



ROTHESAY HIVE

Activities Calendar: MARCH 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
3	4	5	6	7
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: ® Maudie ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
10	11	12	13	14
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17	18	19	20	21
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24	25	26	27	28
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31				
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FURTHER INFORMATION ABOUT THE EVENTS AND PROGRAMS IS ON THE NEXT TWO PAGES

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Movie Matinee: Maudie ®

Date: Thursday, March 6, at 1:30PM

Come enjoy popcorn and a refreshing beverage while watching "Maudie" with other Rothesay HIVE members.

Plot: An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

Year: 2016 **Movie Length:** 1h 55m **Stars:** Sally Hawkins, Ethan Hawke, & Zachary Bennett **Genres:** Biography / Drama

Grief Café

Date: Thursday, March 13, at 1:30PM

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 / expectations, relocation / displacement, health changes, or loss of a pet to name a few.

Presentation: Nursing Homes without Walls ®

Date: Thursday, March 20, at 1:30PM

Join Brenda Foster (Seniors Navigator) and Maryann (Wellness Coordinator) with the Nursing Home without Walls program to learn how they can help you navigate services and programs available to you! Everything from CPP, dental coverage, direct tenant benefit, and transportation options that are available.

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: 1 - 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

The HIVE Book Club meets on the fourth/last Thursday of each month to 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 Fouzia Bouazzaoui, fouzia.bouazzaoui@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: fouzia.bouazzaoui@sjnewcomers.ca or (506) 721-1325.