



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

FEBRUARY | 01.02.2023

February Newsletter

In this newsletter, you will find the February 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.

10-Digit Dialing


10-Digit Dialing has arrived in New Brunswick as of Friday, January 20, 2023. Take the time to add the (506) area code to all your communications devices to ensure your phone calls can be placed.

You will need to enter the 10 digits (area code + local number) for ALL local calls. For example, if you are trying to call the Rothesay HIVE, you will need to dial (506) 799-9240. The 9-1-1 emergency number remains a three-digit number.

For more information, visit:
www.rothesay.ca/local-10-digit-dialing/

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.

2023 Rothesay Winter Speaker Series

The 2023 Winter Speaker Series is being held on Thursday evenings from 7PM - 8PM in person at the Rothesay HIVE. FREE registration is required by visiting:

<https://bit.ly/2023WinterSpeakerSeries>

February 2: Cultural Competency, Samah EL Maghlawy, Saint John Newcomers Centre

February 9: Wine Tasting, Craig Pinhey, Local Sommelier & Wine Writer **(FULL)**

 **February 16: Budgeting 101**, Lisa Legere, FCNB Education Coordinator

February 23: Aging in Place, Jacquelyn Perry (LPN) & Sonya Ducey (LPN)

March 2: Osteopathy, Acupuncture & Massage Therapy, Monica Hogan (BScHKin, DOMP) & Jill Calder (R. Ac, RMT)

March 9: Mental Wellbeing, Laura Gatien & Associates

March 16: Death & Taxes, David Nickerson (Brenan's Funeral Home) & Richard Albert (Lawyer)

March 23: Retirement Planning, Krista Wetmore, Certified Financial Planner

Reminder: Cancellations



- Please be courteous and provide at least 24 hours notice if you are unable to attend a class. Many of our programs have a waitlist, therefore it is important to have enough time to be able to notify other members of an opening in a class.

211 in New Brunswick



- 211 is a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services. The service is available 24 hours a day, seven days a week, by calling **2-1-1** or visiting nb.211.ca

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]**



“We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.”

— Swami Vivekananda, Author & Philosopher



ROTHESAY HIVE

ACTIVITIES CALENDAR: February 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 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	2 10:00AM Future Engage ® 7:00PM Rothesay Winter Speaker Series ®	3 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
6 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	7 1:30PM Coffee & Chat 2:30PM Card/Board Games	8 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	9 10:00AM Future Engage ® 1:00PM Aquatic Recreation Information Session ® 7:00PM Rothesay Winter Speaker Series ®	10 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
13 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	VALENTINE'S DAY 14 1:30PM Coffee & Chat 2:30PM Card/Board Games	15 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	16 10:00AM Future Engage ® 1:30PM Movie Matinee: The Princess Bride ® 7:00PM Rothesay Winter Speaker Series ®	17 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
20 CLOSED FAMILY DAY	21 1:30PM Coffee & Chat 2:30PM Card/Board Games	22 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	23 10:00AM Future Engage ® 1:30PM Book Club ® 7:00PM Rothesay Winter Speaker Series ®	24 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
27 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	28 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@snewcomers.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:



THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

