



# ROTHESAY HIVE

## Activities Calendar: DECEMBER 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>2PM</b> Mahjong & Bridge Games	<b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>9:30AM Bee Mobile</b> ® \$5 <b>11AM</b> Flex & Flow ® \$5 <b>12:30PM</b> Sittercise ® \$5 <b>1:30PM</b> Coffee & Chat <b>3PM SJNC: English Convo</b> ®	<b>10AM</b> Future Engage: Seniors Community (50+) ® <b>1:30PM Grief Café with Jennifer</b>	<b>9:30AM</b> Walking Club ® <b>11AM</b> Latin Line Dancing ® \$5
				<b>SATURDAY 7</b>
				<b>2PM</b> Fashion Show ®
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:30AM</b> 50+ Fitness ® \$5 <b>11AM</b> Chair Yoga ® \$5 <b>2PM</b> Mahjong & Bridge Games	<b>1:30PM</b> Coffee & Chat <b>2:30PM</b> Card/Board Games	<b>No Bee Mobile Class</b> <b>No Flex &amp; Flow Class</b> <b>No Sittercise Class</b> <b>1:30PM</b> Coffee & Chat <b>3PM SJNC: English Convo</b> ®	<b>10AM</b> Future Engage: Seniors Community (50+) ® <b>1:30PM Book Club</b> ®	<b>9:30AM</b> Walking Club ® <b>No Latin Line Dancing</b> <b>1:30PM Ugly Holiday Sweater Potluck</b> ®
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>CLOSED FOR THE HOLIDAYS</b> The Rothesay HIVE will reopen on Monday, January 6, 2025.				
<b>30</b>	<b>31</b>			
<b>Rothesay Arena: Mondays</b> <b>Seniors Hockey 11:30AM</b> <b>Seniors Skating 12:45PM</b>				

FURTHER INFORMATION ABOUT THE EVENTS AND PROGRAMS IS ON THE NEXT TWO PAGES

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### Grief Café

**Date:** Thursday, December 5, from 1:30PM - 3:30PM

Drop-in for a tea/coffee with Jennifer Doherty (End of Life Consultant, Grief Advocate & Death Doula) and others on their grief journey. Tea and coffee provided.

### Fashion Show: New Year – New You ®

**Date:** Saturday, December 7, from 2:00PM

Celebrating women 50+ through Fashion with certified stylist & image consultant, Lorraine Peters. Light refreshments provided. Accepting non-perishable food donations for the KV Food Basket. Registration is required.

### Movie Matinee: Spirited (2022) ®

**Date:** Thursday, December 12, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching “Spirited” with other Rothesay HIVE members. **Plot:** A musical version of Charles Dickens' story of a miserly misanthrope who's taken on a magical journey. **Stars:** Will Ferrell, Ryan Reynolds, Octavia Spencer

### Presentation: Accessing Health Care & My Health NB APP ®

**Date:** Friday, December 13, from 2:00PM

Join Dominique Daigle, from Horizon Health Network, to learn how you can access Health Care in New Brunswick and GNB's Department of Health will help you register for the My Health NB application to access your health information and related services on your own device. Registration is required. Participants must bring their Medicare card and own device (smart phone/tablet) for registration support.

### Holiday Potluck – Wear Your Ugly Sweaters/Holiday Attire ®

**Date:** Friday, December 20, at 1:30PM

Let's celebrate the Holiday Season in style. Wear your festive holiday attire for a chance to win a present! Please confirm what food item you'll be bringing to share, so we can ensure a diverse spread! Beverages will be provided. Doors open 15min. prior to event start time.

### 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:** 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

Come 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.

### **Bee Mobile** ®

**Cost:** \$5 / Class

**Program Length:** 1 hour

**Instructor:** Catt Ferguson

Improve your mobility, range of motion and balance using your own bodyweight. Complete these sessions standing or seated.

### **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.

### **Lending Libraries: Books, Puzzles, & Pickleball Equipment!**

Hive Members can borrow puzzles, books, and sets of pickleball equipment for FREE. Puzzles are to be returned once completed. Due to storage capacity, no donations of large book collections will be accepted. Pickleball equipment must be signed out to borrow.

**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](mailto: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](mailto:Hiba.Hachicha@sjnewcomers.ca) or (506) 721-1325.