



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

FEBRUARY | 02.02.2024

February 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

Winter Craft & Trivia®

Come help make a Frost Snowball Toss Craft while enjoying 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 we will create a fun Winter Craft for the Carnival on the Common event and enjoy Winter Trivia!

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, February 8, at 2:00 PM



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.

Fundy Winterfest



- ▶ There are several programs, events, and activities available for you and your friends & family to enjoy this winter! FREE snowshoe rentals, Glow in the Dark Skate, Where's Winter Waldo, Speaker Series sessions, Skate with the SJ Sea Dogs, Carnival on the Common, and much, much more! For all the details on activities taking place in Rothesay, visit: www.rothesay.ca/fundy-winterfest-in-rothesay/

Parking Reminder



- ▶ Spaces are very limited at the Town Hall parking lot due to business operations. If able, please park across the street as there is ample parking available there. There is a well-marked cross walk to allow members to safely cross the street.

 Accessible parking spots are located in the Town Hall parking lot.

Movie Matinee: Leap Year



- ▶ Come enjoy popcorn and a refreshing beverage while watching "Leap Year" at the Rothesay HIVE on Thursday, February 15 at 1:30PM!
- Plot:** Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.
- Stars:** Amy Adams, Matthew Goode, Adam Scott **Movie Length:** 1h 40m
- Genres:** Comedy / Romance **Year:** 2010

Leap Day Potluck



- ▶ Let's make this Leap Day extraordinary by coming together for a once-in-four-years celebration with a potluck feast! Register to secure your spot as there are limited spaces. Please confirm what food item you'll be bringing to share, so we can ensure a diverse spread. **When:** Thursday, February 29 at 2:00PM!

2024 Rothesay Winter Speaker Series



- ▶ See the full schedule of the 2024 Rothesay Winter Speaker Series at the back of this Newsletter! Sessions are on Thursday evenings from 7PM-8PM at the Rothesay Hive!



"If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers."
— Marc Parent. French-Canadian Business Executive



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



Canadian
Health Solutions | Solutions de santé
canadiennes
TM/MC



The
Ketchums
Sell Houses

 COLDWELL BANKER | SELECT REALTY




Parkland
RETIREMENT LIVING
IN THE VALLEY

Rotary 
Club of Rothesay-Kings

CALL FOR PRESENTERS

Multicultural Night at Rothesay Elementary School

Thursday, April 18th, 2024, 6:00-7:30pm

We would like to learn more about the rich cultural diversity and cultural history of our Rothesay Elementary School community with a fun and interactive evening of education, art, and entertainment on April 18th, from 6:00-7:30pm.



What? We are looking for musical performances, food samples, art displays, presentations of literature, demonstrations of skills, and cultural artifacts. These are just a few examples. We would love for you to pitch other ideas to us as well. We would like to have a number of different stations set up for people to visit. If you want to participate, even if you are not sure what you might like to do, please sign up. We can figure it out together.

Who? We would like to hear from anyone who has an idea for participation: newcomers to our community, members of First Nation communities, families who have travelled and lived abroad, and any other groups that enhance our community here in Rothesay. We will need a number of volunteers to help with every aspect of this event, so you can volunteer to help even if you don't wish to present.

If you are interested in participating, let's talk about it! You can e-mail our Community School Coordinator, Melanie Backman, at Melanie.KoteffBackman@nbed.nb.ca or fill out the attached form and send it to school with your student.

Rothesay Elementary School Multicultural Night

Thursday, April 18th from 6:00 pm-7:30 pm

I am interested in being a part of this event!

Name: _____

Student(s) name(s) & classroom(s): _____

Culture/Country: _____

Do you have a presentation idea? _____

Contact information

Phone: _____ E-mail: _____

SEEKING PARTICIPANTS FOR THE AIM STUDY

What is the AIM Study?

- A study to test the effectiveness of an advocacy intervention to support the needs of older women who experience Intimate Partner Violence (IPV).
- We use the term intimate partner violence (IPV) to refer to any type of abusive behaviour (e.g. emotional, verbal, physical, sexual) that occurs between intimate partners, such as spouses, those living in a common-law relationship, or in a dating relationship.

What are participants asked to do?

- Participants will be randomly assigned to either the AIM program or the comparison group.
- Participants in the AIM program will receive a virtual social support program for 12 weeks.
- Participants in the comparison group receive information about local and virtual IPV resources.
- All participants will complete surveys at 3 time-points over the study period.

Who can take part?

