



ROTHESAY HIVE

ACTIVITIES CALENDAR: March 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
		1	2	3
		11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	10:00AM Future Engage ® 1:30PM Crafts & Stories ® 7:00PM Rothesay Winter Speaker Series ®	11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
6	7	8	9	10
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:00PM Snowshoe Hike 1:30PM Coffee & Chat	10:00AM Future Engage ® 7:00PM Rothesay Winter Speaker Series ®	11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
13	14	15	16	17
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	10:00AM Future Engage ® 1:30PM Movie Matinee: The King's Speech ® 7:00PM Rothesay Winter Speaker Series ®	11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
20	21	22	23	24
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	10:00AM Future Engage ® 1:30PM Book Club ® 7:00PM Rothesay Winter Speaker Series ®	11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
27	28	29	30	31
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	10:00AM Future Engage ®	11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5



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Movie Matinee: The King's Speech ®

Cost: No Charge

Event Date: Thursday, March 16, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "The King's Speech" at the Rothesay HIVE! **Plot:** The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. **Stars:** Colin Firth, Geoffrey Rush, Helena Bonham Carter **Year:** 2010 **Movie Length:** 1 hour 58 minutes

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.

Mahjong & Bridge Lessons (Waitlist) ®

Cost: No Charge

Program Length: 2 hours

Type: Instructor Led

Interested in learning how to play Mahjong or Bridge? Be added to the waitlist to learn when the next session of lesson will be offered.

Crafts & Stories ®

Cost: No Charge

Program Length: 1 hour

Type: Presentation

Ben Tremblay, Aquatic Manager at the Canada Games Aquatic Centre will be discussing the benefits of aquatic activity, the various activities available at the Aquatic Centre, and answer any questions you have that are creating barriers to aquatic recreation.

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.

2023 Rothesay Winter Speaker Series ®

Cost: No Charge

Program Length: 1 hour

Type: Presentations

The Winter Speaker Series offers a weekly FREE information session in person at the Rothesay HIVE on Thursday evenings from 7PM-8PM from February 2nd to March 23rd. **Registration is required by visiting:** <https://bit.ly/2023WinterSpeakerSeries>



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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.

Latin Line Dancing ®

Cost: \$5 / Class

Program Length: 1 hour

Instructor: Deby Siemens

Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended to be worn for this class.

Tai Chi (Yang Style) ®

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. Season End Date: March 27, 2023

Seniors Skate: Every Monday 12:45PM to 1:45PM at the Rothesay Arena. Season End Date: March 27, 2023