



# ROTHESAY HIVE

## Activities Calendar: September 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
				<b>1</b> 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED FOR LABOUR DAY</b>	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 2:00PM Trivia with Kelly: Back-to-School Edition ®	9AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
2PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Advance Care Planning ®	9AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: The Lost City ®	9AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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**\*NEW\* Trivia with Kelly: Back-to-School** ® **Cost:** No Charge **Program Length:** 1 hour **Type:** Volunteer Led

Get ready for an exciting and intellectually stimulating Trivia game hosted by Kelly! Put your knowledge to the test on a wide range of seasonal topics, this month will focus on the nostalgic memories of the back-to-school season. This Trivia program is all in the name of FUN - to bring people together, spark conversations, and foster a sense of community through shared knowledge.

**Presentation: Advance Care Planning** ® **Cost:** No Charge **Program Length:** 1 hour **Type:** Presentation

Who would you trust to make your health care decisions, if you weren't able to speak for yourself? Do you have a plan for your health care based on your preferences and values? Advance Care Planning is a process of thinking about and sharing your wishes for future healthcare needs. Learn more at this FREE 30-minute information session from Horizon Health Network and get started on your plan.

**Walking Club "Walkie Talkies"** ® **Cost:** No Charge **Walk Length:** 45min - 1 hour **Type:** Group Led

The Walking Club will explore the nearby 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 tea or coffee.

**Movie Matinee: The Lost City** ® **Cost:** No Charge **Showtime:** Thursday, September 21, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "The Lost City" at the Rothesay HIVE! **Plot:** A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

**Stars:** Sandra Bullock, Channing Tatum, Daniel Radcliffe **Directors:** Aaron Nee & Adam Nee **Year:** 2022 **Movie Length:** 1hr 52min

**Mahjong Games (American Version)** ® **Cost:** No Charge **Program Length:** 2 hours **Type:** Group Led

Register to play the game of Mahjong (*American Version*) with other Rothesay Hive members. Tea and coffee provided.

**Coffee & Chat** **Cost:** No Charge **Program Length:** 1 hour **Type:** Social

Drop in to enjoy tea and coffee and socialize with other Rothesay Hive members. This is a great time to check out the Hive Libraries.

**Card & Board Games** **Cost:** No Charge **Program Length:** 1.5 hours **Type:** Group Led

Drop in to play various card and board games such as cribbage, bridge, phase 10, Scrabble, Yahtzee and more! Tea and coffee provided.

**HIVE Book Club Meeting** ® **Cost:** No Charge **Program Length:** 1 hour **Type:** Group Led

The HIVE Book Club meets on the fourth Thursday of each month to discuss the last book read and decide on the next book to read. Members are responsible for obtaining their own copy of each book, typically chosen books are available at the Public Library.

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### **50+ Fitness ®**

**Cost:** \$5 / Class

**Program Length:** 1 hour

**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

**Program Length:** 1 hour

**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

**Program Length:** 1 hour

**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

**Program Length:** 1 hour

**Instructor:** Deby Siemens

Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and 1-pound weights.

### **Latin Line Dancing ®**

**Cost:** \$5 / Class

**Program Length:** 1 hour

**Instructor:** Deby Siemens

Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended to be worn for this class.

### **Lending Library: Give a Book! Take a Book!**

**Cost:** No Charge

Books are available to take home from the HIVE Library during programming hours. The Lending Library encourages swapping and sharing of books. Please note we do not accept donations of large collections of books as we do not have storage.

### **Puzzle Library ®**

**Cost:** No Charge

Puzzles can be borrowed from the Puzzle Library during programming hours. Puzzles are to be returned once completed.

### **Mahjong & Bridge Lessons (Waitlist) ®**

**Cost:** No Charge

**Program Length:** 2 hours

**Type:** Instructor Led

Interested in learning how to play Mahjong or Bridge? Be added to the waitlist to learn when the next session of lesson will be offered.

**Programs Offered by the Saint John Newcomers Centre are FREE and OPEN to everyone. Registration is required by email.**

### **SJNC: Future Engage ®**

**Cost:** No Charge

**Program Length:** 2 hours

**Type:** Coordinator Led

A weekly Seniors and Youth Engagement Project that will create intergenerational connections. All are welcome to attend free of charge!

Register by contacting Hiba Hachicha, [Hiba.Hachicha@sjnewcomers.ca](mailto:Hiba.Hachicha@sjnewcomers.ca) or (506) 721-1325.

### **SJNC: English Conversation ®**

**Cost:** No Charge

**Program Length:** 1 hour

**Type:** Coordinator Led

A weekly English Conversation class to practice and improve your English in a casual environment. This class is open to all regardless of your immigration status. You can also join the class via Zoom. Register by email: [Hiba.Hachicha@sjnewcomers.ca](mailto:Hiba.Hachicha@sjnewcomers.ca) or (506) 721-1325.