



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: January 2023

**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 ®. 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
2 <b>Notice:</b> Renew your Hive Membership for 2023! Pick up a form during your next visit. <b>\$25</b> for the entire year!	3 <b>NO ACTIVITIES</b>	4 <b>NO ACTIVITIES</b>	5 10:00AM Future Engage ®	6 <b>NO LATIN LINE DANCING</b> 3:00PM Tai Chi ® \$5
9 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	10 1:30PM Coffee & Chat 2:30PM Card/Board Games	11 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	12 10:00AM Future Engage ®	13 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
16 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	17 1:30PM Coffee & Chat 2:30PM Card/Board Games	18 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	19 10:00AM Future Engage ® 1:30PM Movie Matinee: You've Got Mail ®	20 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
23 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	24 1:30PM Coffee & Chat 2:30PM Card/Board Games	25 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	26 10:00AM Future Engage ® 1:30PM Book Club ®	27 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
30 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	31 1:30PM Coffee & Chat 2:30PM Card/Board Games			



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: January 2023

**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'. First come, first served.

### Movie Matinee: You've Got Mail ®

**Cost:** No Charge

**Event Date:** Thursday, January 19, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "You've Got Mail" at the Rothesay Hive!

**Plot:** Book superstore magnate, Joe Fox and independent book shop owner, Kathleen Kelly fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business.

**Staring:** Tom Hanks, Meg Ryan, Greg Kinnear

**Director:** Nora Ephron

**Movie Length:** 1 hr 59 min

### 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.

### 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.

### SJNC: Future Engage ®

**Cost:** No Charge

**Program Length:** 2 hours

**Type:** Coordinator Led

A weekly Seniors and Youth Engagement Project that will create intergenerational connections. All are welcome to attend! Register by contacting Hiba Hachicha, from the Saint John Newcomers Centre, by **email:** Hiba.Hachicha@sjnewcomers.ca or **call:** (506) 721-1325.



# ROTHESAY HIVE

## ACTIVITIES CALENDAR: January 2023

**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'. First come, first served.

### 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 1-pound weights.

### 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.

### \*NEW\* Tai Chi (Indoors) ®

**Cost:** \$5 / Class

**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.

### 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.

### 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**.

### Rothesay Arena Programs

**Cost:** No Charge

**Program Length:** 1 hour

**Type:** Community Programs

**Seniors Hockey (Pickup):** Every Monday 11:30AM to 12:30PM at the Rothesay Arena.

**Seniors Skate:** Every Monday 12:45PM to 1:45PM at the Rothesay Arena.