



# 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.



### Movie Matinee ®

Come enjoy popcorn and a refreshing beverage while watching a movie with other Rothesay HIVE members on **Thursday, June 4, at 1:30PM.**

#### REGISTRATION IS REQUIRED:

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

#### A Big Bold Beautiful Journey

**Plot:** Two strangers who meet at a mutual friend's wedding have the chance to relive important moments from their pasts, illuminating the path that led them to the present and gaining the opportunity to change their futures.

**Stars:** Colin Farrell, Margot Robbie, Jennifer Grant

**Length:** 1hr 49min

**Genre:** Drama / Fantasy

**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



## 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, June 11, from 1:30PM – 3:30PM | No Registration Required.

### Presentation: Volunteer at the Saint John Airport (YSJ) ®



Come learn how you can become part of the Volunteer Program at the Saint John Airport (YSJ) with Tanya Psaras (Manager of Operations, Passenger Experience and Regulatory Affairs)! Donate your time, become a valued ambassador of the Airport, and help shape the future of YSJ.

**When:** Friday, June 12, at 1:30PM | Registration Required.

### Presentation: Nursing Home Without Walls ®



Join Brenda Foster (Seniors Navigator), Maryann (Wellness Coordinator), and Kate Finnigan (Wellness Coordinator) with the Nursing Home without Walls program to learn how they can help you navigate services and programs available to you to age in place! Everything from CPP, dental coverage, direct tenant benefit, and transportation options that are available.

**When:** Thursday, June 18, at 1:30PM | Registration Required.

### Parkland in the Valley: Tour & Social ®



Parkland in the Valley is welcoming Rothesay HIVE members for a special guided tour experience at their Quispamsis location. Michelle Pellerin (Lifestyle Consultant) will take guests on a tour and share everything the facility has to offer. Following the tour, guests are invited to join residents and staff for a social Cocktail & Mocktail Hour – a wonderful opportunity to connect, ask questions, and learn more about life at Parkland in the Valley.

**Meeting Location:** Parkland in the Valley at Jubilee Hall in the lobby at 2:00pm.

**When:** Friday, June 26, 2:00PM | Registration Required.



“Where you grew up becomes a big part of who you are for the rest of your life.”

— Helen Mirren, British Actor



# ROTHESAY HIVE

## Activities Calendar: June 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
1 <b>No Mahjong &amp; Bridge</b> 6PM - 8PM <b>Rothesay Age-Friendly Wellness Fair at RHS GYM</b>	2 <b>No Tai Chi Classes</b> 1:30PM Coffee & Chat 2:30PM Card/Board Games	3 <b>No Bee Mobile Class</b> 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5 3PM <b>SJNC: English Conversation Classes®</b>	4 10AM <b>SJNC Future Engage: Speed Chat with Touchstone®</b> 1:30PM <b>Movie Matinee: A Big Bold Beautiful Journey (2025)®</b>	5 9:30AM Walking Club® 11AM Latin Line Dancing® \$5
8 2PM Mahjong & Bridge	9 <b>No Tai Chi Classes</b> 1:30PM Coffee & Chat <b>with Parkland in the Valley</b> 2:30PM Card/Board Games	10 <b>No Bee Mobile Class</b> 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5 3PM <b>SJNC: English Conversation Classes®</b>	11 10AM <b>SJNC Future Engage: Newcomers Sky Program®</b> 1:30PM <b>Grief Café</b>	12 9:30AM Walking Club® 11AM Latin Line Dancing® \$5 1:30PM <b>Presentation: Volunteer at the Saint John Airport (YSJ)®</b>
15 2PM Mahjong & Bridge	16 9:30AM Advanced Tai Chi® 11AM Beginners Tai Chi® 1:30PM Coffee & Chat 2:30PM Card/Board Games	17 9:30AM Bee Mobile® \$5 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5 <b>English Conversation Classes will return in September</b>	18 10AM <b>SJNC Future Engage: Jim Wilson Monarch Butterflies®</b> 1:30PM <b>Presentation: Nursing Home Without Walls®</b>	19 9:30AM Walking Club® <b>No Latin Line Dancing</b>
22 2PM Mahjong & Bridge	23 9:30AM Advanced Tai Chi® 11AM Beginners Tai Chi® 1:30PM Coffee & Chat 2:30PM Card/Board Games	24 9:30AM Bee Mobile® \$5 11AM Flex & Flow® \$5 12:30PM Sittercise® \$5	25 10AM <b>SJNC Future Engage: Tick Prevention®</b> 1:30PM <b>Book Club®</b>	26 9:30AM Walking Club® 11AM Latin Line Dancing® \$5 2PM <b>Tour &amp; Social at Parkland in the Valley®</b>
29 2PM Mahjong & Bridge	30 9:30AM Advanced Tai Chi® 11AM Beginners Tai Chi® 1:30PM Coffee & Chat 2:30PM Card/Board Games			

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 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 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

