



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

FEBRUARY | 02.03.2025

February 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 "Edie" on **Thursday, February 6, at 1:30PM!**

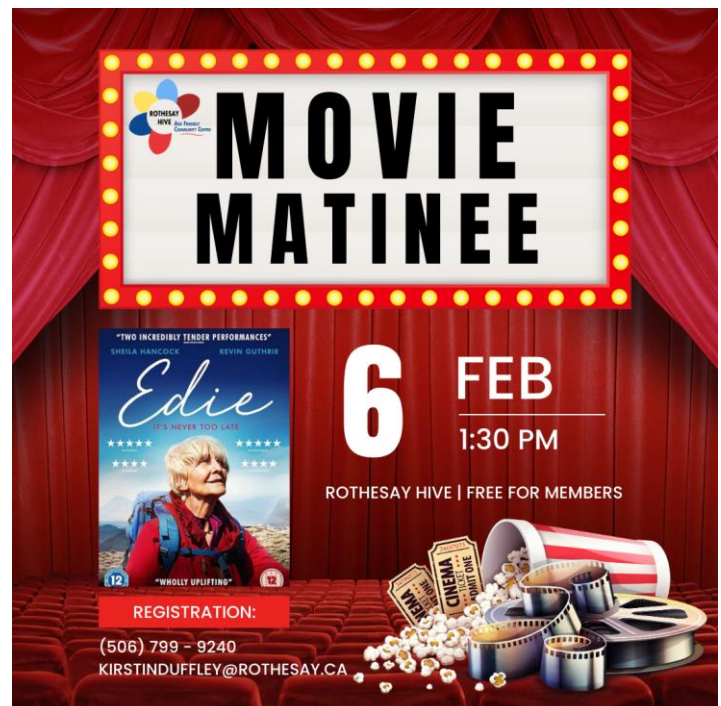
Plot: An elderly woman decides to follow her dreams after the death of her husband. She makes plans to fulfil her dream of climbing a mountain in the Scottish Highlands.

Year: 2017

Movie Length: 1h 42m

Stars: Sheila Hancock, Kevin Guthrie & Paul Brannigan

Genres: Adventure / Drama



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) 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, February 13, at 1:30PM

Valentine's Day Potluck: Wear Red, Pink, & White ®



- ▶ Let's celebrate Valentine's Day among friends! Wear red, pink, and/or white for a chance to win a valentine! Please confirm what food item you'll be bringing to share, so we can ensure a diverse spread! Beverages are provided. **Registration is required.** Doors open 15 minutes prior to event start time.

When: Friday, February 14, at 1:30PM

Fundy Winterfest in Rothesay!



- ▶ Fundy Winterfest is a regional event from January 18 to March 9, 2025, where people celebrate and embrace winter. Find your hats and mitts – you won't want to miss out on this Greater Saint John Winter experience! Check out all the amazing community events happening in Rothesay, here: www.rothesay.ca/fundy-winterfest-in-rothesay/

Presentation: Tax and Estate Planning – Life Insurance ®



- ▶ Come learn about Tax and Estate Planning – Life Insurance. This presentation will share how older adults can use Life Insurance products as a strategy to reduce tax and increase estate efficiency. As well, how to leave more money to their beneficiaries and take advantage of a faster and private distribution of their money on death. **Registration is required.**

When: Thursday, February 20, at 1:30PM

**“The most difficult thing is the decision to act,
the rest is merely tenacity.”**

— Amelia Earhart, *American Aviation Pioneer*





ROTHESAY HIVE

Activities Calendar: FEBRUARY 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 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	4 1:30PM Coffee & Chat 2:30PM Card/Board Games	5 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	6 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: Edie ®	7 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
10 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	11 1:30PM Coffee & Chat 2:30PM Card/Board Games	12 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	13 10AM Future Engage: Seniors Community (50+) ® 1:30PM Grief Café with Jennifer	14 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Valentine's Day Potluck ®
17 Family Day - Closed	18 1:30PM Coffee & Chat 2:30PM Card/Board Games	19 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	20 10AM Future Engage: Seniors Community (50+) ® 1:30PM Presentation: Tax & Estate Planning – Life Insurance ®	21 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
24 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games	25 1:30PM Coffee & Chat 2:30PM Card/Board Games	26 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo®	27 10AM Future Engage: Seniors Community (50+) ® 1:30PM Book Club ®	28 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
Rothesay Arena: Mondays Seniors Hockey 11:30AM Seniors Skating 12:45PM	REMINDER: Renew your Rothesay Hive Membership for 2025.			

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