



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

APRIL | 03.04.2023

### April 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.

#### **\*NEW\* Puzzle Library!**


Bored of the puzzles you have already completed at home? The Rothesay HIVE has puzzles for you to borrow at no charge!

As a Rothesay HIVE Member, you can borrow one of our jigsaw puzzles to enjoy and finish at home. Puzzles must be returned once completed. First-come, first-served.

Please contact us for inquiries about the borrowing process.

#### Contact Us:

 **Website:** [www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)

 **Phone:** 506-799-9240

 **Email:** [kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)

 **@RothesayHive:** <http://www.facebook.com/groups/RothesayHive/>



## 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.

### Retiree Employment Agency in Southwest New Brunswick



New Brunswick's Retiree Employment Agency is a province wide initiative created to respond to the region's growing demand for human resources. It is a free service that pairs retirees over 50, who wish to return to the workforce, with employers who need temporary workers.

**Contact:** Guylaine Cyr

**Phone:** (506) 652-5626 Extension 2      **Email:** [guylaine@kaleidoscopeimpact.com](mailto:guylaine@kaleidoscopeimpact.com)

Learn more by visting: <https://kaleidoscopeimpact.com/retiree-employment-agency>

### St. Paul's Anglican Church Free Tax Clinic



Are you looking for a volunteer tax clinic in Rothesay? The St. Paul's Anglican Church Free Tax Clinic is open every Tuesday from 9:00 AM - 2:00 PM until April 25, 2023.

**Location:** 4 Church Avenue, Rothesay NB (Wheelchair Accessible)

**Phone:** (506) 847-1812

**Services:** Drop-off, Virtual

**Returns prepared:** Current and prior years for general public / all persons.

First come, first serve. Government issued photo ID required. The client must provide all tax slips and receipts

### Home First program



The Government of New Brunswick's Home First program is for people 65 or older. It is a FREE Seniors Health, Wellbeing and Home Safety Review. This free and voluntary service helps you learn about community services and programs.

Learn more by visiting: <https://socialsupportsnb.ca/en/program/home-first/>

### Join the Hive Book Club



The HIVE Book Club meets monthly on the fourth Thursday of the month to discuss the last book read and decide the next book to read. Members are responsible for obtaining their own copy of each book. Books are often selected based on the availability from the Kennebecasis Public Library. The book for April is: Take Your Breath Away by Linwood Barclay. Next meeting: Thursday, April 27 at 1:30pm.

“There is no glory in star or blossom till looked upon  
by a loving eye; There is no fragrance in April breezes  
till breathed with joy as they wander by.”

— William Cullen Bryant, Romantic Poet





# ROTHESAY HIVE

ACTIVITIES CALENDAR: April 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
<b>NEW PUZZLE LIBRARY –</b> <i>More information on page 2!</i>		*There will be no Flex & Flow or Sittercise for the month of April as the Instructor is away.*		*There will be no Latin Line Dancing for the month of April as the Instructor is away.*
3 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	4 1:30PM Coffee & Chat 2:30PM Card/Board Games	5	6 10:00AM Future Engage ®	7 <b>CLOSED</b> <b>GOOD FRIDAY</b>
10 <b>CLOSED</b> <b>EASTER MONDAY</b>	11 1:30PM Coffee & Chat 2:30PM Card/Board Games	12	13 10:00AM Future Engage ®	14
17 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	18 1:30PM Coffee & Chat 2:30PM Card/Board Games	19	20 10:00AM Future Engage ® 1:30PM <b>Movie Matinee:</b> <b>Hidalgo</b> ®	21
24 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	25 1:30PM Coffee & Chat 2:30PM Card/Board Games	26	27 10:00AM Future Engage ® 1:30PM <b>Book Club</b> ®	28 1:30PM Garden Club First Meeting of 2023! ®

## 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

**NO CLASSES IN APRIL.** 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

**NO CLASSES IN APRIL.** Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and small hand-held weights.

### Latin Line Dancing ®

Cost: \$5/class Duration: 1 hr Instructor: Deby Siemens

**NO CLASSES IN APRIL.** Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended for this class as the floors are carpeted.

### Garden Club Meeting ®

Garden enthusiasts are encouraged to register for the Garden Club to connect and garden together, improve their green thumb, and grow something new. The Garden Club will plan, plant, tend, and harvest a plot at the Scribner Community Garden from May until October.

## 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!

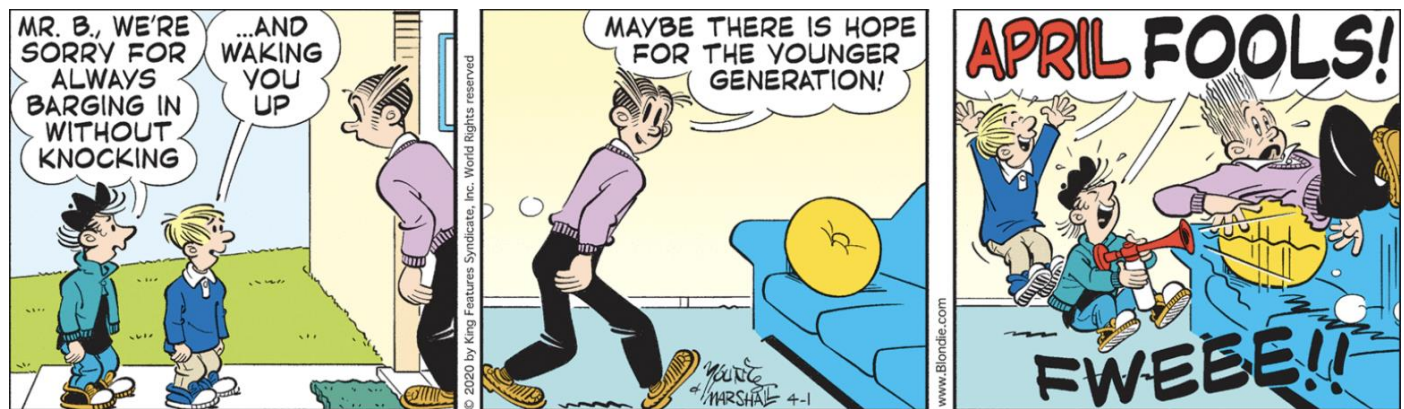
## Future Engage®

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](mailto: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:



## THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

