# ROTHESAY HIVE

## Activities Calendar: December 2026

**Location:** Rothesay Town Hall, 70 Hampton Rd
**Parking:** 65 Hampton Rd, Rothesay
**Membership:** $25 per year (prorated)
(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 | 2 | 3 | 4 |
| **Rothesay Arena: Mondays**<br>**Seniors Hockey 11:45AM**<br>**Seniors Skating 1:00PM** | **9:30AM** Advanced Tai Chi ®<br>**11AM** Beginners Tai Chi ®<br>**1:30PM** Coffee & Chat / Card & Board Games | **9:30AM** Chair Pilates+ ® **$5**<br>**11AM** Flex & Flow ® **$5**<br>**12:30PM** Sittercise ® **$5**<br>**3PM SJNC:** English Conversation Classes ® | **10AM SJNC Future Engage:** Christmas Craft Session with Rothesay Nursery School ®<br>**1:30PM Movie Matinee:** ® The Man with the Bag (2026) | **9:30AM** Walking Club ®<br>**11AM** Latin Line Dancing ® **$5**<br>**1:30PM Presentation:** ® Taking Care of You: The Importance of Self-Care |
| 7 | 8 | 9 | 10 | 11 |
| **9:30AM** 50+ Fitness ® **$5**<br>**11AM** Chair Yoga ® **$5**<br>**2PM** Mahjong & Bridge | **9:30AM** Advanced Tai Chi ®<br>**11AM** Beginners Tai Chi ®<br>**1:30PM** Coffee & Chat / Card & Board Games | **9:30AM** Chair Pilates+ ® **$5**<br>**11AM** Flex & Flow ® **$5**<br>**12:30PM** Sittercise ® **$5**<br>**3PM SJNC:** English Conversation Classes ® | **10AM SJNC Future Engage:** Fall Prevention, with Zoomers in Balance and AAIMS ®<br>**1:30PM Grief Café** | **9:30AM** Walking Club ®<br>**No Latin Line Dancing**<br>[January Registration Opens] |
| 14 | 15 | 16 | 17 | 18 |
| **9:30AM** 50+ Fitness ® **$5**<br>**11AM** Chair Yoga ® **$5**<br>**2PM** Mahjong & Bridge | **9:30AM** Advanced Tai Chi ®<br>**11AM** Beginners Tai Chi ®<br>**1:30PM** Coffee & Chat / Card & Board Games | **No Chair Pilates**<br>**No Flex & Flow**<br>**No Sittercise**<br>**3PM SJNC:** English Conversation Classes ® | **10AM SJNC Future Engage:** Holiday Potluck Celebration ®<br>**1:30PM Book Club ®** | **9:30AM** Walking Club ®<br>**No Latin Line Dancing**<br>**2PM Holiday Cookie Social:** Cookie Exchange & Decoration ® |
| 21 | 22 | 23 | 24 | 25 |
| **CLOSED FOR THE HOLIDAYS**<br>The Rothesay HIVE will reopen on Monday, January 4, 2026. | | | | |
| 28 | 29 | 30 | 31 | |
| | | | | |

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

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## Movie Matinee: The Man with the Bag ®

**Date:** Thursday, December 3, 1:30PM

Come enjoy popcorn and a refreshing beverage while watching “The Man with the Bag” with other Rothesay HIVE members.

**Plot**: When Santa's magic bag is stolen, he turns to his naughty list to find Vance, a former thief, to help him get it back.

**Stars:** Alan Ritchson, Arnold Schwarzenegger, Awkwafina **Length:** 1hr 51min **Genre:** Holiday / Comedy **Year:** 2026

## Presentation: Taking Care of You: The Importance of Self-Care ®

**Date:** Friday, December 4, 1:30PM

This presentation with Gentle Path Counselling will explore the importance of prioritizing our own well-being and making time for self-care at every stage of life. We will discuss practical ways to care for ourselves, the role of self-compassion, setting boundaries, managing stress, and navigating life's transitions. We will also touch on the challenges that can arise during the holiday season and the start of a new year, and explore ways to be kinder to ourselves through life's ups and downs.

## Grief Café

**Date:** Thursday, December 10, 1:30PM – 3:30PM

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.

