



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

DECEMBER | 12.02.2024

December 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 "Spirited" on December 12th at 1:30PM!

Plot: A musical version of Charles Dickens' story of a miserly misanthrope who's taken on a magical journey.

Year: 2022

Movie Length: 2h 7m

Stars: Will Ferrell, Ryan Reynolds, Octavia Spencer

Genres: Holiday / 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



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

When: Thursday, December 5th, at 1:30PM

We hope you join us! This program is free of charge for Rothesay HIVE members.

Title Urban/Rural Rides



Looking for assistance with transportation? The Fundy Regional Service Commission is partnering with Urban/Rural Rides to provide a Volunteer-Based Community Transportation Program to service the Fundy Region. Become a volunteer driver or sign up for the program as a client. Learn more by visiting urbanruralrides.ca or FundyRecycles.com!

Holiday Potluck – Wear Your Ugly Sweaters/Holiday Attire ®



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.

When: Friday, December 20th, at 1:30PM

Presentation: Accessing Health Care & My Health NB APP ®



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.

When: Friday, December 13th at 1:30PM



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

— Edith Sitwell, British Poet and Critic



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
2 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	3 1:30PM Coffee & Chat 2:30PM Card/Board Games	4 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	5 10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer	6 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
9 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	10 1:30PM Coffee & Chat 2:30PM Card/Board Games	11 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	12 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Spirited (2022) ®	SATURDAY 7 2PM Fashion Show ®
16 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	17 1:30PM Coffee & Chat 2:30PM Card/Board Games	18 No Bee Mobile Class No Flex & Flow Class No Sittercise Class 1:30PM Coffee & Chat 3PM SJNC: English Convo®	19 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	20 9:30AM Walking Club ® No Latin Line Dancing 1:30PM Ugly Holiday Sweater Potluck ®
23 CLOSED FOR THE HOLIDAYS The Rothesay HIVE will reopen on Monday, January 6, 2025.	24	25	26	27

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