



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JANUARY | 01.08.2024

January 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

Furry Friends Trivia®

Get ready for an exciting and intellectually stimulating Trivia game hosted by Kelly!

Our Trivia program is teaming up with Winnie the Pet Therapy Puppy this month! You get the chance to play Trivia AND enjoy the benefits of Pet Therapy at the SAME TIME! The Trivia game will cover all things Furry Friends.

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, January 11, at 2:00 PM

Thursday, January 18, at 1:30 PM®
Movie: Elvis (2022)

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



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.

Urban/Rural Rides



- ▶ Looking for assistance with transportation? The Fundy Regional Service Commission is partnering with Urban/Rural Rides to provide a Volunteer-Based Community Transportation Program to service the Fundy Region. Become a volunteer driver or sign up for the program as a client. Learn more by visiting urbanruralrides.ca or FundyRecycles.com!

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

Alzheimer's Awareness Month



- ▶ January is Alzheimer's Awareness Month. A diagnosis of Alzheimer's can be overwhelming and isolating. No one should have to travel the dementia journey alone. Call the Alzheimer Society of New Brunswick today at **1-800-664-8411** or visit their website to join a community of support: <https://alzheimer.ca/nb/>

Reminder: The Rothesay HIVE is a Scent Free Zone



- ▶ Please help keep the air we share healthy and fragrance-free! The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Thank you!

Government of Canada – Canadian Dental Care Program



- ▶ The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for eligible Canadian residents with an annual adjusted family net income of less than \$90,000 who do not have access to dental insurance.

Applications will open in phases starting with seniors. Find out more here:

<https://ow.ly/F9mV50QI5zU>



“JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes”

— Charmaine J Forde, Poet & Writer



ROTHESAY HIVE

Activities Calendar: January 2024

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 Happy New Year!	2 <i>Closed</i>	3 <i>Closed</i>	4 <i>Closed</i>	5 <i>Closed</i>
8 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9 1:30PM Coffee & Chat 2:30PM Card/Board Games	10 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	11 10AM Future Engage: Seniors Community (50+) ® 2PM Trivia with Kelly: Furry Friend Trivia with Winnie! ®	12 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
15 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	16 1:30PM Coffee & Chat <i>with Live Well / Bien Vivre</i> 2:30PM Card/Board Games	17 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	18 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Elvis ®	19 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
22 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	23 1:30PM Coffee & Chat 2:30PM Card/Board Games	24 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	25 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	26 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
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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 Walkie Talkies 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 on Fridays at 9:30AM. 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.

Mahjong & Bridge Games

Come play the game of Mahjong (*American Version*) or Bridge with other Rothesay Hive members. Tea and coffee provided.

THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Rothesay

