



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JULY | 04.07.2023

### July 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.

#### Aging in NB Guide

Did you know that you can call 211 to request a printed copy of the "Aging in NB" guide?

This FREE user guide has a wealth of information to support caregivers and seniors aging at home - an important mission also shared by our 211 teams across the country. If you are a caregiver or a senior, you can also call 211 anytime, to be connected to the full range of social, community, and government supports available in your area, to help you face life's challenges. A printed copy is viewable at the Rothesay Hive.


**CALL 2-1-1** for more information!



#### Contact Us:

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

 **Facebook: @RothesayHive**  
[www.facebook.com/groups/RothesayHive/](https://www.facebook.com/groups/RothesayHive/)

 **Phone:**  
506-799-9240

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

 **Parking:**  
65 Hampton Road, Rothesay NB





## 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.

### Art in the Park with Darlene Baker!



Let's make art together! Bring your own art supplies, a supportive surface, and chair to join Rothesay's Artist-in-Residence, Darlene Baker, in creating your own self-led artistic interpretation of our town. All skill levels are welcome!

**When:** Monday, July 10, 7:00pm-9:00pm

**Where:** East Riverside-Kingshurst Park, 2602 Rothesay Road

Learn more about Darlene Baker by visiting: [www.rothesay.ca/darlene-baker/](http://www.rothesay.ca/darlene-baker/)

### Sunset Yoga at Renforth Rotary Park



Join us for relaxing and rejuvenating community yoga sessions this summer at Renforth Rotary Park, 141 James Renforth Drive. No experience is necessary! Yoga sessions are for people of all ages and abilities. Please bring your own yoga mat.

- Tuesday, July 11 at 7PM (Rain date – Wed, July 12)
- Wednesday, August 16 at 7PM (Rain date – Thurs, Aug 17)
- Wednesday, September 13 at 7PM (Rain date – Thurs, Sept 14)

Learn more here: [www.rothesay.ca/recreation/seasonal-programs/sunset-yoga/](http://www.rothesay.ca/recreation/seasonal-programs/sunset-yoga/)

### Rothesay's Concert in the Common 2023



Rothesay is proud to present the 25th Annual Concert in the Common! Each Thursday in July and August take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothesay Common stage from 7-8pm.

#### July Concerts

July 6	Chris Cummings
July 13	Sorcha's Gunn
July 20	Robert Thomas & the sessionmen
July 27	Gab Gionet

#### August Concerts

August 3	Apryll Aileen
August 10	Lucht Farraige
August 17	Jon Mullane
August 24	Loaded Dice

### 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.



**"In June we picked the clover, And sea-shells in July:  
There was no silence at the door, No word from the sky."  
— Cecil Day-Lewis, Overtures to Death and Other Poems**





# ROTHESAY HIVE

## Activities Calendar: JULY 2023

**Location:** Rothesay Town Hall, 70 Hampton Rd.  
**Parking:** 65 Hampton Rd, Rothesay  
 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
3 <b>Closed for Canada Day</b>	4 1:30PM Coffee & Chat 2:30PM Card/Board Games	5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	6 10AM Future Engage: Seniors Community (50+) <i>Cribbage for Beginners</i> ®	7 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
10 2PM Mahjong Games ®	11 1:30PM Coffee & Chat 2:30PM Card/Board Games	12 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	13 10AM Future Engage: Seniors Community (50+) <i>Picnic</i> ®	14 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
17 2PM Mahjong Games ®	18 1:30PM Coffee & Chat 2:30PM Card/Board Games	19 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	20 10AM Future Engage: Seniors Community (50+) <i>Painting Glass Plates</i> ® 1:30PM <i>Movie Matinee:</i> <i>Murder Mystery</i>	21 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
24 2PM Mahjong Games ®	25 1:30PM Coffee & Chat 2:30PM Card/Board Games	26 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	27 10AM Future Engage: Seniors Community (50+) <i>Nature Walk</i> ® 1:30PM <i>Book Club</i> ®	28 9AM Walking Club ® <b>No Latin Line Dancing (July 28)</b>
31 2PM Mahjong Games ®				

## FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

**50+ Fitness** ® **Cost:** \$5/class **Duration:** 1 hr **Instructor:** Sharon Randell  
 50+ Fitness classes will return in September 2023.

**Chair Yoga** ® **Cost:** \$5/class **Duration:** 1 hr **Instructor:** Sharon Randell  
 Chair yoga classes will return in September 2023.

**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!

## SJNC: 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). Open to ALL!

## HIVE Lending Library

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!** Please note we do not accept donations of large collections of books as we do not have storage. The Lending Library encourages swapping and sharing of books.

## 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



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**Parkland**  
RETIREMENT LIVING  
IN THE VALLEY

**Rotary**  
Club of Rothesay-Kings 





## Summer Concert Series

Join us Wednesday evenings 6:30 - 7:30

15 Shannex Drive, Quispamsis

**July 5** Second Chance Band

**July 12** Steve Lyons and Ann Marie

**July 19** Debbie & Kevin

**July 26** The Big Easy & Big Slim

**Aug 2** Cathy Hutch

**Aug 9** Comfort Zone

**Aug 16** Back in Time Swing Band

**Aug 23** Good Vibrations

*Entertainment will be cancelled in poor weather conditions*