

HAPPY New Year

OPEN YOUR HEART TO NEW ADVENTURES



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JANUARY | 05.01.2023 |

January Newsletter

HAPPY NEW YEAR ROTHESAY HIVERS! In this newsletter, you will find the January Activities Calendar on Page 3 for all the details on what is 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.

eVisitNB VIRTUAL CARE



- ▶ Stop waiting in the Emergency Department and Walk-In Clinics by booking a Video, Phone or Messaging Consultation for common illnesses, injuries and general health concerns. Get a diagnosis and treatment plan, a sick or work note, and a prescription to the pharmacy of your choice. **\$0.00 . . . with valid New Brunswick Medicare Card.** Schedule online. It's easy, fast and secure! Learn more by visiting: www.evisitnb.ca

CMHA's New Program: Time to Chat



- ▶ The Canadian Mental Health Association of New Brunswick is offering a new free online program called "Time to Chat". An opportunity for seniors to get together and have conversation about a weekly topic. An opportunity to learn something new, and opportunity to meet new friends! Meet online weekly in January, and bi-weekly in February and March. For more information, contact: denise.miller@gnb.ca

Join the Hive Book Club



- ▶ Interested in joining the Hive Book Club? The next meeting will be on Thursday, January 26, 2023, at 1:30PM and Book Club members will discuss the book: Looking for Jane, by Heather Marshall. **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]**



“New beginnings are in order, and you are bound to feel some level of excitement as new chances come your way.”
— Oscar Auliq-Ice, Author



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 Notice: Renew your Hive Membership for 2023! Pick up a form during your next visit. \$25 for the entire year!	3 NO ACTIVITIES	4 NO ACTIVITIES	5 10:00AM Future Engage ®	6 NO LATIN LINE DANCING 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			

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.

Coffee & Chat / Card & Board Games - Tuesdays from 1:30PM - 4:00PM

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. Then, stay for the Card & Board Games for some friendly competition!

Future Engage®

Don't miss out on the fun activities this month held by the Saint John Newcomers Centre! Future Engage is bringing seniors and youth together virtually and in-person at the Rothesay Hive. For more information and to register, please email Hiba: hiba.hachicha@sjnewcomers.ca.

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

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:



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THANK YOU TO OUR ROTHEsay HIVE SPONSORS



Rothesay

