



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

### September 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 "The Pink Panther 2" with other Rothesay HIVE members on **Thursday, September 4, at 1:30 PM!**

**Registration is required.**

**Plot:** Insp. Jacques Clouseau teams up with a squad of International detectives who are just as bumbling as he is. Their mission: Stop a globe-trotting thief

**Year:** 2009 **Movie Length:** 1h 32m

**Stars:** Steve Martin, Jean Reno, Emily Mortimer

**Genres:** Comedy / Mystery

#### 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 ®

- ▶ Come enjoy a tea / coffee with Jennifer Doherty (End of Life Consultant/Grief Advocate/Death Doula), Winnie (Therapy Dog), and others.  
**When: Thursday, September 11, 2025, at 1:30 PM**



### Presentation: Special Care Homes in New Brunswick ®

- ▶ NB Special Care Home Association's President, Jan Seely, will present an overview of the sector, who they serve, how care is provided, and some of the challenges they're working on - all with a focus on community impact and positive stories. They'll also share resources, like their website and Home Inventory Project, for those wanting more information. Come learn more about Special Care Homes in New Brunswick – How NBSCHA Support Seniors and Vulnerable Adults. **Registration is required.**  
**When: Friday, September 26, 2025, at 1:30 PM**



### 211 in New Brunswick

- ▶ 211 is a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services. The service is available 24 hours a day, seven days a week, by calling 2-1-1 or visiting [nb.211.ca](http://nb.211.ca)



### Canadian Red Cross – Friendly Calls Program

- ▶ For some people, a little conversation can make a big difference. So, what if we told you that a meaningful connection was just a phone call away? The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

**Friendly Calls is safe, accessible, free, and available nationwide. Call 1-833-979-9779**  
Monday to Friday 9:00 a.m. to 5 p.m. Learn more: [www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program](http://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program)



**“What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable.”**

— Joseph Addison, British writer & Politician



# ROTHESAY HIVE

## Activities Calendar: SEPTEMBER 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 a ®. 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
<b>1</b> <b>CLOSED – Labour Day</b>	<b>2</b> 1:30PM Coffee & Chat 2:30PM Card/Board Games 7PM <i>Sunset Yoga at Renforth Rotary Park</i>	<b>3</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat <b>No SJNC English Convo.</b>	<b>4</b> 10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 1:30PM <b>Movie Matinee: Pink Panther 2 (2009) ®</b> 7PM <i>Concert on the Common</i>	<b>5</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>8</b> 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	<b>9</b> 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>10</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	<b>11</b> 10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 1:30PM <b>Grief Café with Jennifer &amp; Winnie</b>	<b>12</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>15</b> <b>No 50+ Fitness Class</b> <b>No Chair Yoga Class</b> 2PM Mahjong & Bridge	<b>16</b> 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>17</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	<b>18</b> 10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® <b>CLOSED after 12:00PM – Town Office Closure</b>	<b>19</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>22</b> <b>No 50+ Fitness Class</b> <b>No Chair Yoga Class</b> 10AM <b>50+ Dance Class</b> ® 2PM Mahjong & Bridge	<b>23</b> 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>24</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	<b>25</b> 10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 1:30PM <b>Book Club</b> ®	<b>26</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM <b>Presentation: Special Care Homes in New Brunswick</b> ®
<b>29</b> 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	<b>30</b> <b>CLOSED – National Day for Truth &amp; Reconciliation</b>			

### 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

## **Tai Chi Thursdays at Wells ®**

**Cost:** FREE **Duration:** 1 hr **Type:** André 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 last 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 at the Rothesay HIVE. Contact Fouzia Bouazzaoui to register by email: [fouzia.bouazzaoui@sjnewcomers.ca](mailto:fouzia.bouazzaoui@sjnewcomers.ca) or phone: (506) 721-1325. **Open to ALL!**

## THANK YOU TO OUR SPONSORS



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