



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

November 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 a movie with other Rothesay HIVE members!

REGISTRATION IS REQUIRED.

Top Gun: Maverick (2022)

Plot: The story involves Maverick confronting his past while training a group of younger Top Gun graduates, including the son of his deceased best friend, for a dangerous mission.

Stars: Tom Cruise, Jennifer Connelly, Miles Teller

Movie Length: 2hr 10 min

Genre: Action / Adventure

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.

KV Go Demonstration Bus Service Ends on Nov 9



The KV Go bus service (Demonstration Project) comes to an end on Sunday, November 9, at the conclusion of its daily run. While this project is concluding, consideration of a long-term transit solution in the Kennebecasis Valley remains.

Thank you to everyone who has taken advantage of KV Go. We would encourage you to try the service this week and share your comments with us through the Rider Survey (Deadline: November 17th). For More Information, visit: www.kvgo.org

Presentation: Infection Protection: RSV & Shingles Vaccines ®



Join Rothesay PharmaChoice for an informative presentation to learn how to protect yourself from infection and stay healthy! Topics will include the Respiratory Syncytial Virus (RSV) and Shingles vaccinations. **Registration is required.**

When: Thursday, November 20, at 2:00 PM

RICC selected as Tim Hortons Holiday Smile Cookie charity recipient in KV!



Holiday Smile Cookie Week will take place from Monday, November 17 through Sunday, November 23. Every Holiday Smile Cookie purchased in the Kennebecasis Valley will help bring the Rothesay Intergenerational Community Complex to life!

To learn more about the RICC project or make a donation directly, visit: www.rothesay.ca/RICC

Reminder: Cancellation Policy



Please be courteous and provide at least 24 hours notice if you are unable to attend a class. Many of our programs have a waitlist, therefore it is important to have enough time to be able to notify other members of an opening in a class. We do keep track of “no shows”, meaning if you registered and did not provide notice of not attending it will be noted. Chronic “no shows” will be given a warning and it may impact your ability to register for programs.



“They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning - We will remember them.”

— Laurence Binyon, "For the Fallen (1914)", English Poet & Scholar



ROTHESAY HIVE

Activities Calendar: NOVEMBER 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 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
3	4	5	6	7
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 1:30PM Tai Chi at Wells ® 3PM SJNC: English Convo. ®	10AM SJNC Future Engage - Jim Wilson, Expert Birder ® (Tai Chi is on Wednesday, November 5 th this week).	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
10	11	12	13	14
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	CLOSED Remembrance Day	NO BEE MOBILE 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 1:30PM Coffee & Chat 3PM SJNC: English Convo. ®	10AM SJNC Future Engage - Speed Chat with Newcomers® 1:30PM Tai Chi at Wells ® 1:30PM Movie Matinee: Top Gun: Maverick ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
17	18	19	20	21
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 - Archstone Physiotherapy ® 1:30PM Tai Chi at Wells ® 2PM Presentation: RSV & Shingles Vaccines ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
24	25	26	27	28
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 - Interview with a Local ® 1:30PM Tai Chi at Wells ® 1:30PM Book Club ®	9:30AM Walking Club ® NO LATIN LINE DANCING
Rothesay Arena: Mondays Seniors Hockey 11:30AM Seniors Skating 12:45PM				

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



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IN THE VALLEY

