



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

October 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 Matinees ®

Come enjoy popcorn and a refreshing beverage while watching a movie with other Rothesay HIVE members this October!

REGISTRATION IS REQUIRED.

Beetlejuice (1988)

- Thursday, October 16, at 1:30PM

Beetlejuice Beetlejuice (2024)

- Friday, October 31, at 1:30PM

Wear a costume to be entered into a prize draw for some extra special Halloween treats!

Happy Halloween Rothesay HIVERS!



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), Winnie (Therapy Dog), and others. No registration needed.

When: Thursday, October 9, at 1:30 PM



Presentation: Fire Safety with KV Fire Department ®

- ▶ Join the KV Fire Department for a practical session on home fire safety. This year's Fire Prevention Week highlights lithium-ion battery safety, which will be covered in the presentation along with other essentials such as smoke alarms, carbon monoxide detectors, civic signs, fire blankets, and fire extinguishers. Whether refreshing your knowledge or learning something new, you'll leave with simple, life-saving tips to help protect you, your home, and your family. **Registration is required.**

When: Thursday, October 23, at 2:00 PM



Nursing Homes without Walls Presentation at KV Library ®

- ▶ Learn what Nursing Home Without Walls is and how they can help you and your family. Filling out forms and where to start the process. Social Development and finding programs and resources within the community.

When: Tuesday, October 21, 2025, at 6:30PM

CALL TO REGISTER: Brenda Foster 506-271-1792, Maryann Clark at 506-349-5271, or Kate Finnigan 506-271-9218.



Potluck: Friendsgiving ®

- ▶ Let's celebrate Thanksgiving and the Harvest Season 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 are provided. **Doors will open 15 minutes prior to start time of the Potluck.**

When: Friday, October 3, at 1:30PM



"Pale amber sunlight falls across the reddening October trees,
That hardly sway before a breeze, as soft as summer: summer's loss
Seems little, dear! on days like these."

— Ernest Dowson, "Autumnal", English Poet & Novelist



ROTHESAY HIVE

Activities Calendar: OCTOBER 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
		1	2	3
Rothsay Arena: Mondays Seniors Hockey 11:30AM Seniors Skating 12:45PM		9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Potluck: Friendsgiving ®
6	7	8	9	10
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	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 SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 1:30PM Grief Café with Jennifer & Winnie	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
13	14	15	16	17
CLOSED Thanksgiving Day	1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 2PM Fashion Show 3PM SJNC: English Convo. ®	10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 1:30PM Movie Matinee: Beetlejuice (1988) ®	9:30AM Walking Club ® NO LATIN LINE DANCING
20	21	22	23	24
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 NO FLEX AND FLOW NO SITTERCISE 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	10AM SJNC Future Engage ® 1:30PM Tai Chi at Wells ® 2PM Presentation: Fire Safety with KVFD ®	9:30AM Walking Club ® NO LATIN LINE DANCING
27	28	29	30	31
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PLEASE NOTE: DOORS WILL OPEN APPROXIMATELY 15 MINUTES BEFORE THE SCHEDULED START TIME.

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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

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 or phone: (506) 721-1325. **Open to ALL!**

THANK YOU TO OUR SPONSORS



Rothesay



Canadian
Health Solutions

Solutions de santé
canadiennes
TM/MC



Parkland
RETIREMENT LIVING
IN THE VALLEY





FASHION SHOW CELEBRATING WOMEN OF ALL AGES!

WITH CERTIFIED STYLIST & IMAGE CONSULTANT
LORRAINE PETERS



RICC FUNDRAISER **FASHION SHOW**

WED, OCTOBER 15TH

Bill McGuire Centre
95 James Renforth Drive
Doors Open at 2:00 PM

LIGHT REFRESHMENTS PROVIDED
ADMITTANCE BY DONATION:
ROTHESAY INTERGENERATIONAL
COMMUNITY COMPLEX FUNDRAISER



FREE!



Official Media Partner:



KV GO DEMONSTRATION PROJECT TRIAL BUS TRANSIT IN KV!

FREE | ACCESSIBLE | 90 DAY DEMO | LOCAL TRANSIT

8:30AM - 4:30PM | WEEKDAY & WEEKEND ROUTES

LET'S RIDE THE BUS!

**FOR THE FULL KV GO
ROUTE & SCHEDULE:
WWW.KVGO.ORG**



**RIDE THE GO1 & GO2
BUS ROUTES IN KV!
LOOK OUT FOR THE
KV GO BUS STOP
SIGNS NEAR YOU!**



NOTICE: SERVICE & ROUTES ARE SUBJECT TO CHANGE.
VISIT **KVGO.ORG** FOR UPDATES DURING THE PROJECT.
WEEKEND ROUTE ALTERNATES BETWEEN GO1 & GO2.