



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

July 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, July 23, at 1:30PM.**

Remarkably Bright Creatures (2026)

Plot: Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Stars: Olivia Newman, John Whittington, Shelby Van Pelt

Length: 1hr 51min

Genre: Mystery

Registration Required.

MOVIE MATINEE

23 JULY
1:30 PM

ROTHESAY HIVE | FREE FOR MEMBERS

REGISTRATION:
(506) 799-9240
KIRSTINDUFFLEY@ROTHESAY.CA

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



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, July 9, from 1:30PM – 3:30PM | No Registration Required.

Kennebecasis Public Library Activity ®



Each week the KV Library will bring a main activity—whether it's a craft, writing exercise, or a game—plus some fun extras like DIY kits & books to browse. It's a great chance to get creative, learn something new, and discover more about what your local library has to offer!

When: Friday, July 10 and Friday, July 24, 1:30PM | **Registration Required.**

Presentation: Canadian Dental Care Plan ®



Join Trevor Ward with Service Canada for an informative session on the Canadian Dental Care Plan. Following the presentation Trevor will host an application clinic for the CDCP to assist anyone eligible to apply. If you would like assistance to apply for CDCP please bring your government ID and social insurance number (SIN) of yourself and partner (if applicable).

When: Thursday, July 16, 1:30PM | **Registration Required.**

Workshop: A Little Bit Happier ®



Gentle Path Counselling Services presents an evidence-based workshop to explore the science of happiness. All of us deserve to be happy; & the good news is that happiness is not just a feeling, it's a practice. Through guided exploration and discussion, participants will learn how to shift from “doing” to “being” and align our daily life and habits with a renewed sense of purpose.

When: Friday, July 17, 1:30PM | **Registration Required.**



“Darkness cannot drive out darkness, only light can do that.
Hate cannot drive out hate, only love can do that.”

— Dr. Martin Luther King, Jr., Strength to Love, 1963



ROTHESAY HIVE

Activities Calendar: July 2026

Location: Rothsay Town Hall, 70 Hampton Rd
Parking: 65 Hampton Rd, Rothsay
 (506) 799-9240
 KirstinDuffley@Rothsay.ca
 www.rothsay.ca/recreation/rothsayhive
 @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 CLOSED – Canada Day 12PM-3PM Canada Day Celebration on the Rothsay Common	2 10AM SJNC Future Engage: Beneath the Surface: Discover Synchronized Swimming ® 7PM Concert in the Common	3 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
6 2PM Mahjong & Bridge 6:30PM KV Walkers Walk #5	7 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	8 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	9 10AM SJNC Future Engage: Travel Through My Eyes: Colombia ® 1:30PM Grief Café 7PM Concert in the Common	10 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Kennebecasis Public Library Activity ®
13 2PM Mahjong & Bridge 6:30PM KV Walkers Walk #6	14 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games 7PM Sunset Yoga at Renforth Rotary Park	15 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	16 10AM SJNC Future Engage: Ros Harrush, Artist ® 1:30PM Presentation: ® Service Canada & Canadian Dental Care Plan Clinic 7PM Concert in the Common	17 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Workshop: ® A Little Bit Happier: What Science Can Teach Us About Happiness
20 2PM Mahjong & Bridge 6:30PM KV Walkers Walk #7	21 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games 7:15 PM Walk & Talk with David Goss	22 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	23 10AM SJNC Future Engage: Urban Rural Rides ® 1:30PM Movie Matinee: ® Remarkably Bright Creatures 7PM Concert in the Common	24 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Kennebecasis Public Library Activity ®
27 2PM Mahjong & Bridge 6:30PM KV Walkers Walk #8	28 9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	29 9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	30 10AM SJNC Future Engage: Brain Health and Dementia ® 1:30PM Book Club ® 7PM Concert in the Common	31 9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5

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

THANK YOU TO OUR SPONSORS

