



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

### April 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 “Fly Me to the Moon” on **Thursday, April 3, at 1:30PM!** Registration is required.

**Plot:** Marketing maven Kelly Jones wreaks havoc on NASA launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins.

**Year:** 2024    **Movie Length:** 2h 12m

**Stars:** Scarlett Johansson, Channing Tatum, Woody Harrelson

**Genres:** Romance / Comedy

#### Contact Us:



**Website:**

[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)



**Facebook:** @RothesayHive

[www.facebook.com/groups/RothesayHive/](https://www.facebook.com/groups/RothesayHive/)



**Phone:**

506-799-9240



**Email:**

[kirstinduffley@rothesay.ca](mailto: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: Thursday, April 10, 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 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.**

### Rothesay HIVE Garden Club ®



Gardening enthusiasts are encouraged to register for the Garden Club to connect and garden together, improve their green thumb, and grow something new. Members of the Garden Club will need to dedicate time to the Garden Club to plan, plant, tend, and harvest the plot at the Scribner Community Garden from May until October. The first meeting will be spent determining what will be grown this year. **Registration is required.**

**When:** Tuesday, April 29, at 11:00 AM

### Presentation: Exercise, Health, & Falls Prevention ®



Learn about exercise for successful aging, joint and bone health and falls prevention strategies with a community physiotherapist. An interactive presentation designed to help you think about how activity can improve your life. **Registration is required.**

**When:** Thursday, April 17, at 2:00PM

### Volunteer Tax Clinics in the Kennebecasis Valley



Are you looking for a volunteer tax clinic in KV? Both St. Paul's Anglican Church and Kennebecasis Public Library are offering volunteer tax clinics. To find a free tax clinic near you and to learn more about their services, visit: <http://ow.ly/AQEQ50lg1r0>



**"In the spring, I have counted 136 different kinds of weather inside of 24 hours."**

— Mark Twain, *American Writer and Humorist*



# ROTHESAY HIVE

## Activities Calendar: APRIL 2025

**Location:** Rothsay Town Hall, 70 Hampton Rd.

**Parking:** 65 Hampton Rd, Rothsay

(506) 799-9240

KirstinDuffley@Rothsay.ca

www.rothesay.ca/recreation/rothesayhive

@RothsayHive

® = **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
	1	2	3	4
<b>FURTHER INFORMATION ABOUT THE EVENTS AND PROGRAMS IS ON THE NEXT TWO PAGES</b>	1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 <b>NO Flex &amp; Flow Class</b> <b>NO Sittercise Class</b> 3PM SJNC: English Convo®	10AM Future Engage: Seniors Community (50+) ® 1:30PM <b>Movie Matinee:</b> <b>Fly Me to the Moon</b> ®	9:30AM Walking Club ® <b>NO Latin Line Dancing</b>
7	8	9	10	11
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 <b>Grief Café with Jennifer &amp; Winnie</b>	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
14	15	16	17	18
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+) ® 2:00PM <b>Presentation:</b> <b>Exercise, Health, &amp; Falls Prevention</b> ®	<b>CLOSED</b> <b>GOOD FRIDAY</b>
21	22	23	24	25
<b>CLOSED</b> <b>EASTER MONDAY</b>	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 <b>Book Club</b> ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
28	29	30		
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®		<b>REMINDER:</b> Renew your Rothsay HIVE Membership for 2025 to continue accessing programs and events.

### 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](mailto:hiba.hachicha@sjnewcomers.ca). *Open to ALL!*

## THANK YOU TO OUR SPONSORS



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