

ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

November 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, Nov. 19, at 1:30PM.**



La La Land (2016)

Plot: When Sebastian, a pianist, and Mia, an actress, follow their passion and achieve success in their respective fields, they find themselves torn between their love for each other and their careers.
Stars: Ryan Gosling, Emma Stone, Rosemarie DeWitt
Length: 2hr 8min
Genre: Romance / Musical / Comedy
Year: 2016
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

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, November 12, from 1:30PM – 3:30PM | No Registration Required.

Workshop: AED & Hands-Only CPR Training ®

The Heart & Stroke Foundation is providing a one-hour AED and Hands-Only CPR training session for Rothesay HIVE members. The Rothesay HIVE is subsidizing this workshop. Attendees are welcome to make a donation at the door in support of the RICC project.

When: Friday, November 13, at 1:30PM | **Registration Required.**

Presentation: Snack & Facts with Kaleidoscope Social Impact ®

In this session, you'll learn about the free services Kaleidoscope Social Impact offers, including one-on-one budgeting support, free tax clinic, and help finding benefits and credits you may be missing out on. You'll also pick up practical tips to build your financial confidence & feel more in control of your money. No judgment, no pressure. Just good snacks, useful facts, & real support.

When: Friday, November 20, at 1:30PM | **Registration Required.**

Coffee & Chat with Special Guests: Parkland in the Valley ®

Join us for a special Coffee and Chat with Michelle Pellerin & Shi-Ann Duncan from Parkland in the Valley!

When: Tuesday, November 24, at 1:30PM | No registration required.

Platinum Social: Double the Fun! ®

DOUBLE the fun, DOUBLE the prizes, DOUBLE the community spirit! Come celebrate the Double Platinum Win with the incredible HIVE community that makes the Rothesay HIVE the best place in town! Light snacks and refreshments provided. Voted by our community. Celebrated by our community. Help us DOUBLE our impact by making a donation at the door in support of the RICC project!

When: Friday, November 27, from 2PM – 4PM | **Registration Required.**

"You're braver than you believe, stronger than you seem, and smarter than you think."

— A.A. Milne, *English writer*

ROTHESAY HIVE

Activities Calendar: November 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
2 **9:30AM** 50+ Fitness ® **$5** **11AM** Chair Yoga ® **$5** **2PM** Mahjong & Bridge	**3** **9:30AM** Advanced Tai Chi ® **11AM** Beginners Tai Chi ® **1:30PM** Coffee & Chat / Card & Board Games	**4** **9:30AM** Chair Pilates+ ® **$5** **11AM** Flex & Flow ® **$5** **12:30PM** Sittercise ® **$5** **3PM SJNC:** English Conversation Classes ®	**5** **10AM SJNC Future Engage:** Travel Through My Eyes "Guyana" ®	**6** **9:30AM** Walking Club ® **11AM** Latin Line Dancing ® **$5**
9 **9:30AM** 50+ Fitness ® **$5** **11AM** Chair Yoga ® **$5** **2PM** Mahjong & Bridge	**10** **9:30AM** Advanced Tai Chi ® **11AM** Beginners Tai Chi ® **1:30PM** Coffee & Chat / Card & Board Games	**11** **CLOSED** **Remembrance Day**	**12** **10AM SJNC Future Engage:** The Jewish Historical Museum History, Customs & Holidays ® **1:30PM Grief Café**	**13** **9:30AM** Walking Club ® **11AM** Latin Line Dancing ® **$5** **1:30PM Workshop:** ® AED & CPR Training (Donations for RICC)
16 **9:30AM** 50+ Fitness ® **$5** **11AM** Chair Yoga ® **$5** **2PM** Mahjong & Bridge	**17** **9:30AM** Advanced Tai Chi ® **11AM** Beginners Tai Chi ® **1:30PM** Coffee & Chat / Card & Board Games	**18** **9:30AM** Chair Pilates+ ® **$5** **11AM** Flex & Flow ® **$5** **12:30PM** Sittercise ® **$5** **3PM SJNC:** English Conversation Classes ®	**19** **10AM SJNC Future Engage:** Día de los Muertos (Day of the Dead) with Fabiola Martinez ® **1:30PM Movie Matinee:** ® La La Land (2016)	**20** **9:30AM** Walking Club ® **No Latin Line Dancing** **1:30PM Presentation:** ® Snack & Facts with Kaleidoscope Social Impact
23 **9:30AM** 50+ Fitness ® **$5** **11AM** Chair Yoga ® **$5** **2PM** Mahjong & Bridge	**24** **9:30AM** Advanced Tai Chi ® **11AM** Beginners Tai Chi ® **1:30PM** Coffee & Chat / Card & Board Games	**25** **9:30AM** Chair Pilates+ ® **$5** **11AM** Flex & Flow ® **$5** **12:30PM** Sittercise ® **$5** **3PM SJNC:** English Conversation Classes ®	**26** **10AM SJNC Future Engage:** Saint John Newcomers Centre Services ® **1:30PM Book Club** ®	**27** **9:30AM** Walking Club ® **11AM** Latin Line Dancing ® **$5** **2PM Platinum Social** ® (Donations for RICC)
30 **9:30AM** 50+ Fitness ® **$5** **11AM** Chair Yoga ® **$5** **2PM** Mahjong & Bridge				

