

2024 AGM Wellness Activities Guide

1. SAINT JOHN HISTORICAL TROLLEY TOUR - \$10 (1 PM – 3 PM)



Doreen Tait, a retired teacher and certified tour guide with Aquila Tours will take you on this 2-hour highlights' tour of Saint John by motorized trolley. Just like the century old streetcars, while listening to the entertaining narrative by your guide, she will bring Saint John's history and culture to life. Stop to visit the Reversing Falls Rapids, where the Bay of Fundy tides battle with the St. John River. Onboard the trolley, hear the stories behind the unique architecture of the historic district. View the port of Saint John against the beauty of the Bay of Fundy as you drive along Fort Howe lookout. Discover 400 years of history and culture in Canada's oldest incorporated city and experience a delightful blend of past and present. Your tour ends at the Old City Market, in the heart of Saint John. Disembark and explore at your leisure, as you are within a 3-block radius of Saint John's top attractions and next to the Delta Hotel.

For more information: [Aquila Tours | Discover Saint John](#)

[Aquila Tours - Bay of Fundy Shore Excursions | Saint John NB | Facebook](#)

Meeting Location: Pick up will be near the Delta Hotel (Facilitator will be in contact with details)

Facilitator's contact: Nancy Steele **506-639-5498**

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2. SCULPTURES SAINT JOHN WALKING TOUR - \$10 - 1 – 3 pm



Join Diana Alexander – Retired teacher and Executive Director of Sculpture Saint John on a **driving tour** of Saint John while learning the history of the International Sculpture Symposiums in Atlantic Canada and seeing eight of the sculptures that have been placed in our city.

Hosting its first biennial International Sculpture Symposium in 2012, Sculpture Saint John held five symposiums over a decade ending in 2022 and creating a legacy of sculptures through cities and towns in southern New Brunswick. The New Brunswick sculpture trail resulted in a legacy of 38 large-scale sculptures and, together with the Schoodic International Sculpture Symposium, has created an international trail through Maine and New Brunswick of 72 sculptures. The two trails make up a unique international contemporary art exhibit of large-scale granite works by world-renowned sculptors.

At the end of the tour a map will be given to participants for those who may want to explore more sculptures along the International Sculpture trail.

Note: Size of vehicle used for transportation will be determined by the number of registered participants.

For more information: <https://sculpturesaintjohn.com/about/>

Meeting location: Meet at the Delta Hotel. (Facilitator will be in contact with details)

Facilitator contact: Pat Murray **506-650-7533**

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3. WELLNESS HIKE/WALK – Free - 1pm – 3 pm.



Join Paula Scott, our NBSRTSJ co-wellness rep on a hike (more like a walk) in beautiful Rockwood Park. Rockwood Park is in the heart of the city of Saint John. It offers 2,200 acres of unspoiled natural beauty, with ten lakes and 55 trails and footpaths. A Stonehammer Geopark site, Rockwood’s billion years of history can be seen in unique rock formations, caves and waterfalls. This session will be at a leisurely pace based on the pace of the group. “No hurries, no worries!” Sturdy walking/hiking shoes recommended. Hiking Poles are optional. Route will be some pavement, some fine gravel on mainly wide trails. Green rated trails.

For more information: <http://www.rockwoodpark.ca/>

Meeting location: Upper Parking lot Lily Lake. (Up the hill from Lily’s Café, on Lake Drive just off of Mt. Pleasant Ave.

Directions:

[Delta Hotels by Marriott Saint John to Rockwood Park - Google Maps](#)

Facilitator contact: Paula Scott [506-608-3857](tel:506-608-3857)

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4. INDIGENOUS STORYTELLING WALK, HARBOUR PASSAGE \$50 (1PM – 2:30PM) (6 participants minimum required)



Join interpreter Dave Smith to discover the local history of the Wolastoqi and Mi'kmaq peoples from a unique Indigenous point of view while meandering along the Harbour Passage and the Beautiful River – Wolastoq. Dave has a unique point of view on Indigenous culture as a result of growing up outside the First Nations community due to the “60”s scoop”. This “two-eyed seeing” approach allows him to see both sides of the relationship between Canada and his people.

