



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

NOVEMBER | 11.01.2024

November 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 "Book Club" on November 14th at 1:30PM!

Plot: Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Year: 2018

Movie Length: 1h 44m

Stars: Diane Keaton, Jane Fonda, Candice Bergen

Genres: Romance / 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



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.

Grief Café



- The Rothesay HIVE will host the second Grief Café on **Thursday, November 21st 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.



NEW: Bee Mobile Exercise Class ®

- Starting on Wednesday, November 6th at 9:30am, this new exercise class will improve your mobility, range of motion and balance using your own bodyweight. Complete these sessions standing or seated with instructor Catt Ferguson.



Crosswalk Signals – Push the Button!

- The new crosswalk signal lights at Town Hall to cross Hampton Road to the large parking lot require users to push the button for the signal lights to flash and alert traffic.



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: Canadian Dental Care Plan ®



- Thursday, November 7th at 1:30PM.** The session will include a brief introduction to Service Canada, and how to access programs and services. Topics covered will include eligibility, how to apply, dental services covered, and verifying your application status. There will be a Question-and-Answer session, and following the presentation assistance will be provided for anyone needing help to apply. Information session will be presented by Michael Carson, Citizen Services Specialist, Citizen Services – Atlantic Region, Service Canada / Government of Canada.



“Be brave. Take risks. Nothing can substitute experience.”

— Paulo Coelho, Brazilian Lyricist and Novelist



ROTHESAY HIVE

Activities Calendar: NOVEMBER 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. Programs have a limited capacity and are on a first come, first served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rothesay Arena: Mondays Seniors Hockey 11:30AM Seniors Skating 12:45PM				1 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
4 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	5 1:30PM Coffee & Chat 2:30PM Card/Board Games	6 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	7 10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: ® Canadian Dental Care Plan 6PM Fall Speaker Series FB	8 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
11 CLOSED Remembrance Day	12 1:30PM Coffee & Chat 2:30PM Card/Board Games	13 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	14 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Book Club ® 6PM Fall Speaker Series FB	15 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
18 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	19 1:30PM Coffee & Chat 2:30PM Card/Board Games	20 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	21 10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer & Winnie 6PM Fall Speaker Series FB	22 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
25 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	26 1:30PM Coffee & Chat 2:30PM Card/Board Games	27 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	28 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ® 6PM Fall Speaker Series FB	29 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 includes warm-up stretching, use of exercise balls, resistance bands and hand-held weights.

Chair Yoga ®

Cost: \$5/class **Duration:** 1 hr **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 **Duration:** 1 hr **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 **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.

ROTHESAY HIVE: Activities & Programs

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. Members are encouraged to stay afterwards for tea or coffee.

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 Lending 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 Libraries: Books, Puzzles, & Pickleball Equipment!

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

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.

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



ROTHESAY HIVE

2024 FALL SPEAKER SERIES

“ROTHESAY’S HIDDEN GEMS”

Join Diane O'Connor for pre-recorded interviews with interesting New Brunswickers each Thursday evening in November! Interviews will be posted permanently on the Rothesay HIVE's Facebook Group available on demand.

Tune In Online: www.facebook.com/groups/RothesayHive/

VIRTUAL SPEAKER SCHEDULE

NOV 7
6:00PM

JOAN HALL HOVEY
Author, Saint John

NOV 14
6:00PM

LINCOLN BELL
Beekeeper & Entrepreneur, Rothesay

NOV 21
6:00PM

JIM WILSON
Birder & Naturalist, Quispamsis

NOV 28
6:00PM

WILLA MAVIS
Entrepreneur, TV Cooking Show Host,
& Author, Rothesay



For More Information About the Rothesay HIVE:

Facebook: @RothesayHive

Website: www.rothesay.ca/recreation/rothesay-hive/

