



ROTHESAY HIVE

Activities Calendar: OCTOBER 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	2	3	4
Rothesay Arena: Mondays starting on October 14th! Seniors Hockey 11:30AM Seniors Skating 12:45PM	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
7	8	9	10	11
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 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer & Winnie	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:00PM Friendsgiving Potluck ®
14	15	16	17	18
CLOSED Thanksgiving Day	1:30PM Coffee & Chat 2:30PM Card/Board Games	11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Memory & Wellness ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
21	22	23	24	25
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28	29	30	31	
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FURTHER INFORMATION ABOUT THE EVENTS AND PROGRAMS IS ON THE NEXT TWO PAGES

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Rothesay HIVE Membership is REQUIRED to access activities at the Rothesay HIVE. 3 Visit Trial Available for New Members.

NEW: Grief Café

Date: Thursday, October 10, from 1:30PM - 3:30PM

Drop-in for the new monthly Grief Café to enjoy tea and coffee with Jennifer Doherty (End of Life Consultant, Grief Advocate & Death Doula), Winnie (Therapy Dog) and others on their grief journey. Tea and coffee provided. No registration is required.

Friendsgiving Potluck ®

Date: Friday, October 11, at 1:00PM

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: Memory & Wellness with Dr. David Elias ®

Date: Thursday, October 17, at 1:30PM

Learn more about memory as we age, including memory loss and wellness with Dr. David Elias from Canadian Health Solutions.

Halloween Movie Matinee: The Witches (2020) ®

Date: Thursday, October 31, at 1:30PM

Join us for a Halloween Movie, refreshments, popcorn, and treats provided! **Come dressed in costume to be entered into a prize draw!**

Plot: A young boy and his grandmother have a run-in with a coven of witches and their leader. A great new reimagined story based on Roald Dahl's classic 1983 children's book.

Year: 2020 **Movie Length:** 1h 46m **Stars:** Anne Hathaway, Octavia Spencer, Stanley Tucci **Genres:** Fantasy / Comedy

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 – Seniors Community (50+) ®

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.