



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

DECEMBER | 02.12.2022 |

December Newsletter

In this newsletter, you will find the December 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.

Rothesay Hive Membership 2023

The 2023 Rothesay HIVE Memberships can now be purchased! The annual fee is **\$25** and is prorated. Those who are interested in the membership must complete the Membership Form that are available on our website and at the Rothesay HIVE.


Each person must be a member to participate in the programs offered at the Rothesay HIVE.

For more information, please visit our website at: www.rothesay.ca/recreation/rothesay-hive. There you will also find the Membership Policy with further information on what is included, payment options, and more.



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.



Mayor's Tree Lighting

- ▶ Bundle up and come on out for the Mayor's Tree Lighting Wednesday, December 14th at 7pm at the Rothesay Common. Come for a skate, grab a cookie and cup of hot chocolate & enjoy the music of Rock n' Roll Cowgirl!
Parking: Overflow parking is available at the Our Lady of Perpetual Help Church.
Storm date: Thursday, December 15th at 7pm.



Reminder: The Rothesay HIVE is a Scent Free Zone

- ▶ Please help keep the air we share healthy and fragrance-free! The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Thank you!



Rothesay Arena - Senior Ice Times

- ▶ The Rothesay Arena has free weekly programs for seniors. For more details, visit: www.rothesay.ca/recreation/facilities/rothesay-arena/.



Join the Hive Book Club

- ▶ Interested in joining the Hive Book Club? The next meeting will be on Thursday, December 22 at 1:30PM and Book Club members will discuss the book: One Italian Summer by Rebecca Serle. **Registration Required.**



Subscribe to R-Insider

- ▶ Want to receive Rothesay's e-newsletter directly to your inbox? Subscribe here: <https://mailchi.mp/rothesay/r-insider>. You'll receive information about important services, programs, events, and more!



Winter Storm Policy

- ▶ To ensure safety during the winter months, when schools in Rothesay are closed due to a storm or bad road conditions, the Rothesay HIVE will close for the day.

You can call the District Information Phone line to check for school closures, toll free: 1-855-535-7669 [SNOW].



“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.”
— John Boswell, American Historian & Yale University Professor



ROTHESAY HIVE

ACTIVITIES CALENDAR: December 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 ®. 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
<p>Notice: Renew your Hive Membership for 2023! Pick up a form during your next visit. \$25 for the entire year!</p>			<p>1 10:00AM Future Engage ® 1:45PM FCNB Presentation on Frauds & Scams ®</p>	<p>2 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5</p>
<p>5 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®</p>	<p>6 10:15AM Play Cribbage with RHS Students ® 1:30PM Coffee & Chat 2:30PM Card/Board Games</p>	<p>7 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat</p>	<p>8 10:00AM Future Engage ®</p>	<p>9 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5</p>
<p>12 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®</p>	<p>13 1:30PM Coffee & Chat 2:30PM Card/Board Games</p>	<p>14 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat</p>	<p>15 10:00AM Future Engage ® 1:30PM Movie Matinee: <i>Miracle on 34th Street</i> ®</p>	<p>16 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5</p>
<p>19 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®</p>	<p>20 1:30PM Coffee & Chat 2:30PM Card/Board Games</p>	<p>21 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat</p>	<p>22 10:00AM Future Engage ® 1:30PM Book Club ®</p>	<p>23 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5</p>

FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

50+ Fitness ® Cost: \$5/class Duration: 1 hr 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 Duration: 1 hr 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 Duration: 1 hr 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 Duration: 1 hr 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 Duration: 1 hr Instructor: Deby Siemens
 Dance routines are for beginner dancers. Smooth bottomed shoes are recommended for this class as the floors are carpeted.

Tai Chi (Indoors) ® Cost: \$5/class Duration: 1 hr 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. Yang Style - 24 movements.

ROTHESAY HIVE: MEMBER RECIPES

Share YOUR Recipe with fellow 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!

Future Engage

Are you interested in learning some new French vocabulary related with Christmas? Join the Future Engage session next Thursday, December 8th online or in person from 10 to 12 pm at the Rothesay Hive. For registration, please email Hiba: hiba.hachicha@snewcomers.ca. **Registration is required.**

HIVE Library | Give a Book! Take a Book! Let's Swap!

Do The HIVE Library is FULL of books awaiting a new home. During your next visit at the Rothesay HIVE make sure to look at what is available at the library. There are so many stories for you to discover and enjoy – for **FREE!**

On the Lighter Side:



©Brian Crane. All rights reserved.

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

