



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MARCH | 03.01.2024

March 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 Friend Trivia with Winnie

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 our Furry Friends with special guest – **Winnie the Pet Therapy Puppy!**

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, March 7, at 2:00 PM

Where: Rothesay HIVE

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 Presentation ®



- ▶ Come learn about Urban Rural Rides the Volunteer-Based Community Transportation Program servicing the Fundy Region. Learn how you can become a volunteer driver or sign up for the program as a participant.

When: Thursday, March 14, at 1:30 PM **Where:** Rothesay HIVE

Aging in New Brunswick: A User's Guide



- ▶ The third edition of the Aging in NB User Guide is now available! The guide was put together by a group of researchers and practitioners in New Brunswick who work with older adults. Their aim was to help older adults in New Brunswick navigate the complex landscape of information, services, forms, and resources.

You can download the guide online, here: <https://www.stu.ca/aging-in-nb-en/>, order your own copy from 2-1-1, or view a printed copy at the Rothesay HIVE.



Spring Forward – Sunday, March 10, 2024!

- ▶ Don't forget to change your clocks and check your batteries in your smoke and carbon monoxide alarms! Time goes ahead one hour on Sunday, March 10, at 2:00 AM.

2024-2025 Seniors' Directory



- ▶ The Human Development Council have put together the 2024-2025 Seniors' Directory with information about many programs, services, and opportunities in the Greater Saint John Area. You can view the PDF version of the directory online by following this link: <https://sjhdc.ca/seniors-directory/> or you can also pick up a paper copy at the Rothesay HIVE.

March is Fraud Prevention Month



- ▶ 2024 marks the 20th anniversary of Fraud Prevention Month! Given this milestone, this year's theme, "20 years of fighting fraud: From then to now", looks at the evolution of fraud. This includes the ever-changing technology available to scammers and the introduction of Artificial Intelligence. For more info on this year's Fraud Prevention Month activities, visit: <https://ow.ly/26iG50QJRXs>



**"In March winter is holding back and spring is pulling forward.
Something holds and something pulls inside of us too."**

— Jean Hersey, Author



ROTHESAY HIVE

Activities Calendar: March 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 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
4 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	5 1:30PM Coffee & Chat 2:30PM Card/Board Games	6 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	7 10AM Future Engage: Seniors Community (50+) ® 2PM Trivia with Kelly: Furry Friends Trivia with Winnie!®	8 NO WALKING CLUB 11AM Latin Line Dancing ® \$5
11 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	12 1:30PM Coffee & Chat 2:30PM Card/Board Games	13 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	14 10AM Future Engage: Seniors Community (50+) ® 1:30PM Urban Rural Rides Presentation ®	15 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
18 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	19 1:30PM Coffee & Chat 2:30PM Card/Board Games	20 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	21 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: ® Then Came You (2020)	22 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
25 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	26 1:30PM Coffee & Chat 2:30PM Card/Board Games	27 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	28 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	29 CLOSED GOOD FRIDAY

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 – Tuesdays & Wednesdays at 1:30PM

Drop in to enjoy tea and coffee and socialize with other Rothesay HIVE members. This is a great time to check out the Hive Libraries!

Card & Board Games

Drop in to play various card and board games such as cribbage, bridge, phase 10, Scrabble, Yahtzee and more! Tea and coffee provided.

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.

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!*

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