



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JANUARY | 01.06.2025

January 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 "Otherhood" on **Thursday, January 9, at 1:30PM!**

Plot: A grounded, soulful, celebratory comedy about three mothers and their adult sons. The film explores the stage after motherhood, Otherhood, when you have to redefine your relationship with your children, friends, spouse, and most importantly, yourself.

Year: 2019 **Movie Length:** 1h 40m

Stars: Angela Bassett, Patricia Arquette, & Felicity Huffman **Genres:** 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



Come enjoy a tea / coffee with Jennifer Doherty (End of Life Consultant, Grief Advocate & Death Doula), Winnie (Therapy Dog) and others on their grief journey. This is a great opportunity to talk with peers in a safe and comfortable environment.

- ▶ Grief is often associated with the loss of a loved one, however, it is a complex and multifaceted experience that can arise from many types of loss or significant change, including Loss of Identity or Purpose, End of Relationships, Loss of Dreams or Expectations, Relocation or Displacement, Health Changes, or Loss of a Pet to name a few. Tea and coffee will be provided. No registration is required.

When: Thursday, January 16, at 1:30PM

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!



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: Financial Literacy®



- ▶ Come learn about Financial Literacy from Sean Miller, Branch Manager, and Jesse Melanson, Investment Specialist, at Scotiabank in Rothesay. This presentation will include information on financial planning, investing options, day-to-day banking, frauds, and scams. Registration is required.

When: Thursday, January 23, at 1:30PM



“Tomorrow is the first blank page of a 365-page book. Write a good one.”

— Brad Paisley, *American Singer-Songwriter & Guitarist*



ROTHESAY HIVE

Activities Calendar: JANUARY 2025

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
Rothsay Arena: Mondays Seniors Hockey 11:30AM Seniors Skating 12:45PM	Reminder: Renew your Rothesay Hive Membership for 2025. For only \$25 you'll continue to access all the amazing activities in 2025!	Happy New Year! Closed	Closed	Closed
6	7	8	9	10
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Otherhood ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
13	14	15	16	17
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer & Winnie	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
20	21	22	23	24
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27	28	29	30	31
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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 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!*



Rothesay



THANK YOU TO OUR SPONSORS