



Rothesay HIVE Grand Opening - May 23, 2019

## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

### May 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: The Rental Family ®

Come enjoy popcorn and a refreshing beverage while watching a movie with other Rothesay HIVE members on **Thursday, May 7, at 1:30PM.**

**REGISTRATION IS REQUIRED:**

[KirstinDuffley@rothesay.ca](mailto:KirstinDuffley@rothesay.ca) | Phone: 506-799-9240

**Hamnet (2025)**

**Plot:** William Shakespeare and his wife, Agnes, celebrate the birth of their son, Hamnet. However, when tragedy strikes and Hamnet dies at a young age, it inspires Shakespeare to write his timeless masterpiece "Hamlet."

**Stars:** Jessie Buckley, Paul Mescal, Zac Wishart

**Movie Length:** 2hr 5min

**Genre:** Drama / Historical

**Year:** 2025

#### 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



# The Buzz

## 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 warm beverage and chat with the Compassionate Grief Centre and others on their grief journey in a safe, comfortable, and casual 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. Sponsored by: Integrity Home Health Services.

**When:** Thursday, May 14, from 1:30PM – 3:30PM | No Registration Required.

### Presentation: Rightsizing Your Life ®



Join Realtor Andrea Davies for a practical and approachable session on “rightsizing” your home. Learn what rightsizing really means, why many adults 50+ consider a move, and how to navigate the emotional and practical sides of the process. This session will cover housing options, financial benefits, decluttering tips, and how to know when the time is right. Offering helpful insights to start planning ahead.

**When:** Thursday, May 21, at 1:30PM | Registration Required.

### Potluck: Rothesay HIVE's 7<sup>th</sup> Birthday Party ®



Celebrate the Rothesay HIVE's Birthday by coming together for a potluck! Register to secure your spot as there are limited spaces. Please confirm your food item ahead of time to ensure a diverse spread. If you are unable to bring a food item or have dietary restrictions, please advise. Birthday cake & Beverages will be provided. Doors open 15 min prior to start time.

**When:** Friday, May 22, at 1:30PM | Registration Required.

### Canadian Dental Care Plan Renewal Clinic (CDCP)



CDCP renewal is from April 15 to June 1, 2026. It is required that all members of the CDCP renew each year to confirm eligibility. It is important to renew during the renewal period to avoid any gaps in coverage. Service Canada's Community Outreach and Liaison Service (COLS) is hosting this free CDCP renewal clinic. Required to Renew Dental Care Plan Membership: Complete 2025 Income Taxes, Bring your ID, Social Insurance Number, current Dental Care Member Card and or the renewal letter (membership ID# required for renewal).

**When:** Friday, May 15, from 2:00PM – 4:00PM | Drop-In - No Registration Required.



**“Borders may divide us, but, paradoxically,  
they're also the places where we're nearest to one another.”**

— Ken Jennings, American Game Show Host & Author (Born May 23, 1974)



# ROTHESAY HIVE

## Activities Calendar: May 2026

**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
<b>REMINDER:</b> Purchase the Rothesay HIVE Membership for 2026 to access programs & events.				<b>1</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>4</b> 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	<b>5</b> 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>6</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	<b>7</b> 10AM SJNC Future Engage: Gardening Tips ® 1:30PM Movie Matinee: Hamnet (2025) ®	<b>8</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
<b>11</b> 9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	<b>12</b> 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>13</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	<b>14</b> 10AM SJNC Future Engage: Oldies 96 ® 1:30PM Grief Café	<b>15</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 2PM-4PM Canadian Dental Care Plan Renewal Clinic (Drop-In)
<b>18</b> <b>CLOSED</b> <b>Victoria Day</b>	<b>19</b> 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>20</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	<b>21</b> 10AM SJNC Future Engage: The Link Program ® 1:30PM Presentation: Rightsizing Your Life ®	<b>22</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Potluck: Rothesay HIVE's 7 <sup>th</sup> Birthday Party ®
<b>25</b> <b>No 50+ Fitness</b> <b>No Chair Yoga</b> 2PM Mahjong & Bridge	<b>26</b> 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	<b>27</b> 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	<b>28</b> 10AM SJNC Future Engage: Travel Through My Eyes, Brazil ® 1:30PM Book Club ®	<b>29</b> 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5

PLEASE NOTE: DOORS WILL OPEN APPROXIMATELY 15 MINUTES BEFORE THE SCHEDULED START TIME.

