



ROTHESAY HIVE

Activities Calendar: SEPTEMBER 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 |
|---|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| CLOSED – Labour Day | 1:30PM Coffee & Chat 2:30PM Card/Board Games 7PM <i>Rothesay's Sunset Yoga Session</i> | 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat | 10AM <i>Future Engage: Seniors Community (50+) ®</i> 7PM <i>Rothesay's Concert in the Common</i> 1:30PM Movie Matinee: Enola Holmes ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 9 | 10 | 11 | 12 | 13 |
| 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games | 1:30PM Coffee & Chat 2:30PM Card/Board Games | 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat | 10AM <i>Future Engage: Seniors Community (50+) ®</i> 1:30PM Presentation: Stronger at Home – Exercise Education ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 16 | 17 | 18 | 19 | 20 |
| 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games | 1:30PM Coffee & Chat 2:30PM Card/Board Games | 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat | 10AM <i>Future Engage: Seniors Community (50+) ®</i> CLOSED after 12PM – Town Office Closure | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 23 | 24 | 25 | 26 | 27 |
| 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games | 1:30PM Coffee & Chat 2:30PM Card/Board Games | 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat | 10AM <i>Future Engage: Seniors Community (50+) ®</i> 1:30PM Book Club ® | 9:30AM Walking Club ® No Latin Line Dancing |
| 30 | | | | |
| CLOSED – National Truth and Reconciliation Day | NEW: Grief Café Coming in October! Drop-in for the new monthly Grief Café to enjoy tea and coffee with Jennifer Doherty (Grief Advocate & Death Doula), Winnie (Therapy Dog) and others on their grief journey on Thursday, October 10 th 1:30PM-3:30PM. | | | |

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Movie Matinee: Enola Holmes ®

Date: Thursday, September 5, at 1:30PM

Plot: When Enola Holmes (Sherlock's teen sister) discovers her mother is missing, she endeavours to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.

Year: 2020 **Movie Length:** 2h 3m **Stars:** Millie Bobby Brown, Henry Cavill, Sam Claflin **Genres:** Action / Adventure / Drama

Presentation: Stronger At Home ®

Date: Thursday, September 12, at 1:30PM

Learn more about how physical activity and exercise can improve your life with Camille Coates, PT, Physiotherapist. She'll discuss the values of "movement is medicine", "health is wealth" and how consistency is the key to results. This interactive presentation will be a reminder that a little can go a long way, and progress is possible at any age.

Rothesay's Concert in the Common

Date: Thursday, September 5, at 7PM

The last Concert of 2024 will be on September 5! Bring your blanket/chair and enjoy free outdoor music on the Rothesay Common stage.

Rothesay's FREE Sunset Yoga Sessions

Date: Tuesday, September 3, at 7PM

Sunset Yoga Sessions are held at Renforth Rotary Park, 141 James Renforth Dr. No experience is necessary! Bring your own yoga mat.

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, phase 10, Scrabble, Yahtzee and more! Tea and coffee provided.

HIVE Book Club Meeting ®

Program Length: 1.5 hours

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.

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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 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 or (506) 721-1325.