## Holiday Cookie Social: Cookie Exchange & Decoration ®

**Date:** Friday, December 18, 2:00PM

Let’s make the Holiday Season sweeter with a holiday cookie exchange and gingerbread cookie decorating. Bring your favourite cookies to share & a tin to take them home (12–24 cookies, homemade or store-bought) and get creative decorating your very own gingerbread treats. We’ll provide all the decorating supplies, gingerbread cookies, and beverages! Wear your most festive holiday attire for a chance to win a special holiday present! Let us know what type of cookie you’re bringing ahead of time so we can ensure a delicious variety.

## Mahjong & Bridge Games

**Program Length:** 2 hours **Type:** Group Led

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!

## Coffee & Chat / Card & Board Games

**Program Length:** 2.5 hour **Type:** Group Led

Drop in to enjoy a beverage and socialize. Check out the Hive Libraries, Bulletin, and Resources. Play various card and board games such as Cribbage, Phase 10, Hand & Foot, Scrabble, Yahtzee and more! Tea and coffee provided. Sponsored by: Parkland in the Valley.

## HIVE Book Club Meeting ®

**Program Length:** 1.5 hours **Type:** Group Led

The HIVE Book Club meets each month to discuss the last book read and decide on the next book to read. Members are responsible for obtaining their own copy of each book, typically chosen books are available at the KV Public Library. Tea and coffee provided.

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

Hive Members can borrow puzzles, books, pickleball equipment, & Nordic walking poles for free. Equipment must be signed out to borrow.

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

### 50+ Fitness ®
**Cost:** $5 / Class **Program Length:** 1 hour **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 **Program Length:** 1 hour **Instructor:** Sharon Randell

Chair yoga is a form of yoga as therapy that is practised sitting on a chair or standing using a chair for support.

### Chair Pilates+ ®
**Cost:** $5 / Class **Program Length:** 1 hour **Instructor:** Deby Siemens

Core strengthening with Chair Pilates + muscle endurance with resistance bands.

### Flex & Flow ®
**Cost:** $5 / Class **Program Length:** 1 hour **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 **Program Length:** 1 hour **Instructor:** Deby Siemens

Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and 1-pound weights.

### Tai Chi: Advanced & Beginners ®
**Cost:** No charge **Program Length:** 1 hour **Instructor:** André Thelosen

A non-competitive, self-paced practice that combines gentle physical exercise and stretching through continuous, flowing movements. Location: **Wells Recreation Park, 75 French Village Road**, sessions are held outdoors or indoors. Sponsored by: Kindred Home Care.

### Walking Club "The Walkie Talkies" ®
**Cost:** No charge **Walk Length:** 45min - 1 hour **Type:** Volunteer Led

The Walkie Talkies will explore the nearby community for some low-impact physical activity and social connection with other HIVE members. The weekly walks will start and end at the Rothesay HIVE. Members are encouraged to stay afterwards for tea or coffee.

### Latin Line Dancing ®
**Cost:** $5 / Class **Program Length:** 1 hour **Instructor:** Deby Siemens

Dance routines are for beginner to intermediate dancers. Smooth bottomed shoes are recommended to be worn for this class.

## Town of Rothesay - Rothesay Arena: Older Adult Scheduled Ice Time

**Note:** These scheduled events may vary due to other special events. Please check our website, social media, or call ahead to confirm.

- **Seniors HOCKEY** Mondays 11:45am-12:45pm No Charge Starts: October 5, 2026 | Ends: April 29, 2027
- **Seniors SKATING** Mondays 1:00pm-2:00pm No Charge Starts: October 5, 2026 | Ends: April 29, 2027

**Programs offered by the Saint John Newcomers Centre (SJNC) are FREE & OPEN to everyone! Register by contacting SJNC↓**

**® REGISTER by contacting the SJNC Coordinator, Hiba Hachicha:** hiba.hachicha@sjnewcomers.ca | (506) 721-1325

### SJNC: Future Engage – Seniors Community (50+) ®
**Thursdays 10AM-12PM** **Type:** SJNC Coordinator Led

A free weekly Seniors & Youth Engagement Project that creates intergenerational & multicultural connections. All are welcome to attend!

### SJNC: English Conversation Class ®
**Wednesdays 3PM-4PM** **Type:** SJNC Coordinator Led

Come practice and improve your English in a friendly & casual environment. This free class is open to all regardless of immigration status.