



# ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

DECEMBER | 01.12.2023

## December 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.



### Trivia with Kelly

#### Holiday Songs & Sing-Along ®

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 Holiday Songs and will include some sing-alongs!

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.

**When:** Thursday, December 7, at 2:00 PM

**MOVIE MATINEE**

**14 DEC**  
1:30 PM

ROTHESAY HIVE | NO CHARGE

REGISTRATION:  
(506) 799 - 9240  
KIRSTINDUFFLEY@ROTHESAY.CA

**Thursday, December 14, at 1:30 PM ®**  
**Movie: A World Record Christmas**

### Contact Us:

**Website:**  
[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)

**Facebook: @RothsdayHive**  
[www.facebook.com/groups/RothsdayHive/](https://www.facebook.com/groups/RothsdayHive/)

**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.

### 9<sup>th</sup> Annual Mayor's Tree Lighting



Join Mayor Dr. Nancy Grant and Council for the 9<sup>th</sup> Annual Mayor's Tree Lighting featuring live music from Rock n' Roll Cowgirl. Stop by for a skate on the ice, a walk around the Rothesay Common or just to enjoy the sights and sounds of the holiday season in the heart of Rothesay. NB Power will be handing out gingerbread cookies and will be serving hot chocolate so be sure to bring your mug from home!

**When:** Wednesday, December 13, 7-8PM, Rothesay Common

**Storm date:** Thursday, December 14th, 7-8pm.

### Rothesay Arena Seniors Skating and Hockey



Did you know that the Rothesay Arena has time slots for Seniors Skating and Hockey at no charge? Visit the Rothesay Arena at 65 Hampton Road during the following time:

**Seniors Hockey:** Mondays 11:30am-12:30pm

**Seniors Skating:** Mondays 12:45pm-1:45pm

### Holiday High Tea <sup>®</sup>



Let's celebrate the Holiday Season in style with a Holiday High Tea at the Rothesay HIVE! Wear your fancy fascinator, holiday sweater, or come as you are! Teas, sweets, scones, and sandwiches provided. Registration is required for this event as there is limited seating.

**When:** Friday, December 15<sup>th</sup>, at 2:00PM, Rothesay HIVE

### Walkie Talkies - Walking Club Time Change <sup>®</sup>



**Notice:** The Rothesay Hive Walking Club will meet on **Fridays at 10:00am** during the month of December for their walks in the nearby community.

### GNB's 2023 New Brunswick Low Income Seniors Benefit



Apply for the annual benefit before the application deadline of December 31, 2023.

Learn more: <https://www2.snb.ca/content/snb/en/low-income-seniors-benefit.html>



**"I heard a bird sing in the dark of December. A magical thing.  
And sweet to remember. We are nearer to Spring than we were in  
September. I heard a bird sing in the dark of December."**

— Oliver Herford, *American Poet, Humorist, & Illustrator* (Poem: I Heard a Bird Sing)



# ROTHESAY HIVE

Activities Calendar: December 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 10AM Walking Club ®
4 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	5 1:30PM Coffee & Chat 2:30PM Card/Board Games	6 1:30PM Coffee & Chat 3PM English Conversation®	7 10AM Future Engage: Seniors Community (50+) ® 2:00PM Trivia with Kelly: ® Holiday Songs & Sing-Along 3:00PM Pet Therapy with Winnie	8 10AM Walking Club ®
11 9:30AM 50+ Fitness ® \$5 NO CHAIR YOGA CLASS 2PM Mahjong & Bridge Games	12 1:30PM Coffee & Chat 2:30PM Card/Board Games	13 1:30PM Coffee & Chat 3PM English Conversation®	14 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: A World Record Christmas ®	15 10AM Walking Club ® 2PM Holiday High Tea ®
18 9:30AM 50+ Fitness ® \$5 11:00AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	19 1:30PM Coffee & Chat 2:30PM Card/Board Games	20 1:30PM Coffee & Chat 3PM English Conversation®	21 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	22 CLOSED FOR THE HOLIDAYS The Rothesay Hive will reopen on Monday, January 8, 2024.
25	26	27	28	29

## 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](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.

## 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:** Thursday, November 7, 3-4PM

# THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

