



# ROTHESAY HIVE

## Activities Calendar: May 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
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>11AM Flex &amp; Flow ® \$5</b> <b>12:30PM Sittercise ® \$5</b> <b>1:30PM Coffee &amp; Chat</b> <b>3PM English Conversation®</b>	<b>10AM Future Engage: Seniors Community (50+) ®</b>	<b>9:30AM Walking Club ®</b> <b>11AM Latin Line Dancing ® \$5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9:30AM 50+ Fitness ® \$5</b> <b>11AM Chair Yoga ® \$5</b> <b>2PM Mahjong &amp; Bridge</b>	<b>1:30PM Coffee &amp; Chat</b> <b>2:30PM Card/Board Games</b>	<b>11AM Flex &amp; Flow ® \$5</b> <b>12:30PM Sittercise ® \$5</b> <b>1:30PM Coffee &amp; Chat</b> <b>3PM English Conversation®</b>	<b>10AM Future Engage: Seniors Community (50+) ®</b> <b>1:30PM Movie Matinee: ®</b> 80 for Brady	<b>9:30AM Walking Club ®</b> <b>11AM Latin Line Dancing ® \$5</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9:30AM 50+ Fitness ® \$5</b> <b>11AM Chair Yoga ® \$5</b> <b>2PM Mahjong &amp; Bridge</b>	<b>1:30PM Coffee &amp; Chat</b> <b>2:30PM Card/Board Games</b>	<b>11AM Flex &amp; Flow ® \$5</b> <b>12:30PM Sittercise ® \$5</b> <b>1:30PM Coffee &amp; Chat</b> <b>3PM English Conversation®</b>	<b>10AM Future Engage: Seniors Community (50+) ®</b> <b>1:30PM Presentation: ®</b> Leveraging a Total Wealth Approach for a Successful Retirement	<b>9:30AM Walking Club ®</b> <b>NO LATIN LINE DANCING</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>CLOSED FOR VICTORIA DAY</b>	<b>1:30PM Coffee &amp; Chat</b> <b>2:30PM Card/Board Games</b>	<b>11AM Flex &amp; Flow ® \$5</b> <b>12:30PM Sittercise ® \$5</b> <b>1:30PM Coffee &amp; Chat</b> <b>3PM English Conversation®</b>	<b>10AM Future Engage: Seniors Community (50+) ®</b> <b>1:30PM Rothesay Hive's 5<sup>th</sup> Birthday Potluck! ®</b>	<b>9:30AM Walking Club ®</b> <b>11AM Latin Line Dancing ® \$5</b> <b>1:30PM Book Club ®</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>9:30AM 50+ Fitness ® \$5</b> <b>11AM Chair Yoga ® \$5</b> <b>2PM Mahjong &amp; Bridge</b>	<b>1:30PM Coffee &amp; Chat</b> <b>2:30PM Card/Board Games</b>	<b>11AM Flex &amp; Flow ® \$5</b> <b>12:30PM Sittercise ® \$5</b> <b>1:30PM Coffee &amp; Chat</b> <b>3PM English Conversation®</b>	<b>10AM Future Engage: Seniors Community (50+) ®</b> <b>1:30PM Speed Chatting</b> with Touchstone Academy®	<b>9:30AM Walking Club ®</b> <b>11AM Latin Line Dancing ® \$5</b>

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### Movie Matinee: 80 for Brady ®

**Showtime:** Thursday, May 9, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "80 for Brady"! **Year:** 2023 **Movie Length:** 1h 38m

**Plot:** A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

**Stars:** Lily Tomlin, Jane Fonda, Rita Moreno **Director:** Kyle Marvin **Genres:** Comedy / Drama / Sport

### Presentation: Leveraging a Total Wealth Approach for a Successful Retirement ® **Program Length:** 1 hour **Type:** Presentation

Join Morgan Clark, from Scotia Wealth Management, to learn key considerations to ensure a successful retirement, and how taking a Total Wealth approach to retirement is vital - focusing not only on the financial aspects, but also your health, well-being, and legacy.

### Rothesay Hive's 5<sup>th</sup> Birthday Potluck ®

**Program Length:** 1.5 hours **Type:** Social

Let's celebrate the Rothesay HIVE's Birthday by coming together for a potluck! 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! Birthday cake & beverages will be provided.

### Speed Chatting with Touchstone Academy ®

**Program Length:** 2 hours **Type:** Volunteer Led

Come chat with the Grade 3 Class about the similarities & differences between generations and childhoods! Social gathering afterwards.

### Mahjong & Bridge Games

**Program Length:** 2 hours **Type:** Group Led

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

### Mahjong & Bridge Lessons (Waitlist) ®

**Program Length:** 1 - 2 hours **Type:** Instructor Led

Interested in learning how to play Mahjong or Bridge? Be added to the waitlist to learn when the next session of lesson will be offered.

### Coffee & Chat

**Program Length:** 1 hour **Type:** Social

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

**Program Length:** 1.5 hours **Type:** Group Led

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

### HIVE Book Club Meeting ®

**Program Length:** 1.5 hour **Type:** Group Led

The HIVE Book Club meets on the fourth Thursday of each month to discuss the last book read and decide on the next book to read. Members are responsible for obtaining their own copy of each book, typically chosen books are available at the KV Public Library.

### Garden Club ®

**Program Length:** May - October **Type:** Group Led

It's not too late for gardening enthusiasts to register for the Garden Club. Members of the Garden Club will need to dedicate time to the Garden Club to plan, plant, tend, and harvest the plot at the Scribner Community Garden from May until October.

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### **50+ Fitness** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**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

**Program Length:** 1 hour

**Instructor:** Sharon Randell

Chair yoga is a form of yoga as therapy that is practiced sitting on a chair or standing using a chair for support.

### **Flex & Flow** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**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

**Program Length:** 1 hour

**Instructor:** Deby Siemens

Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and 1-pound weights.

### **Walking Club "The Walkie Talkies"** ®

**Walk Length:** 45min - 1 hour

**Type:** Volunteer Led

The Walkie Talkies 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.

### **Latin Line Dancing** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**Instructor:** Deby Siemens

Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended to be worn for this class.

### **Puzzle Library**

Puzzles can be borrowed from the Puzzle Library during programming hours. Puzzles are to be returned once completed.

### **Lending Library: Give a Book! Take a Book!**

Books can be exchanged from the HIVE Library during programming hours. Due to storage capacity, no donations of large collections.

### **Pickleball Equipment**

Hive Members can borrow a set of pickleball equipment for FREE to play at the Pickleball Courts (Arthur Miller Field) with up to 4 friends!

**Programs offered by the Saint John Newcomers Centre are FREE and OPEN to everyone. Registration is required.**

### **SJNC: Future Engage** ®

**Program Length:** 2 hours

**Type:** Coordinator Led

A weekly Seniors and Youth Engagement Project that will create intergenerational connections. All are welcome to attend free of charge! Register by contacting Hiba Hachicha, [Hiba.Hachicha@sjnewcomers.ca](mailto:Hiba.Hachicha@sjnewcomers.ca) or (506) 721-1325.

### **SJNC: English Conversation** ®

**Program Length:** 1 hour

**Type:** Coordinator Led

A weekly English Conversation class to practice and improve your English in a casual environment. This class is open to all regardless of your immigration status. You can also join the class via Zoom. Register by email: [Hiba.Hachicha@sjnewcomers.ca](mailto:Hiba.Hachicha@sjnewcomers.ca) or (506) 721-1325.