



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

APRIL | 04.02.2024

### April 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, April 4, at 3:00 PM

**Where:** Rothesay HIVE

**MOVIE MATINEE**

**11 APRIL**  
1:30 PM

ROTHESAY HIVE | NO CHARGE

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

#### Contact Us:



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



**Facebook:** @RothesayHive  
[www.facebook.com/groups/RothesayHive/](http://www.facebook.com/groups/RothesayHive/)



**Phone:**  
506-799-9240



**Email:**  
[kirstinduffley@rothesay.ca](mailto: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.



### **Presentation: Nursing Home without Walls** ®

- ▶ Come learn about the Nursing Home without Walls program newly added to the Kennebecasis Valley.

**When:** Friday, April 5, at 2:00 PM

**Where:** Rothesay HIVE

### **Garden Club** ®



- ▶ Gardening enthusiasts are encouraged to register for the Garden Club to connect and garden together, improve their green thumb, and grow something new. 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. The first meeting will be spent determining what will be grown this year.

**When:** Tuesday, April 30, at 11 AM

**Where:** Rothesay HIVE



### **Presentation: Depression in Older Adults & Seniors** ®

- ▶ Depression in Older Adults and Seniors examines feeling good as you age and the causes of depression in older adults and seniors. We also look at signs and symptoms of depression in seniors and depression in seniors without sadness. We review medical conditions that can cause depression in seniors and prescription medications that can cause or worsen depression. We also cover... is it depression or dementia and is it grief or depression? We also look at ways to help a depression senior and depression self-help as well as look at the mental health services available in your communities.

**When:** Thursday, April 18, at 1:30 PM

**Where:** Rothesay HIVE



### **R-Insider: Rothesay's Community E-Newsletter**

- ▶ Did you know that Rothesay has a community e-newsletter? You can receive information about upcoming community events, service reminders, and more directly to your inbox! Subscribe here: <https://mailchi.mp/rothesay/r-insider>



**"April is the sweetest month of the year,  
the mellow season of rebirth and renewal."  
— Mary Sojourner, Novelist & Activist**





# ROTHESAY HIVE

Activities Calendar: April 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 <b>CLOSED FOR EASTER MONDAY</b>	2 1:30PM Coffee & Chat 2:30PM Card/Board Games	3 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	4 10AM Future Engage: Seniors Community (50+) ® 3PM Trivia with Kelly: Furry Friends Trivia with Winnie!®	5 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 2PM <b>Presentation:</b> ® Nursing Home without Walls
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+) ® 1:30PM <b>Movie Matinee:</b> The Color Purple ®	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 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 <b>Presentation:</b> ® CMHA NB Depression in Older Adults & Seniors	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 <b>Book Club</b> ®	26 <b>NO WALKING CLUB</b> 11AM Latin Line Dancing ® \$5
29 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	30 11AM <b>Garden Club:</b> 1 <sup>st</sup> Meeting of 2024 ® 1:30PM Coffee & Chat 2:30PM Card/Board Games			

## 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](mailto:hiba.hachicha@sjnewcomers.ca). *Open to ALL!*

## THANK YOU TO OUR SPONSORS



Rothesay

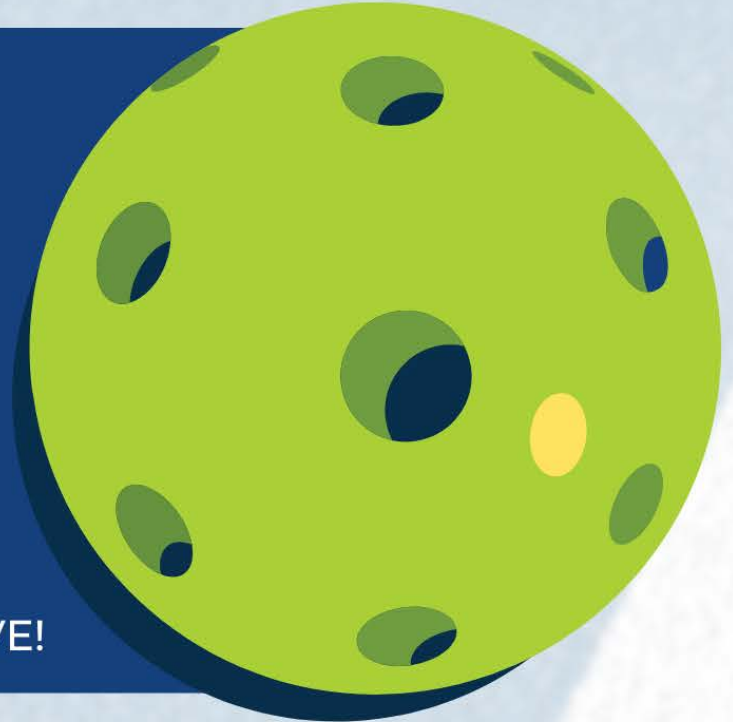




# PICKLEBALL EQUIPMENT

## Let's Play Pickleball!

TWO New Pickleball Courts are now open at Arthur Miller Fields parking lot, located at: 48 Hampton Road, Rothesay. That's only a 5 minute walk (400M) from the Rothesay HIVE!



## Borrow Pickleball Gear from the HIVE!

As a Rothesay HIVE Member you can borrow one of our sets of pickleball equipment to play with your friends! Sets are for games up to four players. First-come, first-served.

Please contact us for inquiries about the borrowing process.

### CONTACT



[kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)



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