Page 1 of 3

### 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 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 are held at the Wells Community Centre, 75 French Village Road, the class is held outdoors or indoors depending on weather. Beginner and Advanced level classes are offered. 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 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 – Tuesdays at 2:30PM

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. **Lessons:** Interested in learning how to play Mahjong or Bridge? Join the waitlist to learn when the next round of lesson will be offered!

## 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 Sydney to register by email: [sydney.maceachern@sjnewcomers.ca](mailto:sydney.maceachern@sjnewcomers.ca) or phone: (506) 721-1325. **Open to ALL!**

## THANK YOU TO OUR SPONSORS



ROTHESAY AGE-FRIENDLY COMMUNITY

# WELLNESS FAIR

**MONDAY, JUNE 1, 2026**

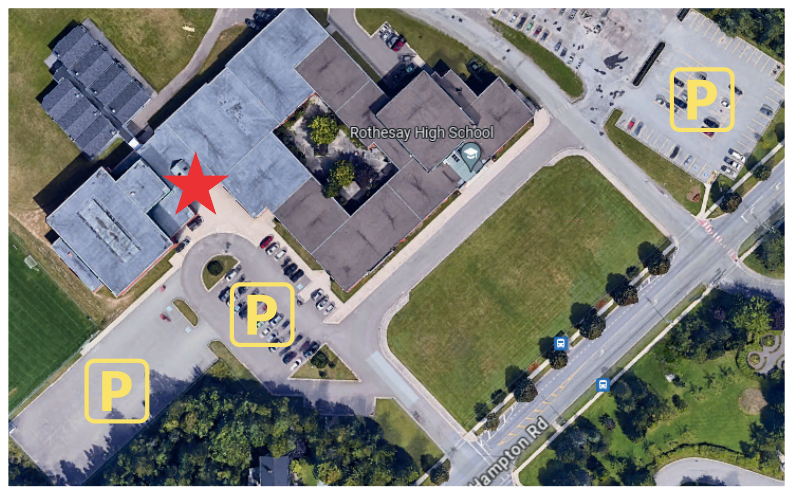
Make your health & wellness your top priority at the second annual Rothesay Wellness Fair! Take steps towards a better lifestyle *today!*

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



**TIME :  
6PM-8PM**

**ROTHESAY HIGH SCHOOL GYM**  
61 HAMPTON RD



★ Entrance    P Parking

**RAFFLE DRAWS:**  
TICKETS SOLD WILL SUPPORT RHS "ADOPT A REDHAWK PROGRAM"!

**FOOD DONATIONS:**  
COLLECTED TO SUPPORT THE KV FOOD BASKET!

**AGING WELL! LIVING WELL!**

[www.rothesay.ca/wellnessfair](http://www.rothesay.ca/wellnessfair)

**THANK YOU TO OUR PARTNERS:**



ROTHESAY

# COMMUNITY Fest!



When:  
**MAY 31, 2026**  
**11AM - 3PM**



Location:  
**Rothesay Arena  
& RHS Property**

**Touch-a-Truck | Bottle Drive | BBQ | Music | Interactive Farm  
Sports Demos | Face Painting | Inflatables | Line Dancing  
LEGO Station | Tai Chi | Giant Bubbles | Lawn Games | & More!**

**ADMISSION BY DONATION**

Accepting Cash, Check, Debit, Credit, & E-Transfers



IN SUPPORT OF THE  
**RICC**

ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX



**REDEEMABLES DROP-OFF:  
BACK OF THE ROTHESAY ARENA!**