



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JUNE | 01.01.2023

June 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.

June 1, 2023: Happy Intergenerational Day!

Walking Club®

The "Walkie Talkies" is the new walking club at the Rothesay HIVE!

Participants explore the nearby community on foot for some low impact physical activity and social connection with other members. Walks range between 45 minutes to 1 hour. The weekly walks start and end at the Rothesay HIVE. Members are encouraged to stay afterwards for a tea or coffee.

Interested in joining the Walkie Talkies? Register by phone or email.



MOVIE MATINEE


8 JUNE
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.



Coffee & Chat with Darlene Baker!

- ▶ Join us on Tuesday, June 13 at 1:30PM for a special Coffee and Chat with Darlene Baker, an Artist-in-Residence! Learn more about Darlene Baker by visiting: www.rothesay.ca/darlene-baker/



Volunteer to be a RES Club Leader!

- ▶ Rothesay Elementary School had a very successful Lunchtime Club thanks to volunteers. For many children, having the chance to attend the lunchtime club is a wonderful learning opportunity. This year, because of volunteers, students learned skills such as sewing, gardening, and chess.

If you are interested in being a club leader next year and would like to discuss the RES lunchtime and afterschool clubs, please e-mail the Community School Coordinator: Melanie.KoteffBackman@nbed.nb.ca



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

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



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.



**"It was June, and the world smelled of roses.
The sunshine was like powdered gold over the grassy hillside."**

— Maud Hart Lovelace, Author of the Book: *Betsy-Tacy and Tib* (1941)



ROTHESAY HIVE

Activities Calendar: JUNE 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 10AM Future Engage ® 1PM – 3PM Open House	2 No Walking Club June 2 11AM Latin Line Dancing ® \$5
5 9:30AM 50+ Fitness ® \$5 2PM Mahjong Games ®	6 1:30PM Coffee & Chat 2:30PM Card/Board Games	7 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	8 10AM Future Engage ® 1:30PM Movie Matinee: A Man Called Otto ®	9 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
12 9:30AM 50+ Fitness ® \$5 2PM Mahjong Games ®	13 1:30PM Coffee & Chat with Artist in Residence Darlene Baker 2:30PM Card/Board Games	14 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	15 10AM Future Engage ®	16 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
19 9:30AM 50+ Fitness ® \$5 2PM Mahjong Games ®	20 1:30PM Coffee & Chat 2:30PM Card/Board Games	21 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	22 10AM Future Engage ® 1:30PM Book Club ®	23 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
26 9:30AM 50+ Fitness ® \$5 2PM Mahjong Games ®	27 1:30PM Coffee & Chat 2:30PM Card/Board Games	28 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	29 10AM Future Engage ®	30 9AM Walking Club ® 11AM Latin Line Dancing ® \$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.

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 Walk Duration: 45min - 1 hr 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@snewcomers.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 ®

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





It's once again time to hit the trails and explore our beautiful Kennebecasis Valley. Join KV WALKERS this summer on our Monday evening (6:30pm) or Tuesday morning (9:30am) walks to explore existing trails and to meet others along the way. We are a volunteer-led group that promotes healthy outdoor walks. Everyone is welcome and it's free of charge – choose your pace and bring along a friend. Most walks are 1 hour in length and start the week of June 5th to August 21st. Check our Facebook page for up-to-date details on upcoming weekly walks.

Week of	2023 WALKS	WHERE TO MEET
June 5th	QPLEX TRAILS	QPlex Soccer Field Lower parking lot
June 12th	WELLS TRAIL	Wells Recreation Park in French Village
June 19th	SHADY GROVE	Parking at the top of Parkside Drive (take Sussex exit near Comex lot)
June 26th	RITCHIE LAKE RAMBLE	Quispamsis Town Hall parking lot
July 3rd	MILLENNIUM TRAIL	New parking lot off Sycamore Lane
July 10th	WOODLAND WANDER HIKE	Comex parking lot on Vincent Road across from True Life Church
July 17th	WELLS MCKEEVER TRAIL	Wells Recreation Park in French Village
July 24th	SPY GLASS HILL HIKE	Rothesay Netherwood Arena parking lot
July 31st	TAYLOR BROOK HIKE	Rothesay Netherwood Arena parking lot
August 7th	RENFORTH VILLA HIKE	Bill Maguire Centre parking lot
August 14th	HAMMOND RIVER PARK HIKE	Hammond River Park off Reynar Drive
August 21st	RIVERFRONT WALK	East Riverside Park parking lot

Participation in KV Walker activities is made at the sole discretion and risk to individual participants. We always encourage everyone to choose a comfortable pace based on their present physical condition. Those with medical conditions should always seek the advice of a qualified medical professional before starting a new activity.