



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

NOVEMBER | 01.11.2023

November 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.

Cancellation Notice Policy

Please provide at least 24 hours of notice if you are unable to attend a program or event that you have registered for by phone or email.

We understand life happens and sometimes there are unavoidable emergencies that come up at the last minute. However, by providing as much notice as possible if you are no longer attending someone else may be able to attend instead. Typically, there is a waitlist for most exercise programs.

Starting in November, we will be keeping track of “no shows” meaning if you registered and did not provide notice of not attending it will be noted. Chronic “no shows” will be given a warning and it may impact your ability to register for programs.




Thursday, November 16, at 1:30 PM®
Movie: Mrs. Harris Goes to Paris

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.



The More You Know Seminar: Understanding & Preventing Financial Abuse ®

- ▶ Financial abuse is the most common form of elder abuse in Canada. Financial abuse can be difficult to identify or recognize. In this seminar you will learn how to identify potential financial abuse and how to protect yourself and loved ones from financial abuse. **When:** Thursday, November 9, at 1:30 PM at the Rothesay Hive.



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



Remembrance Day Ceremonies

- ▶ The Official KV Remembrance Day Ceremony this year will be held at the Quispamsis qplex (20 Randy Jones Way) on Saturday, November 11th. The qplex front doors will open at 9:00am with the ceremony beginning at 10:30am. All those planning to attend are asked to be in the building and seated by 10:15am.

There will be a short informal, volunteer-led Remembrance Day memorial service at the Cenotaph on the Rothesay Common beginning at 10:45am.



Walkie Talkies – Walking Club Time Change ®

- ▶ **Notice:** The Rothesay Hive Walking Club will meet on **Fridays at 9:30am** starting in November for their walks in the nearby community.



Touchstone Academy Arts Showcase ®

- ▶ Rothesay Hive's neighbour Touchstone Academy is hosting an Arts Showcase on Sunday, November 12, 2023 at 2pm at the Imperial Theater! Their students as well as performers from First City School of Dance and InterAction School of Performing Arts will be performing a number of acts, songs, dances, scenes from The Wizard of Oz and The Lightning Thief. **We have a limited number of FREE TICKETS to give away.** If you would like to reserve yourself a ticket, reach out to Kirstin Duffley by email or phone.



“There comes a time when people get tired of being pushed out of the glittering sunlight of life’s July and left standing amid the piercing chill of an alpine November.”
— Dr. Martin Luther King Jr., *Montgomery Bus Boycott Speech* (1955)



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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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.

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.

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, November 10, at 1:30 PM

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay



ROTHESAY HIVE

2023 FALL SPEAKER SERIES

“ROTHESAY’S HIDDEN GEMS”

Join Diane O'Connor for pre-recorded interviews with interesting Rothesay residents each Thursday in November at 6PM! Interviews will be posted permanently on the Rothesay Hive Facebook Group.

www.facebook.com/groups/RothesayHive/

SPEAKER SCHEDULE

NOV 2
6:00PM

DOUG BALLANTYNE
Retired Banker & Canada Post Supervisor

NOV 9
6:00PM

RALPH MURRAY
Retired Senior Transportation Policy
Advisor for the City of Saint John

NOV 16
6:00PM

BRUCE TENNANT
Retired Engineer, Solo Sailor
& Member of Rothesay Yacht Club

NOV 23
6:00PM

JAMES MCNAMEE
Retired Provincial Court Judge

NOV 30
6:00PM

DR. NANCY GRANT
Mayor of Rothesay
Retired Radiation Oncologist



Phone: 506-799-9240

Email: KirstinDuffley@Rothesay.ca

Facebook: @RothesayHive

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