



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

OCTOBER | 03.10.2023

October 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 our 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 Harvest 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: Thursday, October 5 at 2:00 PM

Registration Required




Thursday, October 19 at 1:30 PM
Movie: Haunted Mansion

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.

Willing to Know - Will & Estate Planning



Willing to Know Seminar - Will & Estate Planning presentation with Eric McGrath, E.M. Transition Consulting. This session will provide details on the following topics: Implications if you don't have a will. Who gets your estate? Not always who you think? Who makes a good executor? How New Brunswick treats common law relationships when there is no will. What is Probate and how to avoid it. Tax planning strategies around estate planning. How to protect your children's inheritance in the event they have a marital breakup after your death.

Where: Rothesay Hive, 70 Hampton Road
When: Thursday, October 12 at 1:30 PM
Registration Required

Rothesay Arena Seniors Skating and Hockey



Did you know that the Rothesay Arena has time slots for Seniors Skating and Hockey at no charge? Starting on October 9th, 2023 you can visit the Rothesay Arena, 65 Hampton Road during the following time:

Seniors Skating: Mondays from 11:30am – 12:30pm
Seniors Hockey: Mondays from 12:45pm-1:45pm

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, October 13, at 1:30 PM

CMHA NB: Making Wellness a Priority



The Canadian Mental Health Association of New Brunswick - Saint John Office is offering monthly information sessions at the Kennebecasis Public Library at 2:30PM.

Tuesday, November 7: Emotional Wellness with Merefith Henry

Tuesday, December: Financial Wellness with Carley Parish K.C. and Joshua Adams
Individuals **must register** by contacting Dawn O'Dell by phone: **(506) 652-1447** or by email: dawn.odell@cmhanb.ca



“Fall has always been my favorite season.
The time when everything bursts with its last beauty,
as if nature had been saving up all year for the grand finale.”
— Lauren DeStefano, American Writer



ROTHESAY HIVE

Activities Calendar: October 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
2 CLOSED FOR: NATIONAL DAY FOR TRUTH AND RECONCILIATION	3 1:30PM Coffee & Chat 2:30PM Card/Board Games	4 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	5 10AM Future Engage: Seniors Community (50+) ® 2:00PM Trivia with Kelly: Harvest Season Edition ®	6 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
9 CLOSED FOR: THANKSGIVING DAY	10 1:30PM Coffee & Chat 2:30PM Card/Board Games	11 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	12 10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Willing to Know - Wills and Estate Planning ®	13 9AM Walking Club ® NO LATIN LINE DANCING 1:30PM Pet Therapy with Winnie
16 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	17 1:30PM Coffee & Chat 2:30PM Card/Board Games	18 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	19 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Haunted Masion (2023)	20 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
23 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	24 1:30PM Coffee & Chat 2:30PM Card/Board Games	25 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	26 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	27 9AM Walking Club ® 11AM Latin Line Dancing ® \$5
30 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong Games ®	31 1:30PM Coffee & Chat 2:30PM Card/Board Games			

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



Would you like to

IMPROVE YOUR WELLNESS?



is seeking participants for health research in the Greater Saint John area

What do you do?

- ✓ Respond to questionnaires
- ✓ Wear a fitness tracker which will be provided at no cost
- ✓ Engage with the program to improve your total wellness

If you are aged 55 or over you may qualify!

Contact us!

Call (506) 738-4712 or send an email to Wellness55@canhs.ca





Canadian
Health Solutions

Solutions de santé
canadiennes
TM/MC

WELLNESS 55

Program Overview

The goal of this program is to increase your overall wellness by integrating science, technology, and community resources. We will help you to identify any areas of concern and set goals to improve your wellness over the course of 6 months.

Fitness Tracker and MyDataHelps

At the start of the study, you will be provided with a Fitbit device which will be used to track specific health metrics such as resting heart rate, active minutes, and sleep schedule. If you already have a fitness tracker that you would like to use, it can be integrated into the program instead. You will also be set up with MyDataHelps - an app where you will complete your assessments and receive a report summarizing your assessments and data.

Baseline Assessments

At the beginning of the study, we ask that you complete a series of questionnaires so that we can get to know you and your health profile. Building on this information, we will work together to build a customized Wellness Plan to help you reach your goals!

What will you achieve?

Our team has developed resources and tools to help you take charge of your personal wellness journey.

Through online learning modules, informational group sessions, and one-on-one coaching, our goal is to help you optimize your wellness!

Wholistic Approach

Taking a wholistic approach, we recognize that wellness is multifaceted. This means that we look at your health profile to find solutions that will help you find wellness for your WHOLE self.

Contact us!

Call (506) 738-4712 or send an email to Wellness55@canhs.ca