



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

OCTOBER | 04.10.2022 |

October Newsletter

In this newsletter, you will find the October Activities Calendar on Page 3 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 Matinees: Hocus Pocus 1 & 2!

It's time to get into the Halloween spirit with Hocus Pocus, a Walt Disney classic, and the NEW SEQUEL Hocus Pocus 2! *It's just a bunch of Hocus Pocus!* Come enjoy popcorn and a refreshing beverage while watching Hocus Pocus 1 & 2 with a friend at the Rothesay HIVE. No additional charge for HIVE Members. **REGISTRATION REQUIRED.**

Hocus Pocus 1 Showing: October 13 at 1:30PM

Hocus Pocus 2 Showing: October 20 at 1:30PM

Stars: Bette Midler, Sarah Jessica Parker, & Kathy Najimy



Contact Us:



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



Phone:
506-799-9240



Email:
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.

October 9 – 15 is Fire Prevention Week



This Fire Prevention Week take advantage of the FREE KVFD HomeSafe Program. After a resident contacts the KVFD about a home inspection, an on duty crew of firefighters will visit their home and will follow a check list as they discuss fire hazards in and around the home and what changes can be made to minimize the risk.

Residents of the Kennebecasis Valley are encouraged to contact the KVFD about the Free HomeSafe Program, by phone: **506-848-6601** or email: mboyle@kvfire.ca.

Learn more here: kvfire.ca/programs-and-services.

Future Engage (Every Thursday!)



Seniors and youth are getting together virtually and in-person at the Rothesay HIVE every Thursday from 10AM–12PM. Each week there will be an activity to participate in, including Painting Session (Oct. 6), Yoga & Dance (Oct. 13), and Nutrition (Oct. 20). All required material will be provided. Contact: Hiba Hachicha, Phone: **(506) 721-1325**, Email: Hiba.Hachicha@snewcomers.ca.

Call 2-1-1 for NB Resources



211 is a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services is now accessible across the province. New Brunswickers can call 2-1-1 and trained staff will work to connect callers with services for both every day needs and in times of crisis.

The service is now fully active, providing information and referral services 24 hours a day, seven days a week. Visit: 211.ca.

KV Santa Claus Parade – Be a Judge!



Are you planning on enjoying the parade on November 26 and would like to cast a vote for the parade float 6 awards? We are looking for Rothesay Hive Members to be judges for this year's parade. Email KirstinDuffley@Rothesay.ca to put your name on the Rothesay Hive Judges list - hurry as we are only accepting a few!

Requirement for Judging: Need to be available to watch the parade from the location of their choice and submit their votes by the following Monday (November 28).



"Give thanks not just on Thanksgiving Day, but every day of your life.
Appreciate and never take for granted all that you have."

— Catherine Pulsifer, Author



ROTHESAY HIVE

ACTIVITIES CALENDAR: October 2022

Location: Rothsay Town Hall, 70 Hampton Rd.
 506-799-9240
 kirstinduffley@rothesay.ca
 www.rothesay.ca/recreation/rothesayhive
 @RothsayHive

® = **Registration REQUIRED.** Please call or email to register for programs marked with an ®. 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
3 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	4 1:30PM Coffee & Chats 2:30PM Card/Board Games	5 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	6 10:00AM Future Engage <i>Event: Painting Session ®</i>	7 11AM Latin Line Dancing ® \$5
10 Happy Thanksgiving! CLOSED Thanksgiving Day No Programs	11 1:30PM Coffee & Chats 2:30PM Card/Board Games	12 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	13 10:00AM Future Engage <i>Event: Yoga & Dance ®</i> 1:30PM Movie Matinee: Hocus Pocus 1 ®	14 11AM Latin Line Dancing ® \$5
17 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 11:30AM Senior Hockey 12:45PM Senior Skating 2:00PM Mahjong Games ®	18 1:30PM Coffee & Chats 2:30PM Card/Board Games	19 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	20 10:00AM Future Engage <i>Event: Nutrition for the Fall & Winter ®</i> 1:30PM Movie Matinee: Hocus Pocus 2 ®	21 11AM Latin Line Dancing ® \$5
24 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 11:30AM Senior Hockey 12:45PM Senior Skating 2:00PM Mahjong Games ®	25 1:30PM Coffee & Chats 2:30PM Card/Board Games	26 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chats	27 10:00AM Future Engage ® 1:30PM Book Club ®	28 11AM Latin Line Dancing ® \$5
31 Happy Halloween! 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 11:30AM Senior Hockey 12:45PM Senior Skating 2:00PM Mahjong Games ®				

FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

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.

Beginners Latin Line Dancing ® Cost: \$5/class 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.

ROTHESAY HIVE: MEMBER RECIPES

ROSE'S YAM & SWEET ONION SOUP

Serves: 4 - 5

This month we are sharing a Rothesay HIVE Member's recipe for you to be able to make at home! Rose' Yam and Sweet Onion Soup is sure to be a fan favourite on cozy fall evenings.

INGREDIENTS

- 1 tbsp of Butter
- 1 Large Sweet Onion
- 2 Sweet Potatoes
- 4 Cups of Chicken Broth
- Sprinkle of Pepper
- 1 tsp – 1 tbsp Curry

DIRECTIONS

- Fry onion in the butter / curry / pepper till flavorful.
- Add broth and chopped sweet potatoes.
- When potato is cooked let cool a little and puree.
- Add 1/3 cup of half & half or evaporated milk.

Enjoy!

Share YOUR Recipe with Hivers!

Do you have a favourite go-to recipe that you would like featured in the next issue of our newsletter to be share with the Rothesay HIVE Members? Send the full details to KirstinDuffley@Rothesay.ca!

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

