



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

OCTOBER | 10.01.2024

October 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 celebrate Halloween at the Rothesay Hive! Enjoy popcorn, treats, and a refreshing beverage while watching "The Witches" on October 31st at 1:30PM! 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

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.

NEW: Grief Café



The Rothesay HIVE will host their first-ever Grief Café on **Thursday, October 10th 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 will be provided.

No registration is required. We hope you join us! This program is free of charge for Rothesay HIVE members.



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.



Friendsgiving Potluck ®

Let's celebrate Thanksgiving among friends! 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 the start time of the Potluck.



Monthly YBUS Trips to East Saint John

Nursing Homes Without Walls is offering YBUS trips for Seniors once a month to Saint John's East Side for shopping and social connection. For more information, please contact: Brenda Foster, Seniors Navigator with Nursing Home Without Walls by Phone: (506) 271-1792.



Presentation: Memory & Wellness with Dr. David Elias ®

Learn more about memory as we age, including memory loss and wellness with Dr. David Elias from Canadian Health Solutions on **Thursday, October 17, at 1:30PM.**



"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

— William Arthur Ward, American Writer



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
Rothesay Arena: Mondays starting on October 14th! Seniors Hockey 11:30AM Seniors Skating 12:45PM	1 1:30PM Coffee & Chat 2:30PM Card/Board Games	2 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	3 10AM Future Engage: Seniors Community (50+) ®	4 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
7 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	8 1:30PM Coffee & Chat 2:30PM Card/Board Games	9 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	10 10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer & Winnie	11 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:00PM Friendsgiving Potluck ®
14 CLOSED Thanksgiving Day	15 1:30PM Coffee & Chat 2:30PM Card/Board Games	16 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	17 10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Memory & Wellness ®	18 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

