



ROTHESAY HIVE

Activities Calendar: November 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	2	3
		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: 1945-1960 Music Edition ®	9:30AM Walking Club ® NO LATIN LINE DANCING
6	7	8	9	10
9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	1:30PM Coffee & Chat 2:30PM Card/Board Games	NO FLEX & FLOW CLASS NO SITTERCISE CLASS 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Understanding & Preventing Financial Abuse ®	9:30AM Walking Club ® NO LATIN LINE DANCING 1:30PM Pet Therapy with Winnie
13	14	15	16	17
CLOSED FOR: REMEMBRANCE DAY	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: Mrs. Harris Goes to Paris ®	NO WALKING CLUB 11AM Latin Line Dancing ® \$5
20	21	22	23	24
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27	28	29	30	
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Pet Therapy with Winnie

Cost: No Charge

Program Length: 1 hour

Type: Volunteer Led

Come meet Winnie for a delightful & heartwarming experience of puppy cuddles, belly rubs, and pure joy that you won't want to miss.

Trivia with Kelly: Harvest Season ®

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 Harvest 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: Financial Abuse ®

Cost: No Charge

Program Length: 1.5 hours

Type: Presentation

Financial abuse can happen at any time, but it will often start after a health crisis or after the death of a spouse, partner, or close friend. People who are alone, lonely or in poor health are more vulnerable. They may find it harder to protect themselves from demands for money or other forms of financial abuse, or from physical and emotional abuse, which may occur at the same time. Financial abuse can be difficult to identify or recognize. It is often a pattern rather than a single event, happening over a long period of time. In this seminar you will learn how to identify potential financial abuse and how to protect yourself and loved ones from financial abuse.

Movie Matinee: Mrs. Harris Goes to Paris ®

Cost: No Charge

Showtime: Thursday, November 16, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "Mrs. Harris Goes to Paris" at the Rothesay HIVE! **Plot:** A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress and decides that she must have one of her own.

Stars: Lesley Manville, Isabelle Huppert, Jason Isaacs **Genres:** Comedy / Drama **Year:** 2022 **Movie Length:** 1h 55m

Mahjong & Bridge Games

Cost: No Charge

Program Length: 2 hours

Type: Group Led

Come play the game of Mahjong (*American Version*) or Bridge 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.

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.

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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 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 or (506) 721-1325.