



# ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

AUGUST | 01.08.2023

## August 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.

### FCNB: E-Learning Course



Financial abuse is the most common form of abuse of older adults. FCNB has created an e-learning course that is designed to help professionals, frontline workers, caregivers, family members and older adults:




- ✓ Define financial exploitation.
- ✓ Learn how to recognize the signs of financial exploitation.
- ✓ Take steps to prevent financial exploitation from occurring.
- ✓ Know how to report instances of financial exploitation.

**Enroll for free online:**  
<https://fcnblearning.thinkific.com/courses/financial-exploitation>

### August Movie: Murder Mystery 2

### Contact Us:

-  **Website:**  
[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)
-  **Facebook: @RothesayHive**  
[www.facebook.com/groups/RothesayHive/](http://www.facebook.com/groups/RothesayHive/)

-  **Phone:**  
506-799-9240
-  **Email:**  
[kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)
-  **Parking:**  
65 Hampton Road, Rothesay NB



# 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.

### Rothesay's FoodCycler Pilot Project



Together, let's tackle food waste and support our community's environmental initiatives and reduce our carbon footprint! Participate in our exciting Pilot Project to test the innovative FoodCycler technology. Only 200 spots available! Sign up today!

Participation is easy! If you're selected, you'll receive an email from Rothesay to purchase a FoodCycler. Then, for 12 weeks, you'll track your usage and the amount of waste you divert using a provided tracking sheet. Once you complete a brief exit survey, you'll receive \$100 and can continue to make organic soil from your food waste for years to come! Learn more by visiting: [www.rothesay.ca/foodcycler/](http://www.rothesay.ca/foodcycler/)

### 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.

- 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



Catch FREE live music at the Rothesay Common Stage throughout the month of August on Thursday from 7-8pm. Bring your chair or blanket!

#### August Concerts

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

### Rothesay: The Beauty That Surrounds Us Paintings and Sketches by Darlene Baker



▶ **Exhibit Opening:** Wednesday, August 23, 2023 from 6PM - 8PM.  
Light Refreshments. Where: Rothesay HIVE, 70 Hampton Road.

View Select Pieces until Friday, September 22, 2023. Monday to Friday from 8AM - 12PM | 1PM - 4:30PM in the Rothesay Town Hall Office!



“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

— Sophia Loren, Italian actress



# ROTHESAY HIVE

Activities Calendar: AUGUST 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
	1 1:30PM Coffee & Chat 2:30PM Card/Board Games	2 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	3 10AM Future Engage: Seniors Community (50+) ®	4 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
7 CLOSED FOR NEW BRUNSWICK DAY	8 1:30PM Coffee & Chat 2:30PM Card/Board Games	9 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10 10AM Future Engage: Seniors Community (50+) ®	11 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
14 2PM Mahjong Games ®	15 1:30PM Coffee & Chat 2:30PM Card/Board Games	16 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	17 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Murder Mystery 2	18 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
21 2PM Mahjong Games ®	22 1:30PM Coffee & Chat 2:30PM Card/Board Games	23 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	24 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	25 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
28 2PM Mahjong Games ®	29 1:30PM Coffee & Chat 2:30PM Card/Board Games	30 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	31 10AM Future Engage: Seniors Community (50+) ®	

## 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.

## 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.

# THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

