



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

SEPTEMBER | 01.09.2023

September 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.

NEW: Trivia with Kelly

Get ready for an exciting and intellectually stimulating Trivia game hosted by the enthusiastic volunteer, Kelly! This monthly trivia program is your chance to 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. Whether you're a long-time Rothesay resident or new to the community, this trivia activity is all in the name of FUN - to bring people together, spark conversations, and foster a sense of community through shared knowledge.

When: September 7 from 2:00 PM - 3:00 PM

Registration Required




Thursday, September 21 at 1:30 PM
Movie: The Lost City

Contact Us:

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

 **Facebook:** @RothesayHive
www.facebook.com/groups/RothesayHive/

 **Phone:**
506-799-9240

 **Email:**
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.

Advanced Care Planning



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.

Where: Rothesay Hive, 70 Hampton Road
When: September 14 from 1:30 PM - 2:30 PM
Registration Required

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, September 13 at 7 PM (Rain date – Thursday, September 14)

Learn more here: www.rothesay.ca/recreation/seasonal-programs/sunset-yoga/

NEW: Pet Therapy with Winnie



Come meet Winnie for a delightful & heartwarming experience of puppy cuddles, belly rubs, and pure joy that you won't want to miss. No registration is required.

When: Friday, September 1st, from 1:00 PM - 3:00 PM at the Rothesay Hive.

CMHA NB: 2023 – 2024 Programs

The Canadian Mental Health Association of New Brunswick - Saint John Office will be offering the following programs starting this Fall.



- Life After Loss: Survivors of Suicide
- Understanding Anxiety and Panic disorder
- Mindfulness
- Depression
- Engaging Caregivers in Recovery

Individuals must pre-register in-person one week prior to the program start date; for more information - please call (506) 652-1447 or email dawn.odell@cmhanb.ca



Life is just the passage of time and it's up to you to pass it as you please."

"You can start anew at any given moment."
— Charlotte Eriksson, Author & Songwriter



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
				1 9AM Walking Club ® 11AM Latin Line Dancing ® \$5 1PM – 3PM Pet Therapy with Winnie
4 CLOSED FOR LABOUR DAY	5 1:30PM Coffee & Chat 2:30PM Card/Board Games	6 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	7 10AM Future Engage: Seniors Community (50+) ® 2:00PM Trivia with Kelly: Back-to-School Edition ®	8 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
11 2PM Mahjong Games ®	12 1:30PM Coffee & Chat 2:30PM Card/Board Games	13 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	14 10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Advance Care Planning ®	15 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
18 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	19 1:30PM Coffee & Chat 2:30PM Card/Board Games	20 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	21 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: The Lost City ®	22 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
25 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	26 1:30PM Coffee & Chat 2:30PM Card/Board Games	27 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	28 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	29 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 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.

Walking Club ®

Cost: FREE Walk Duration: 45min - 1 hr 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.

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. 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. The next meeting will be on Thursday, September 28 at 1:30 PM.

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