Walk along a historical portage route and over archaeological sites and become acquainted with the timeless wisdom of our ancestors. Learn how stewardship of the earth should look in a modern world while respecting and celebrating the traditions of the past.

For more information: <https://firstnationsstorytellers.com/>

Meeting location: Harbour Passage Steps

Directions: [Delta Hotels by Marriott Saint John to 7WFM+G6 - Google Maps](#) For visual cues, it is the end of Union Street and the end of the Boardwalk that goes along the Harbour, past the Hilton Saint John, near the red cranberry trail that we call Harbour Passage.

Facilitator contact: Marg Urquhart [506-650-8065](tel:506-650-8065)

Interpreter contact: Dave Smith [506-640-1374](tel:506-640-1374)

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5. UNDER PAR GOLF AND ACADEMY – \$15 (3:45 – 4:45)



Colin Mackenzie (president and CEO) of Under Par Golf Academy has created an impressive Indoor Golf Club and Entertainment Centre waiting for you to experience! The session begins with a quick, jaw dropping 10-minute tour. You do not need to have any experience to try your hand at the four stations in the four private rooms. In the Masters Room play any of the Multi Sports. In the Legends Room you will be pitching and chipping. In the Tiger's Den improve your drive, and in the Speak Easy Room play putting games on a unique green. Rent clubs for \$10 or bring your own. A full bar is available. There is not a facility like this in all of Canada!

For more information: www.upga.ca [Under Par Golf & Academy | Saint John NB | Facebook](#)

Meeting Location: Under Par Golf & Academy 1.4 km from Delta Hotel by car, 1.4 km walk
Place 400 Main Street, P – 104, Saint John NB E2K 4N5
(located on the lower back, right hand side of building – same side as LBR)

Directions: [Delta Hotels by Marriott Saint John to Under Par Golf & Academy - Google Maps](#)

Facilitator contact: Rose Theriault **506-721-5383**

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6. GLASS ROOTS GLASS BLOWING DEMONSTRATION & GALLERY VISIT \$10 (3:45 – 4:45)



Take a tour of Glass Roots Blown Glass Gallery and Glass Blowing Studio. Receive a 20-minute glass-blowing demonstration by glass blowing artists Curtis Dionne and Charlotte MacLeod, followed by a Q & A then time to visit the Gallery to shop.

Curtis Dionne left home at a young age to pursue craft and design. He took up glass blowing with Masters from the Glass City of Guadalajara. In 2008 Curtis bought a homestead in rural New Brunswick where he built a fourteenth century style wood-fired furnace and began Glass Roots Inc.

In 2021 Curtis and his partner Charlotte MacLeod relocated their family to Saint John, New Brunswick to start their own public glass studio.

For more information: [Glass Roots Canada - Blown Glass, Glassblowing Class \(glassrootsstudio.com\)](https://www.glassrootsstudio.com)

Meeting location: Glass Roots Inc. Studio & Gallery, 89 Canterbury Street, Saint John, New Brunswick E2L 2C7, Canada

Directions: [Delta Hotels by Marriott Saint John to Glass Roots Inc - Google Maps](#)

Facilitator contact: Barry Harbinson [506-658-1347](tel:506-658-1347)

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7. REFLEXOLOGY \$10 (3:45 – 4:45)



THE BENEFITS OF REFLEXOLOGY

- Reduces feelings of stress
- Calms and soothes
- Gives the recipient a feeling of wellbeing
- Relaxes mind and body
- Encourages elimination
- Improves circulation
- Boosts immune system
- Pain relief
- Balances hormones

Kathy is a retired teacher/principal and is a certified hand reflexologist. She will explain what hand reflexology is and its many benefits. She will also show participants what a reflexology session is like and will share techniques and how participants can treat themselves. This is an interactive session and will be 'hands' on.

Meeting location: Canterbury Room in the Delta Hotel, 39 King St, Saint John, NB

Directions: Canterbury Room is on the Mezzanine Level

Facilitator contact: Garth Wade [506-476-0598](tel:506-476-0598)