



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JULY | 07.02.2024

July 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.



Movie Matinee

Come enjoy popcorn and a refreshing beverage while watching "Argylle" on July 11 at 1:30PM! No cost for Rothesay HIVE members.

Plot: A reclusive author who writes espionage novels about a secret agent and a global spy syndicate realizes the plot of the new book she's writing starts to mirror real-world events, in real time.

Year: 2024

Movie Length: 2h 19m

Stars: Henry Cavill, Bryce Dallas Howard, Sam Rockwell

Director: Matthew Vaughn

Genres: Action / Comedy / Thriller



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



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.

Rothesay's Concert in the Common



- ▶ Each Thursday in July and August take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothesay Common stage from 7-8pm.

Learn more: www.rothesay.ca/recreation/seasonal-programs/concert-in-the-common/

Rothesay's Sunset Yoga Sessions



- ▶ Free Sunset Yoga Sessions will be held at Renforth Rotary Park, 141 James Renforth Drive. No experience is necessary! Yoga sessions are for people of all ages and abilities. Please bring your own yoga mat. You have the chance to win a \$50 Yoga Haus gift card raffle draw at each session!

Learn more: www.rothesay.ca/recreation/seasonal-programs/sunset-yoga/

Pickleball Equipment (FREE RENTALS) ®



- ▶ 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.

Urban/Rural Rides



- ▶ Looking for assistance with transportation? The Fundy Regional Service Commission is partnering with Urban/Rural Rides to provide a Volunteer-Based Community Transportation Program to service the Fundy Region. Become a volunteer driver or sign up for the program as a client to benefit from a low-cost transportation solution.

Learn more by visiting urbanruralrides.ca or FundyRecycles.com!

Reminder: The Rothesay HIVE is a Scent Free Zone



- ▶ Please help keep the air we share healthy and fragrance-free! The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies, and other medical conditions. Thank you!



"It takes me as long to find the right file for an email attachment as it used to to write a letter longhand and send it through Canada Post."

— Steve Patterson, Canadian Comic, Actor and TV/Radio Host



ROTHESAY HIVE

Activities Calendar: JULY 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 CLOSED – CANADA DAY 12PM-3PM Canada Day on the Rothesay Common 🍁	2 1:30PM Coffee & Chat 2:30PM Card/Board Games	3 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	4 10AM Future Engage: Seniors Community (50+) ® 7PM Rothesay's Concert in the Common	5 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
8 2PM Mahjong & Bridge Games	9 1:30PM Coffee & Chat 2:30PM Card/Board Games 7PM Rothesay's Sunset Yoga Session	10 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	11 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: ® Argyle 7PM Rothesay's Concert in the Common	12 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 will return in September.

Chair Yoga ® Cost: \$5/class Duration: 1 hr Instructor: Sharon Randell

Chair yoga will return in September.

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!*

THANK YOU TO OUR SPONSORS

