



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

June 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.



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

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

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

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

Please use the gymnasium entrance at the left of the building. Parking is available near the school. Additional parking is available at the Rothesay 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

**AGING WELL!
LIVING WELL!**

- 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: @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: Thursday, June 5, 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.**

Presentation: Downsizing Experts – Rightsizing Your Life®



Looking to transition from a larger family home to a more manageable space? Join this free “Rightsizing Your Life” seminar and discover how to make downsizing stress-free and successful. Presentation will cover real estate strategies for selling your family home, financial planning for a smoother transition, legal considerations and housing options, decluttering and making the most of your new space. **Registration is required.**

When: Thursday, June 12, 2025, from 1:30pm

Movie Matinee: The War with Grandpa®



Come enjoy popcorn and a refreshing beverage while watching “The War with Grandpa” with other Rothesay HIVE members on **Thursday, June 19, at 1:30PM.**

Plot: Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back. **Registration is required.**

Potluck: Summer Solstice®



Let's celebrate the first day of summer 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! Beverages will be provided.

Note: Doors open no sooner than 15 minutes prior to event start time.

When: Friday, June 20, 1:30PM at the Rothesay Hive. **Registration is required.**



“Live in the sunshine, swim in the sea, drink in the wild air.”

— Ralph Waldo Emerson, *Essayist, Lecturer, & Poet*



ROTHESAY HIVE

Activities Calendar: JUNE 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 |
|--|---|--|---|--|
| 2 2PM Mahjong & Bridge 6PM - 8PM Age-Friendly Wellness Fair at RHS GYM | 3 1:30PM Coffee & Chat 2:30PM Card/Board Games | 4 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ® | 5 10AM SJNC Future Engage Speed Chat - Touchstone ® 1:30PM Tai Chi at Wells ® 1:30PM Grief Café with Jennifer & Winnie | 6 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 9 2PM Mahjong & Bridge | 10 1:30PM Coffee & Chat 2:30PM Card/Board Games | 11 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ® | 12 10AM SJNC Future Engage Gardening Presentation ® 1:30PM Tai Chi at Wells ® 1:30PM Presentation: Downsizing Experts ® | 13 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 16 2PM Mahjong & Bridge | 17 1:30PM Coffee & Chat 2:30PM Card/Board Games | 18 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ® | 19 10AM SJNC Future Engage Birder Jim Wilson ® 1:30PM Tai Chi at Wells ® 1:30PM Movie Matinee: The War with Grandpa ® | 20 9:30AM Walking Club ® No Latin Line Dancing 1:30PM Potluck: Summer Solstice ® |
| 23 2PM Mahjong & Bridge | 24 1:30PM Coffee & Chat 2:30PM Card/Board Games | 25 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ® | 26 10AM SJNC Future Engage Travel Through My Eyes ® 1:30PM Tai Chi at Wells ® 1:30PM Book Club ® | 27 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 |
| 30 2PM Mahjong & Bridge |  | | | |

FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

50+ Fitness ®

Cost: \$5/class

Duration: 1 hr

Instructor: Sharon Randell

50+ Fitness will return in September.

Chair Yoga ®

Cost: \$5/class

Duration: 1 hr

Instructor: Sharon Randell

Chair yoga will return in September.

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

Tai Chi Thursdays at Wells ®

Cost: FREE **Duration:** 1 hr **Type:** Andre Thelosen

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.

Walking Club ®

Cost: FREE **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



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IN THE VALLEY