- Women who are in midlife and older (about age 50+)
- Women who are currently living with an abusive partner or women who have left an abusive partner in the last several months (e.g., up to about a year).
- Currently living in the Maritimes (NB, NS, or PEI)
- Can participate in an interview in English or French.

**YOUR PARTICIPATION
IS CONFIDENTIAL – NO ONE
WILL BE ABLE TO TELL WHO
PARTICIPATED FROM THE RESULTS.**

**ALL PARTICIPANTS RECEIVE A \$125
HONORARIUM.**

When does the study take place?

September 2023 - September 2024

Where?

All meetings will be held virtually over phone or video calls.

How much time will it take?

- For participants in the AIM Program ~11 hours
- For participants in the comparison group ~4 hours

Interested or want more information?

PHONE: 1-833-854-9563 (toll free)

EMAIL: Aimstudy@unb.ca



AGING IN PLACE

SENIOR CARE NAVIGATION FAIR

**Are you learning about senior caregiving?
Instructing students in caregiving?
Maybe you're caring for an aging family member.**

New Brunswick's key support organizations will be on-site to further educate students and informal caregivers to those aging in place. Come to the Navigation Fair and:

- Create connections
- Learn about services and supports
- Develop strong relationships with service groups and community partners involved in supporting aging seniors

SPECIAL GUESTS & SPEAKERS

Meet valuable partners in senior care and navigation, including:

- College Office of Research Enterprise (CORE)
- Aging in Place Senior Care Navigation
- Pulmonary Rehabilitation:
A student-infused Initiative
- Nursing Home Without Walls:
Loch Lomond Nursing Home
- 211 New Brunswick
- PIEIS-NB Public Legal Education and Information
Service of New Brunswick
- Meals on Wheels Saint John
- FCNB Financial and Consumer Services Commission
- Canadian Mental Health Association of New Brunswick
Saint John
- Aging in New Brunswick A User's Guide -Michelle Lafrance
- Department of Social Development
- The NB Extra-Mural Program
- Alzheimer's Society of NB

And many more!



DATE:
February 12, 2024 (Storm date: February 23)

LOCATION:
Loch Lomond Villa
Simonds Lions Auditorium
185 Loch Lomond Rd.
Saint John N.B

TIME:
10:00 a.m. – 2:00 p.m.

Drop in to connect with the many Supports and Services New Brunswick offers to aging adults.

- We will not require registration for this Event.
- Light refreshments and door prizes
- NEW: Round trip shuttle service between McAllister Mall and Simonds Lions Auditorium/Loch Lomond Villa for students and participants.
- Provided by Saint John Transit on behalf of Senior Care Navigation

Departure:

- Buses will depart McAllister Place Mall near The Brick furniture store.
- Pick-up times 10 am, 10:30, 11:00, 11:30, 12:00, 12:30, 1:00
- Signage and students will be there to assist you.

FOR MORE INFORMATION
Email sonya.ducey@nbcc.ca



ROTHESAY

2024 WINTER SPEAKER SERIES

FUNDY WINTERFEST IS PROUDLY SPONSORED BY:

ENVISION
Saint John
THE REGIONAL GROWTH AGENCY

97.3 *the WAVE*

CHSJ *Country 94.1*



Rothestay is pleased to present the 2024 Winter Speaker Series during Fundy Winterfest on Thursday evenings from 7PM - 8PM at the Rothestay Hive, located within Town Hall at 70 Hampton Road.

FREE INFORMATION SESSIONS | ALL ARE WELCOME TO ATTEND

Bring a non-perishable food item in support of the KV Food Basket!

FEB 1 7PM - 8PM	UKRAINIAN CULTURE & TRADITIONS Borys Kornetskyi
FEB 8 7PM - 8PM	ALLYSHIP & INCLUSION 101 Mariah Darling, Education Coordinator at Chroma NB
FEB 15 7PM - 8PM	THE MANY FACES OF SPARKLING WINE Craig Pinhey, Sommelier
FEB 22 7PM - 8PM	PERSONAL FINANCES Jacalyn MacLean, AFC at Solve Your Debts
FEB 29 7PM - 8PM	RELAXATION & MEDITATION THROUGH ART Tina Sharapova, Art Meditation Coach
MARCH 7 7PM - 8PM	POSITIVE ATTITUDE, THINKING & SELF-TALK Dawn O'Dell, Community Program Coordinator at CMHA NB

FOR MORE INFORMATION ON FUNDY WINTERFEST IN ROTHESAY VISIT:

WWW.ROTHESAY.CA/FUNDY-WINTERFEST-IN-ROTHESAY/