



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

September 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, Sept. 3, at 1:30PM.**

Knives Out (2019)

Plot: When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

Stars: Daniel Craig, Chris Evans, Ana de Armas

Length: 2hr 10min

Genre: Mystery / Thriller / Comedy

Year: 2019

Registration Required.



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, September 10, from 1:30PM – 3:30PM | No Registration Required.

Presentation: Fraud Prevention with Scotiabank ®



Join Judy Lane and Lori Thompson from Homecare by Design to explore the essential steps and strategies needed to make aging in place a successful reality for you or your family.

When: Friday, September 11, 1:30PM | Registration Required.

Potluck: Autumn Around the Table ®



Let's celebrate the first week of harvest season by coming together for an Autumn 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 will be provided. If you have any allergies or dietary restrictions, please let us know as soon as possible. Doors open ~15 minutes before scheduled time.

When: Friday, September 25, 1:00PM | Registration Required.

211 in New Brunswick



211 is a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services. The service is available 24 hours a day, seven days a week, by calling 2-1-1 or visiting nb.211.ca



““Every leaf speaks bliss to me, fluttering from the autumn tree.”

— Emily Brontë, English Writer



ROTHESAY HIVE

Activities Calendar: September 2026

Location: Rothsay Town Hall, 70 Hampton Rd
Parking: 65 Hampton Rd, Rothsay
Membership: \$25 per year (prorated)
 (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	2	3	4
	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	9:30AM Chair Pilates+ ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	10AM SJNC Future Engage: Sleep Health & Sleep Apnea with Maritime Sleep Clinic ® 1:30PM Movie Matinee: ® Knives Out (2019)	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
7	8	9	10	11
CLOSED Labour Day	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	9:30AM Chair Pilates+ ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5	10AM SJNC Future Engage: Travel Through My Eyes: Trinidad & Tobago ® 1:30PM Grief Café	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Presentation: ® Aging Well at Home - Are You Ready
14	15	16	17	18
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	9:30AM Chair Pilates+ ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: Imperial Theatre History ® CLOSED after 12:00PM Town Office Closure	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
21	22	23	24	25
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	No Chair Pilates+ No Flex & Flow No Sittercise 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: Property protection with KV Police Force ® 1:30PM Book Club ®	9:30AM Walking Club ® No Latin Line Dancing 1:00PM Potluck: ® Autumn Around the Table
28	29	30		
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card / Board Games	CLOSED National Day for Truth and Reconciliation		

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.

***NEW* Chair Pilates+** ® **Cost:** \$5/class **Duration:** 1 hr **Instructor:** Deby Siemens
 Core strengthening with Chair Pilates + muscle endurance with resistance bands.

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 Recreation Park, 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.

Lending Libraries: Books, Puzzles, Pickleball Equipment, & Nordic Walking Poles!

Hive Members can borrow puzzles, books, pickleball equipment, and Nordic walking poles 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 or puzzle collections will be accepted. Pickleball equipment and Nordic walking poles 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 Hiba Hachicha to register by email: hiba.hachicha@sjnewcomers.ca or by phone: (506) 721-1325. **Free & Open to ALL!**

THANK YOU TO OUR SPONSORS





Senior Connections – Tech Workshop

Technology helps seniors within our community to stay connected. This program aims to reduce social isolation. In having basic skills, seniors can communicate and keep in touch with family/friends on a more regular basis and build digital confidence.

FREE Technology Support for seniors! What can I learn?

- Basic settings and functions
- Cell phone basics and settings
- Email
- Social Media
- Video Calls
- WIFI

Join us Sept 15th 2026, 2:30 – 3:30 pm. Please bring your devices and we will do our best to assist you! (cell phones, laptops, tablets, etc)

Spaces are limited – please call us to register! You can contact Maryann at 506-349-5271 or Kate at 506-721-9218 to register and for any questions you may have.

*Located at the Kennebecasis Public Library
1 Landing Court
Quispamsis NB*