



ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

October 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, Oct. 22, at 1:30PM.**

Quartette (2012)

Plot: At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

Stars: Maggie Smith, Michael Gambon, Billy Connolly

Length: 1hr 38min

Genre: Romance / Drama / Comedy

Year: 2012

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



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, October 8, from 1:30PM – 3:30PM | No Registration Required.

Presentation: Vision Loss Rehabilitation Services ®



This presentation will provide an overview of Vision Loss Rehabilitation Services, a free, not-for-profit service designed to help individuals living with any type or degree of vision loss maintain their independence and quality of life. We will discuss how our specialized rehabilitation professionals work with clients to develop practical skills, strategies, and confidence for everyday living. Services may include orientation and mobility training, independent living skills, assistive technology support, and personalized rehabilitation plans tailored to each individual's needs and goals.

When: Thursday, October 15, 1:30PM | Registration Required.

Potluck: Halloween Spooktacular – Costume Contest! ®



Come celebrate Halloween by coming together for a spooky potluck! Register to secure your spot as there are limited spaces. Wear your Halloween costume for a chance to win a prize! 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, October 30, 1:30PM | Registration Required.

Reminder: The Rothesay HIVE is a Scent Free Zone



Please help keep the air we share healthy and fragrance-free! The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Thank you!



**“There is always light, if only we’re brave enough to see it.
If only we’re brave enough to be it.”**

— Amanda Gorman, *Poet and Activist*



ROTHESAY HIVE

Activities Calendar: October 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.rothesay.ca/recreation/rothesayhive
 @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
			10AM SJNC Future Engage: Travel Through My Eyes "Peru" ®	9:30AM Walking Club ® No Latin Line Dancing
5	6	7	8	9
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 / 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: Exit Plan: Planning Ahead (Death & Dying) ® 1:30PM Grief Café	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
12	13	14	15	16
CLOSED Thanksgiving Day	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat / Card & Board Games	9:30AM Chair Pilates+ ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ® 7PM Fashion Show (BMC)	10AM SJNC Future Engage: GoRight Homeowner's Guide & Community Info. Session ® 1:30PM Presentation: ® Vision Loss Rehabilitation Services	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
19	20	21	22	23
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 / 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: Laughter for Wellness with Janet Shore ® 1:30PM Movie Matinee: ® Quartette (2012)	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
26	27	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 / 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: Ai Presentation with NBCC ® 1:30PM Book Club ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5 1:30PM Potluck: Halloween Spooktacular & Costume Contest ®

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!

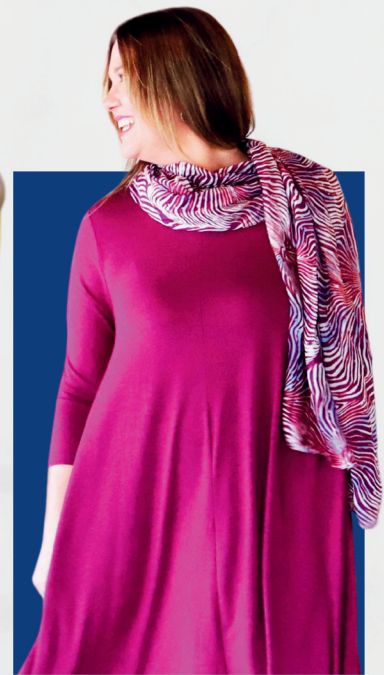
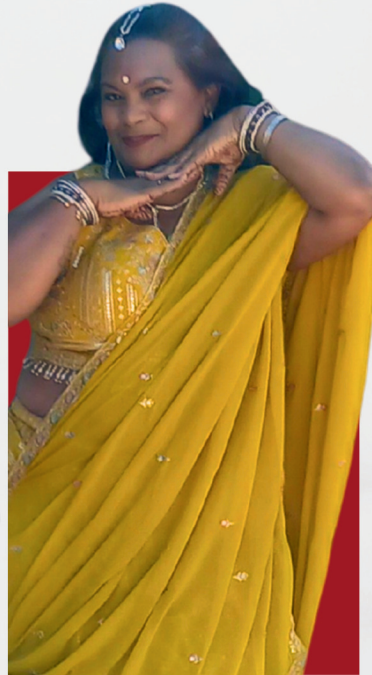
SJNC: Future Engage ®

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



ROTHESAY



- RICC FUNDRAISER -

FASHION SHOW

CELEBRATING PEOPLE OF ALL AGES & CULTURES

WEDNESDAY, OCTOBER 14, 2026

Bill McGuire Centre | 95 James Renforth Drive

CASH BAR | LIGHT REFRESHMENTS | 50/50 | RAFFLE BASKETS

*** DOORS OPEN AT 7:00 PM ***

**ADMITTANCE BY DONATION, SUPPORTING:
Rothesay Intergenerational Community Complex**



RICC
ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX





RICC

ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX

**ACCEPTING ANY & ALL DONATIONS!
HELP US RAISE FUNDS FOR A:**

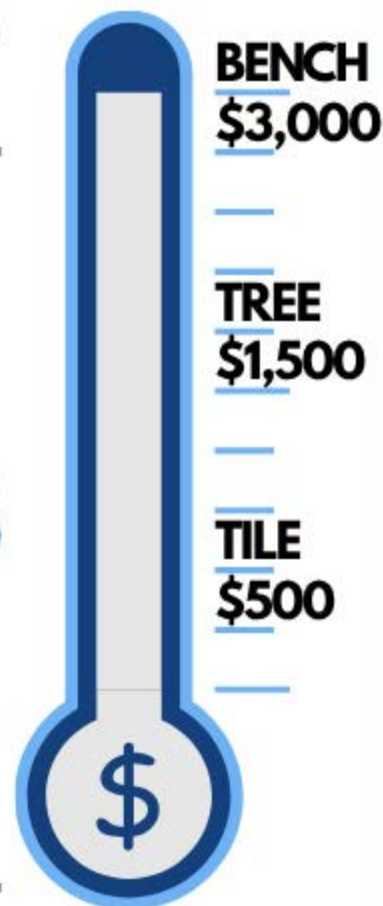
RICC DEDICATION ITEM HONOURING ROTHESAY HIVERS



ITEM INSCRIPTION WILL READ:

"Rothesay HIVE: In Honour of Past, Present, & Future HIVERS."

**THANK YOU FOR YOUR DONATION!
LEARN MORE: WWW.ROTHESAY.CA/RICC**





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 Oct 13 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*



Nursing Home Without Walls is happy to host:

A safe place to share Caregiver Group

Are you a caregiver? You are not alone. Caregiver support group will be October 15 , 2026, at Kennebecasis Library from 6:30-7:30pm.

This is a space to connect with others who understand your journey. Share experiences, find new friends and relax with like-minded people. We will have a mix of open discussions, guest speakers and fun crafts to do.

You are not alone. Come and find support, share a laugh, or simply listen. Everyone is welcome

Please reach out to Brenda Foster 506-271-1792 Or Nicole Tompkins 506-648-9404

We will be meeting at the Kennebecasis Library from 6:30-7:30. Every third Thursday of each month.