



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

SEPTEMBER | 09.03.2024

September 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 "Enola Holmes" on September 5 at 1:30PM! No cost for Rothesay HIVE members.

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

Genre: Action / Adventure / Drama



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

- ▶ The last Concert in the Common is on Thursday, September 5th! 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

- ▶ The last free Sunset Yoga Sessions will be held at Renforth Rotary Park, 141 James Renforth Drive on 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/



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.



211 in New Brunswick

- ▶ 211 is a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services. The service is available 24 hours a day, seven days a week, by calling **2-1-1** or visiting nb.211.ca



Presentation: Stronger At Home ®

- ▶ 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.



**"Our greatest weakness lies in giving up.
The most certain way to succeed is always to try just one more time."**

— Thomas Edison, American Inventor and Businessman



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 Future Engage: Seniors Community (50+) ® 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 Future Engage: Seniors Community (50+) ® 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 Future Engage: Seniors Community (50+) ® CLOSED after 12PM – Town Office Closure	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
23	24	25	26	27
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30	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.			
CLOSED – National Truth and Reconciliation Day				

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