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

FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

50+ Fitness ®
Cost: $5/class **Duration:** 1 hr **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 **Duration:** 1 hr **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 **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 / Card & Board Games – Tuesdays at 1:30PM

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.

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 HIVE AGE FRIENDLY COMMUNITY CENTRE

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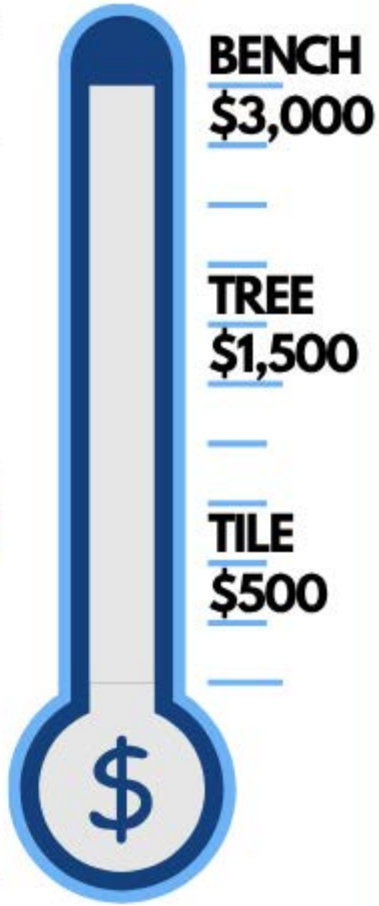
RICC

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

Conceptual image illustrating design intent only. Final design is subject to further development.

J.T. Clark Family Foundation
MATCHING CAMPAIGN
Double Your Impact!



THE **J.T. CLARK FAMILY FOUNDATION** WILL MATCH OUR COMMUNITY'S SUPPORT WITH A **$200,000 GIFT** IF WE SELL ALL 200 SEATS & 200 TILES

200 Arena Seats

200 Floor Tiles

DEADLINE:
December 15, 2026

$200,000

Help us reach 200 seats & 200 tiles to **unlock $200,000** for the community!

RICC
ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX

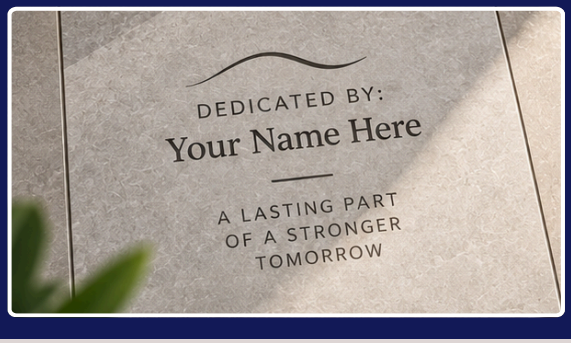
riccinfo.ca/donate

HOW CAN **YOU** HELP? BUY A SEAT OR TILE BEFORE DEC 15th

ARENA SEATS – $500



FLOOR TILES – $500



Students & Families
Students, parents, grandparents & friends can all support this campaign

Sport Organizations & Community Groups
Rally your members to make a difference together!

Local businesses
Show your community spirit by purchasing seats or tiles for your business!

Everyone can help!
Share with friends, family & neighbours. Every seat & tile brings us closer to our goal

__100%__ of your seat or tile purchase is eligible for a __charitable tax receipt__.

Dear Friends and Supporters,

The **J.T. Clark Family Foundation Matching Campaign** is giving our community an incredible opportunity to help bring the Rothesay Intergenerational Community Complex (RICC) to life.

Between now and **December 15, 2026**, our goal is to sell **200 arena seats and 200 floor tiles at $500 each** to unlock a **$200,000 matching gift** from the J.T. Clark Family Foundation.

Here's the challenge: Dedicate an arena seat or floor tile, then challenge someone else to do the same.

