



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

May Newsletter

The Rothsay 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.



2nd Annual Rothsay Age-Friendly Wellness Fair – June 2, 2025

Make your health & wellness your top priority at the Rothsay Wellness Fair! Take steps towards a better lifestyle today!

When: Monday, June 2, 6:00PM-8:00PM

Where: Rothsay High School Gym, 61 Hampton Road, Rothsay NB

Please use the gymnasium entrance at the left of the building. Parking is available near the school. Additional parking is available at the Rothsay Arena Parking lot at 65 Hampton Road.

Visit: www.rothesay.ca/wellness-fair/

ROTHESAY AGE-FRIENDLY COMMUNITY WELLNESS FAIR

MONDAY, JUNE 2, 2025

ROTHESAY HIGH SCHOOL GYM
6:00PM – 8:00PM

HEALTH CHECK
30+ INFO BOOTHS
GIVEAWAYS
RAFFLE DRAWS
SNACKS
& MORE!

RAFFLE DRAW:

TICKETS SOLD WILL SUPPORT RHS "ADOPT A REDHAWK PROGRAM"!

FOOD DONATIONS:

COLLECTED TO SUPPORT THE KV FOOD BASKET!

www.rothesay.ca/wellnessfair

Contact Us:



Website:
www.rothesay.ca/recreation/rothesay-hive/



Facebook: @RothsayHive
www.facebook.com/groups/RothsayHive/



Phone:
506-799-9240



Email:
kirstinduffley@rothesay.ca



Parking:
65 Hampton Road, Rothsay 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, May 8, 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.**

RICC Project Kickoff BBQ



Join us for a FREE BBQ and learn more about the Rothesay Intergenerational Community Complex (RICC)! Let's turn up the heat on the RICC project & come together to get the thermometer moving! Visit: www.rothesay.ca/RICC

When: Saturday, May 10, 2025, from 11:00am-1:00pm

Where: Rothesay Arena Parking Lot, 65 Hampton Road, Rothesay NB

Stop by to learn more about how you can be a part of this exciting community legacy!
Rain Date: Saturday, May 17, 2025, from 11:00am-1:00pm at the Rothesay Arena

Potluck: Rothesay HIVE's 6th Birthday Party ®



Let's celebrate the Rothesay HIVE's Birthday by coming together for a potluck! Register to secure your spot as there are limited spaces. Please confirm what food item you'll be bringing to share, so we can ensure a diverse spread! Birthday cake & beverages will be provided. **When:** Friday, May 23, 1:30PM at the Rothesay Hive. **Registration is required. Doors open no sooner than 15mins prior to event start time.**

NEW: Tai Chi Thursdays at Wells Community Centre ®



Tai Chi is a non-competitive, self-paced practice that combines gentle physical exercise and stretching through continuous, flowing movements. Classes will be held at the Wells Community Centre, 75 French Village Road, depending on weather the class will be held outdoors or indoors. Sponsored by Kindred Home Care.



"Take care of your body. It's the only place you have to live."

— Jim Rohn, *Entrepreneur and Author*



ROTHESAY HIVE

Activities Calendar: MAY 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 |
|---|---|--|--|--|
| | | | 1 | 2 |
| | | | 10AM Future Engage: Seniors Community (50+) ® 1:30PM Movie Matinee: The Grand Seduction ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 5 | 6 | 7 | 8 | 9 |
| 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 1:30PM NEW: Tai Chi at Wells ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 12 | 13 | 14 | 15 | 16 |
| 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge Games | 1:30PM Coffee & Chat 2:30PM Card/Board Games | No Bee Mobile Class 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo® | 10AM Future Engage: Seniors Community (50+) ® 1:30PM NEW: Tai Chi at Wells ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 19 | 20 | 21 | 22 | 23 |
| CLOSED VICTORIA DAY | 1:30PM Coffee & Chat 2:30PM Card/Board Games | No Bee Mobile Class 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo® | 10AM Future Engage: Seniors Community (50+) ® 1:30PM NEW: Tai Chi at Wells ® | 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Potluck: Rothesay HIVE's 6th Birthday Party ® |
| 26 | 27 | 28 | 29 | 30 |
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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!*

THANK YOU TO OUR SPONSORS

