— Anthony J. D'Angelo, American Author



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: September 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
			1	5 11AM Latin Line Dancing ® \$5
<b>CLOSED: Labour Day</b> 5 No Programs	6 1:30PM Coffee & Chats 2:30PM Card/Board Games	7 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	8 10:00AM Future Engage ®	9 11AM Latin Line Dancing ® \$5
12 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	13 1:30PM Coffee & Chats 2:30PM Card/Board Games	14 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	15 10:00AM Future Engage ® 1:30PM Movie Matinee ® <i>Screening: Mamma Mia!</i>	16 11AM Latin Line Dancing ® \$5
19 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	20 1:30PM Coffee & Chats 2:30PM Card/Board Games	21 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	22 10:00AM Future Engage ® 1:30PM Garden Club ®	2 11AM Latin Line Dancing ® \$5
26 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	27 1:30PM Coffee & Chats 2:30PM Card/Board Games	28 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	29 10:00AM Future Engage ® 1:30PM Book Club ®	30 11AM Latin Line Dancing ® \$5

### 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



Rothesay