Are you:

- A realtor? Challenge your fellow realtors in the Kennebecasis Valley.
- A restaurant owner? Challenge another local restaurant.
- A banker? Dedicate a seat or tile and challenge the other local banks.
- A construction company owner? Challenge another contractor.
- A healthcare worker, educator, or other professional? Rally your colleagues and create some friendly competition.
- Part of a sports team, service club, church group, or community organization? See how many seats or tiles your network can sponsor.

The J.T. Clark Family Foundation has offered an incredible opportunity to accelerate our fundraising efforts through this matching campaign, but we need the community's help to reach the goal. This is a chance to leave your mark on a facility that will bring people of all ages together for generations to come.

Make your dedication. Issue your challenge. Let us do the bragging! We'll recognize donors and challenge participants on social media and help spread the word throughout the community. You never know who you might inspire to dedicate a seat or tile and keep the challenge going.

Let's see who steps up and helps leave a lasting legacy in our community. Every seat and tile can include a personalized dedication, creating a lasting tribute to a family member, friend, business, organization, or community champion.

Are You Up for the Challenge?
Dedicate a seat or tile, or purchase multiple to increase your impact, then challenge someone else to do the same.

Let's show what the Kennebecasis Valley can accomplish when we work together.

- **Arena Seats:** $500 each
- **Floor Tiles:** $500 each

Ready to participate? See the attached pledge form to reserve your arena seat or floor tile dedication. Once you've made your contribution, let us know who you're challenging next!

For more information or to reserve your dedication item, please contact:

Keri Flood
RICC Campaign Coordinator
(506) 847-6398 | keriflood@rothesay.ca

J.T. Clark Family Foundation Matching Campaign - PLEDGE FORM

Donor Information

- Name (individual/organization): _____
- Primary contact: _____
- Address: _____
- City/Prov/Postal: _____
- Phone: _____ Email (for receipt): _____

Help Unlock $200,000 for the RICC

The **J.T. Clark Family Foundation** has generously committed to matching funds raised through the sale of commemorative arena seats and floor tiles, up to **$200,000**. Campaign Deadline: **December 15, 2026**

To unlock the full matching gift, the campaign must reach its goal of:
• **200 Arena Seats** ($500 each) • **200 Floor Tiles** ($500 each)

Gift Selection (*Please indicate your contribution*)

Commemorative Dedication Items:

☐ **Arena Seat** – $500 each
Quantity: _____ × $500 = $_____

☐ **Floor Tile** – $500 each
Quantity: _____ × $500 = $_____

Additional Campaign Donation

☐ I would like to make an additional donation to support the Fundraising Campaign. Amount: $_____

Total Contribution Amount: $_____

Dedication Inscription (Arena Seat and/or Floor Tile)

Please print your inscription exactly as you would like it to appear (subject to character limits and approval):

_____
_____

Payment Information:

☐ Cheque (payable to **town of Rothesay - RICC Project**) ☐ Payment enclosed
☐ E-transfer to ricc@rothesay.ca ☐ Please send me an invoice
☐ Other: _____

Recognition:

☐ I/We consent to being recognized as a supporter of the RICC Matching Campaign.
Recognition Name (if different from donor name):_____

☐ I/We prefer to remain anonymous.

Signature: _____ **Date:** _____

Name (print): _____

Questions / Return Form To:

Rothesay Town Hall, 70 Hampton Road, Rothesay, NB E2E 5L5
T: 506-847-6398 | E: KeriFlood@rothesay.ca | Web: https://www.riccinfo.ca/donate
Official tax receipts will be issued for all donations at the end of each calendar year.







Holiday Market at Parkland

Experience the joy of the season with local vendors, festive entertainment, and holiday cheer for all ages.

Thursday, November 19, 2026 | 10:30 a.m. - 2:00 p.m.

Parkland in the Valley - Jubilee Hall
19 Shannex Dr, Quispamsis, NB E2E 0M4

To celebrate the magic of the season, Parkland is bringing communities together with festive Holiday Markets filled with local charm, holiday spirit, and joyful experiences.

Browse handcrafted gifts, discover unique treasures from local vendors, enjoy seasonal treats, and take in some holiday music. There's something for everyone!

Gather your friends and family and shop the Merry & Bright Holiday Market at your local Parkland community!

Join us
experienceparkland.com/nb-holiday

Parkland™
RETIREMENT LIVING
IN THE VALLEY

Nursing Home WITHOUT WALLS | Foyer de soins SANS MUR



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 Nov 17, 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