



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

AUGUST | 08.01.2024

### August 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 "Moving On" on August 8 at 1:30PM!

No cost for Rothesay HIVE members.

**Plot:** Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before.

**Year:** 2022

**Movie Length:** 1h 25m

**Stars:** Jane Fonda, Lily Tomlin, Malcolm McDowell

**Genre:** Comedy

**MOVIE MATINEE**

**8 AUG**  
1:30 PM

ROTHESAY HIVE | FREE FOR MEMBERS

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.



### **Rothesay's Concert in the Common**

- ▶ Each Thursday in 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/](http://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 on August 13 and September 3. 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/](http://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.



### **Summer Potluck – Wednesday, August 14, at 12PM ®**

- ▶ 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! Beverages will be provided. Doors will open 15 minutes prior to start time of the Potluck.



### **Presentation: Dalhousie Medicine New Brunswick - Volunteer Patient Program – Thursday, August 15, at 1:30PM ®**

- ▶ During this session, Nick Lignos will discuss the volunteer patient program at Dalhousie Medicine New Brunswick and the volunteers' roles in educating our students and our need for more volunteers will be highlighted. Come learn more!



**“The more that you read, the more things you will know.  
The more that you learn, the more places you’ll go.”**

— Dr. Seuss, American Author & Cartoonist



# ROTHESAY HIVE

## Activities Calendar: AUGUST 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 10AM Future Engage: Seniors Community (50+) ® 7PM Rothesay's Concert in the Common	2 9:30AM Walking Club ®
5 CLOSED – New Brunswick Day	6 1:30PM Coffee & Chat 2:30PM Card/Board Games	7	8 10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Movie Matinee:</b> ® Moving On 7PM Rothesay's Concert in the Common	9 9:30AM Walking Club ®
12 2PM Mahjong & Bridge Games	13 1:30PM Coffee & Chat 2:30PM Card/Board Games 7PM Rothesay's Sunset Yoga Session	14 12PM <b>Summer Potluck</b> ®	15 10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Presentation:</b> Dalhousie Medical School ® 7PM Rothesay's Concert in the Common	16 9:30AM Walking Club ®
19 2PM Mahjong & Bridge Games	20 1:30PM Coffee & Chat 2:30PM Card/Board Games	21 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	22 10AM Future Engage: Seniors Community (50+) ® 7PM Rothesay's Concert in the Common	23 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
26 2PM Mahjong & Bridge Games	27 1:30PM Coffee & Chat 2:30PM Card/Board Games	28 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat	29 10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Book Club</b> ® 7PM Rothesay's Concert in the Common	30 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5

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

## THANK YOU TO OUR SPONSORS

