



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MARCH | 01.03.2023

March Newsletter

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.

2023 Rothesay Winter Speaker Series

Register for FREE to attend on Thursday evenings from 7PM - 8PM in person at the Rothesay HIVE.

Register Online for FREE:

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

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


March 9: Mental Wellbeing, Laura Gatién & Associates

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

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

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.

Pick Up Your FREE File of Life Kit Today!

Do you have a File of Life on your fridge yet?



- ▶ Thanks to the Kennebecasis Valley Fire Department and the Kennebecasis Regional Police Force the program is a FREE resource for all Kennebecasis Valley residents. The File of Life pocket is placed on your fridge for first responders to have instant access to invaluable information that could help save critical time during an emergency.

Visit the Rothesay Hive to pick yours up! Learn more about the program, visit: www.rothesay.ca/file-of-life/

Social Supports NB



- ▶ Social Supports NB is a website created by the Government of New Brunswick that is helping seniors, their families and caregivers navigate and explore available government programs and services. Visit the website to learn more: <https://socialsupportsnb.ca/en/>

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

Snowshoe Hike with the KV Walkers



- ▶ Bring your snowshoes and join the KV Walkers for a snowshoeing adventure on the Wells Recreation Trails (75 French Village Road, Rothesay) on March 8, at 1:00PM. This event is free for people of all ages and no experience is necessary. Registration is NOT required for this event. Weather Dependent – Storm Date: March 10.

Don't forget to S-P-R-I-N-G forward!



- ▶ Remember to change your clocks and check your batteries in your smoke and carbon monoxide alarms on March 12th, 2023! Time goes ahead one hour on Sunday, March 12th at 2:00am.



“The first day of spring is one thing, and the first spring day is another.
The difference between them is sometimes as great as a month.”

— Henry Van Dyke, Author



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 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	2 10:00AM Future Engage ® 1:30PM Crafts & Stories ® 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 1:00PM Snowshoe Hike 1:30PM Coffee & Chat	9 10:00AM Future Engage ® 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 ®	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 King's Speech ® 7:00PM Rothesay Winter Speaker Series ®	17 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5
20 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	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	29 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	30 10:00AM Future Engage ®	31 11AM Latin Line Dancing ® \$5 3:00PM Tai Chi ® \$5

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®

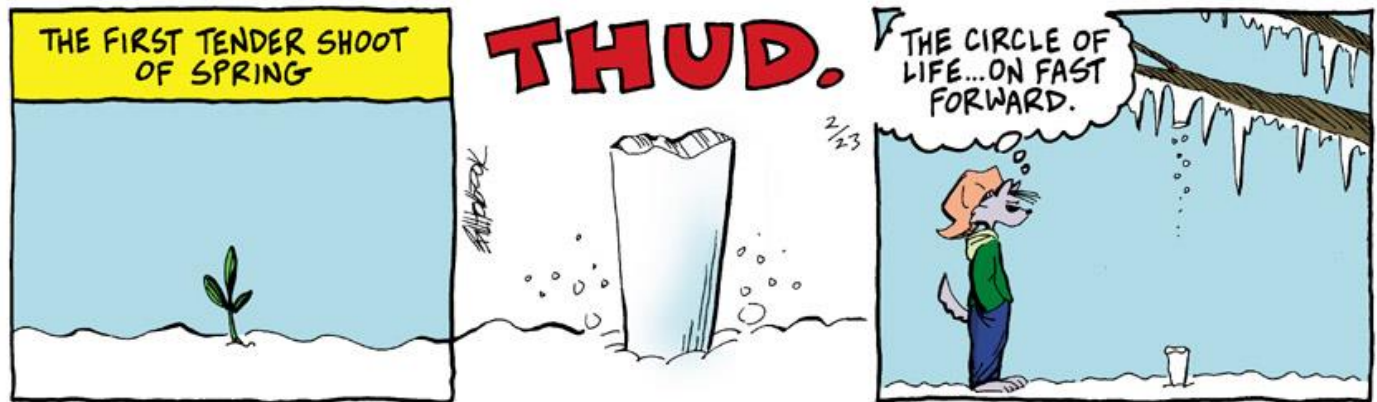
Don't miss out on the fun activities this month held by the Saint John Newcomers Centre! Future Engage is bringing seniors and youth together virtually and in-person at the Rothesay Hive. For more information and to register, please email Hiba: hiba.hachicha@snewcomers.ca.

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:

Kevin & Kell



THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

