



# ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

MAY | 05.01.2024

## May 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.



### HIVE TURNS FIVE ®

#### Birthday Potluck!

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.

**When:** Thursday, May 23, at 1:30 PM

**Where:** Rothesay HIVE

**REGISTRATION REQUIRED**

**MOVIE MATINEE**

**9 MAY**  
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/](https://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:** Leveraging a Total Wealth Approach for a Successful Retirement ®



- ▶ 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. **REGISTRATION REQUIRED.**

**When:** Thursday, May 16, at 1:30 PM

**Where:** Rothesay HIVE

### **Speed Chatting with Touchstone Academy** ®



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

**When:** Thursday, May 30, at 1:30 PM

**Where:** Rothesay HIVE

### **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! Contact the Age-Friendly Coordinator for more information on how to borrow the equipment.

### **Rothesay Age-Friendly Wellness Fair**



- ▶ Make your health & wellness your top priority at the first annual Rothesay Wellness Fair! Take steps towards a better lifestyle today! Over thirty information booths will be at the event, including a Health Check (Glucose Screening Test & Blood Pressure Test). There will be a Raffle Draw in support of RHS' Adopt a Redhawk Program, Giveaways, Snacks, and more! Bring a donation of a non-perishable food item for the Kennebecasis Valley Food Basket! For more information, visit: [www.rothesay.ca/wellness-fair/](http://www.rothesay.ca/wellness-fair/)

**When:** Monday, June 3, from 6PM – 8PM

**Where:** Rothesay High School Gym

### **Nursing Home without Walls – YMCA Bus Transportation**



- ▶ Nursing Home without Walls (NHWW) and the YMCA are collaborating to provide free bus transportation within the Kennebecasis Valley. As a NHWW participant you can access this free program starting in May 2024 on every second Thursday. **Learn more by contacting:** Brenda Foster at [bfoster@shannex.com](mailto:bfoster@shannex.com) or 506-271-1792.



**“If you want to live a happy life, tie it to a goal, not to people or things.”**

— Albert Einstein, Theoretical Physicist



# 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>
		11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Movie Matinee:</b> ® 80 for Brady	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Presentation:</b> ® Leveraging a Total Wealth Approach for a Successful Retirement	9:30AM Walking Club ® <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>	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM English Conversation®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Rothesay Hive's 5 <sup>th</sup> Birthday <b>Potluck!</b> ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM <b>Book Club</b> ®
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
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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 – 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

