



ROTHESAY HIVE

Activities Calendar:

October 2019

Legend:

- : Free for all members
- : Hive-only members pay additional fee
- : Both Hive and YMCA members pay additional fee
- : Registration Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1 pm Open House: National Seniors Day 6 pm Beginners Yoga	2 11 am Chair Fit Yoga 12:15 pm Coffee & Chat 1 pm Card/Board Games	3 10 am Coffee & Chat 1:30 pm Tech Time	4 10 am Stretch, Strength & Balance 11:15 am Coffee & Chat
7 10 am Coffee & Chat 2 pm Chair Fit Yoga	8 11 am Coffee & Chat 1 pm Afternoon Movie 6 pm Beginners Yoga	9 11 am Chair Fit Yoga 12:15 pm Coffee & Chat 1 pm Card/Board Games 1:30 pm Tech Time	10 10 am Forever Fit 12 pm Thanksgiving Potluck	11 10 am Stretch, Strength & Balance 11:15 am Coffee & Chat
14 Thanksgiving No Activities	15 1 pm Coffee & Chat 2 pm Zumba Gold Chair Demonstration 6 pm Beginners Yoga	16 Senior Watch Foot Clinic 11am Chair Fit Yoga 12:15pm Coffee & Chat 1pm Card/Board Games	17 10am Forever Fit 11:15am Coffee & Chat 1:30pm Tech Time	18 10 am Stretch, Strength & Balance 11:15 am Coffee & Chat
21 8:30 am Aquafit Saint John Regional Y 11:15 am Coffee & Chat 2 pm Chair Fit Yoga	22 11 am Coffee & Chat 1:30 pm Tech Time 6 pm Beginners Yoga	23 11 am Chair Fit Yoga 12:15 pm Coffee & Chat 1 pm Card/Board Games	24 10 am Forever Fit 11:15 am Coffee & Chat 1 pm Book Club Meeting	25 10 am Stretch, Strength & Balance 11:15 am Coffee & Chat
28 8:30 am Aquafit Saint John Regional Y 11:15 am Coffee & Chat 2 pm Chair Fit Yoga	29 1 pm Coffee & Chat 2 pm Investing Blind Spots Presentation 6 pm Beginners Yoga	30 11 am Chair Fit Yoga 12:15 pm Coffee & Chat 1 pm Card/Board Games	31 10 am Coffee & Chat 1 pm Afternoon Tea	



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Open House for National Seniors Day

Program Length: 2 hours

National Seniors Day is October 1 and we are opening our doors to the public to show off what we're all about. Invite some friends to check out what the Rothesay HIVE has to offer. Free for all Light refreshments will be provided.

Afternoon Movie "Dirty Dancing" ▲

HIVE Members: \$2 per session/per person Y Members: Free Program Length: 2 hours

Romantic drama dance film (1987) ft. Patrick Swayze & Jennifer Grey.

Afternoon Tea ■ (R)

HIVE Members: \$5 per person Y Members: \$3 per person Program Length: 2 hours

Join us for a wonderful afternoon of tea, sweets, sandwiches, and Spotify music. Please register by **October 28th** by calling the ROTHESAY HIVE at **506-799-9240**.

Aquafit at the Saint John Regional Y ▲ (R)

HIVE Members: \$10 per person Y Members: Free Program Length: 1 hour plus travel time

Join us for an Aquafit class at the Saint John Regional Y. Transportation is provided, the bus will leave the ROTHESAY HIVE at 8:30 am sharp, please arrive early. Please bring a bathing suit, towel, extra clothes (if needed), and a lock for the change room locker. The bus will return to the HIVE by 11:00 am. **Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.**

Beginners Yoga ▲ (R)

Hive Members: \$5 per person Y Members: Free Program Length: 1 hour

Join us for a beginners yoga class. Participants are asked to bring their own yoga mat. **Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.**



RothesayHive



www.olderadults.ymca.ca



RothesayHive@Rothesay.ca







506-799-9240



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Book Club Meeting

HIVE Members: Free Y Members: Free Program Length: 1 hour

This meeting is for those interested in starting a book club at the Rothesay HIVE. We will be discussing what book would be of interest for members, and how often everyone would like to meet. Tea and coffee provided. Please register by **October 22nd**.

Book Exchange | Give a Book! Take a Book! Let's Swap!

HIVE Members: Free Y Members: Free

Share the love of reading. Bring a book and choose a new-to-you book to enjoy!

Card & Board Games

HIVE Members: \$2 per session/per person Y Members: Free Program Length: 2 hours

Drop in to play various card and board games such as cribbage, phase 10, Scrabble and more! The opportunities are endless. Coffee and tea provided.

Chair Fit Yoga

HIVE Members: \$5 per session/per person Y Members: Free Program Length: 1 hour

Bodies want and need to move. Manage your sleep, pain and anxiety through this class of concentrated and doable movement.

Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.

Coffee & Chat

HIVE Members: Free Y Members: Free Program Length: 1 hour

Join us for tea or coffee, read a magazine or newspaper, play cards, board games and socialize with others.

Computer Station (Coming Fall 2019)

HIVE Members: Free Y Members: Free

The Computer Station is located in a dedicated space for members to browse the internet or use Microsoft Word.



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Forever Fit

HIVE Members: \$5 per person/per session **Y Members:** Free **Program Length:** 45-55 minutes

Are you feeling fit or feeling floppy? This class is for those who want to be Forever Fit. Improve your strength, balance and flexibility with this fitness class. Seated and non seated options, whatever you feel comfortable doing. **Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.**

Investing Blind Spots Presentation

HIVE Members: Free **Y Members:** Free **Program Length:** 1 hour

Learn to be smarter with money when you understand how your actions may be sabotaging your investing decisions. Presentation lead by Lindsay Palmer, Investment Advisor. Please register by **October 25th.**

Seated Yoga

HIVE Members: \$5 per person/per session **Y Members:** Free **Program Length:** 1 hour

Seated Yoga will help you connect with your breath, mind and body, helping you to find the spirit and energy within. **Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.**

Senior Watch Foot Clinic

Trained Foot Care Nurses in Foot Care Management will treat calluses, corns and thickened nails. Blue Cross and Veterans Affairs TAPS cards accepted. For pricing information or to schedule an appointment, please contact Margot Kelly at 634-8906. **Please call to register at least a week in advance.**

Stretch, Strength & Balance

HIVE Members: \$5 per session/per person **Y Members:** Free **Program Length:** 1 hour

This class will help you maintain your range of motion, rejuvenate your lift and balance like a flamingo. **Please register in advance by calling the ROTHESAY HIVE at 506-799-9240 as space is limited.**



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Tech Time

HIVE Members: \$3 per session/per person **Y Members:** Free **Program Length:** 30 minutes

Call our coordinator to book a one-on-one session for assistance with Facebook, Messenger, YouTube, Netflix, Buy & Sell groups, or some basic navigation functions with iPad, iPhone, or android devices.

Thanksgiving Potluck

HIVE Members: Free **Y Members:** Free **Program Length:** 2 hours

Join us for our first ever Thanksgiving Potluck. **Please register by October 8th and include the item that you will be bringing.**

Zumba Gold Chair Demo Class

HIVE Members: Free **Y Members:** Free **Program Length:** 1 hour

This class is designed with structured movements to strengthen your bones and joints, which help restore or improve range of motion. Zumba Gold Seated is a great alternative to regular Zumba. The perfect way to raise your spirits and groove to some great music! This is a demo class, as it is only offered once at the Rothesay HIVE. **Please register by October 11th.**