



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MAY | 01.05.2023

May 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.

High Tea®

In Celebration of King Charles III's Coronation the Rothesay HIVE is hosting a High Tea! Wear your fancy fascinator, royal garb, or come as you are! Teas, Sweets, Scones, & Sandwiches Provided.

When: Thursday, May 4 at 2:00PM

Where: Rothesay HIVE, 70 Hampton Road

Registration is required for this event as there is limited seating. This event is free of charge for Rothesay HIVE members.



MOVIE MATINEE

ELIZABETH
A Portrait in Paris


18 MAY
1:30 PM

ROTHESAY HIVE | NO CHARGE

REGISTRATION:
(506) 799 - 9240
KIRSTINDUFFLEY@ROTHESAY.CA

Contact Us:

 **Website:**
www.rothesay.ca/recreation/rothesay-hive/

 **Phone:**
506-799-9240

 **Email:**
kirstinduffley@rothesay.ca

 **@RothesayHive:** 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.

Research Participants Needed: Passive Aware Study



Are you a caregiver of a person living with dementia? The Centre for Innovation and Research in Aging is looking for participants in their research project. The goal of this research project is to learn more about the caregiving experience, and to offer the chance to try a SmartHome technology solution to make it easier to check in and care for someone living in their home. This research project is offered at no cost to you, and is approved by an ethics board. Visit: www.agingresearch.ca/passive-aware. For more information, contact: **Jo-Ann Kenny** by **Phone: 506-444-3880 ext 2565** or **Email: jakenny@ycc-cira.ca**.

Rothesay Elementary School - French Language Assistant



Do you have extra space in your home? Are you interested in hosting a French Language Assistant for the 2023-2024 school year? Rothesay Elementary was successful in being matched with a French Language Assistant from France for the 2023-2024 school year. It is RES's responsibility to help look for possible accommodations prior to the Assistant's arrival. This could be a shared living space within a home or another similar situation. French Language Assistants are employed within the school to support the French Immersion classroom teachers as well as to share cultural experiences with the whole school. They may also be a great addition to your family! If this is something that interests you, please reach out to **Mrs. Sarah Blanchard, principal of Rothesay Elementary: Sarah.blanchard@nbed.nb.ca**

"Willing to Know" – Free Will & Estate Planning Seminar



The Compassionate Grief Centre in Saint John is hosting a FREE Will and Estate Planning Seminar on Wednesday, May 24 from 1:00pm-4:00pm. The seminar is being lead by Eric McGrath, E.M. Transition Consulting. Space is limited, pre-registration is required by **calling: (506) 696-0202** or **emailing: hello@compassionategriefcentre.ca**

Puzzle Library



Bored of the puzzles you already have? Borrow one of the Rothesay HIVE's puzzles to enjoy and finish at home. Puzzles must be returned once completed. First-come, first-served. The Puzzle Library is available during programming hours.



"A little flower that blooms in May. A lovely sunset at the end of a day. Someone helping a stranger along the way. That's heaven to me."

— Sam Cooke, *American Singer-Songwriter*: Song "That's Heaven to Me" (1972)



ROTHESAY HIVE

ACTIVITIES CALENDAR: May 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 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	2 1:30PM Coffee & Chat 2:30PM Card/Board Games	3 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	4 10:00AM Future Engage ® 2:00PM High Tea ®	5 9:00AM Walking Club ® 11AM Latin Line Dancing ® \$5
8 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	9 1:30PM Coffee & Chat 2:30PM Card/Board Games	10 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	11 10:00AM Future Engage ® 1:30PM Garden Club ®	12 9:00AM Walking Club ® 11AM Latin Line Dancing ® \$5
15 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	16 1:30PM Coffee & Chat 2:30PM Card/Board Games	17 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	18 10:00AM Future Engage ® 1:30PM Movie Matinee: Elizabeth - A Portrait in Parts ®	19 9:00AM Walking Club ® 11AM Latin Line Dancing ® \$5
22 CLOSED VICTORIA DAY	23 1:30PM Coffee & Chat 2:30PM Card/Board Games	24 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	25 10:00AM Future Engage ® 1:30PM Book Club ®	26 9:00AM Walking Club ® 11AM Latin Line Dancing ® \$5
29 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2:00PM Mahjong Games ®	30 1:30PM Coffee & Chat 2:30PM Card/Board Games	31 11:00AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	NEW WALKING CLUB: More information on page 3!	NEW PUZZLE LIBRARY: More information on page 2!

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.

Latin Line Dancing ®

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

Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended for this class as the floors are carpeted.

NEW Walking Club ®

Cost: FREE Duration: 1.5 hrs Type: Group Led

The Walking Club will explore the near by community on foot for some low impact physical activity and social connection with other members. The weekly walks will start and end at the Rothesay HIVE. Members are encouraged to stay afterwards for a tea or coffee.

ROTHESAY HIVE: Activities & Programs

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@sinecomers.ca.

HIVE Library | FULL

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!** We are currently **NOT** accepting any more books.

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. Next meeting will be on Thursday, May 25 at 1:30pm.

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.

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

