

Adult Programs

Badminton (Ladies)

Every Wednesday night from September to March at Tweed Elementary School from 7 – 9 pm. For more information, contact Hali Letwin: 613-885-3778.

Badminton (Mixed)

Every Tuesday and Thursday night from 7-9:30pm at Centre Hastings Secondary School, in Madoc. Coaching on Thursdays from 6-7pm. Session 1 runs from Sept. - Jan., and Session 2 runs Feb. - mid June. For more information please contact Terry Mandzy: 613-473-5662 or visit www.centrehastingsbadminton.com

InTheNow Yoga & Fitness

Offering beginner, gentle and chair Yoga, YogaFit, Yoga Flow and sleep Yoga Nidra for all ages including corporate retreats. Also offering nutritional counseling, bootcamp and circuit training classes. Please contact Anna Lounsberry at 613-848-9122 or email annalounsberry@hotmail.ca for details and schedule.

Guitar Lessons

Guitar Lessons in your home. All ages welcome. For more information, please contact Reg Corey: 613-848-0226/613-478-5190 or email regcorey@sympatico.ca

Darts/Pool/Shuffleboard

Branch 428 of the Royal Canadian Legion in Tweed offers weekly leagues for darts, pool, shuffleboard and euchre. For more information, please call the Legion at 613-478-1865.

Bingo

Come out for a social evening and a chance to win at Bingo. Bi-weekly on Thursdays all year at the Royal Canadian Legion. For more information, please call the Legion at 613-478-1865.



First Step Fitness

First Step Fitness offers group fitness classes, small group training and personal training in a welcoming, positive environment. The goal is to create an atmosphere that will help clients reach their health & fitness goals. Check out the Facebook page "First Step Fitness Tweed" for class schedules or call (613)403-0327.

Friday Night Mixed 3-Pitch Ball League

This Friday Night Ball "fun" League consists of teams of 9-10 players minimum and include at least 3 females. If interested in joining a team or for more information, please contact Jody Bateman at 613-847-5094 or Tara Palmateer at 613-827-0792.

Fit and Fun for Everyone

Classes are full body workouts for all ages. Aerobics, balance and stretch, muscle conditioning and cardio intervals. Classes are held at the Curling Club Monday to Friday at 9:00 a.m. or online. Please contact Terri Lynn Storms at 613-847-6666 or by email terbo8@hotmail.com for more details.

Sit and Fit Exercise

Functional fitness class sitting in a chair - for all levels. Great for seniors or persons recovering from illness/injury. Classes are Mon., Wed. & Friday mornings at 10:15 a.m. at the Curling Club or by zoom. For more information, please contact Terri Lynn Storms at 613-847-6666 or by email terbo8@hotmail.com.

Curling

Join in on the fun and the Land O' Lakes Curling Club. An excellent sport for all ages. For more information, please call 613-478-2311 or email info@curltweed.ca



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Shuffleboard

The Land O' Lakes Shuffleboard Club meets every Tuesday from May-Aug at 1:00 pm at the Land O' Lakes Curling Club. For more information, please contact John McMurray: 613-478-3007.



Library Programs

Bridge

At the Tweed Public Library on Tuesdays weekly starting at 1:00.

Storytime

At the Tweed Public Library on Wednesdays weekly starting at 10:30 am.

Theatre

Movie time the first and third Thursday monthly at 1:00 pm.

For more programming or information please call 613-478-1066 or visit www.tweedlibrary.ca

Swimming

Private/Semi-Private swim lessons and Aqua Fitness programs are available in the summer months at the Erin Palmateer Community Pool. For more information, visit www.ymcaofceo.ca or call 613-478-9808.

Baseball

Enjoy a good time playing baseball at one of our four baseball diamonds. If you wish to host a tournament or start a league, please contact the Municipality of Tweed: 613-478-2535.

Pickleball

A combination of badminton and tennis this racquet sport is beginning to become more and more popular. Play begins in May at the Land O'Lakes Curling Club and goes to mid- September, Mon. Wed. & Fridays 9-11 a.m. The cost is \$5 per 2-hour session. For more information, please contact Irwin Lindsay at 613-478-4778 or email jirwin.lindsay@gmail.com or phone MaryJo Brooks at 613-921-7474

Life Style Fitness Studio

Offering a variety of classes, in person or online, including muscle pump, power step, core training and personal workouts. Location is the old MNR building at the Water Tower on Quin-Mo-Lac Rd. Scheduled classes are posted on Facebook or contact Terri Lynn Storms at 613-847-6666 or terbo8@hotmail.com OR Shelley Lough at 613-922-1181 or lifestylefitness@hotmail.ca for more information.

Hockey

A great way to get out and enjoy the game of hockey. There are a variety of men's hockey leagues to choose from, including Saturday night and Sunday morning leagues. For the Ladies League please contact Tara Palmateer 613-827-0792. For all other league information please contact Rachelle at the Municipality of Tweed at 613-478-2535.

Be You Yoga

Offering yoga for all body types, ages and fitness levels: Group Classes, 1:1, couples' sessions, group host nights, education sessions & more. Contact Rachel 613-827-8685 or email rachelemmathompson@gmail.com

Carpet Bowling

Carpet Bowling at St. John's United Church every Wednesday from mid Oct. to end of April 1:30-3:30. Please contact Betty Lalonde for more information 613-478-5231.



Karate

Karate classes are on Wednesdays from 3:45 to 4:45 p.m. at Tweed Elementary School. For more information, please call/text Sensei Robert Walther at 613-243-5305.

Adult Programs

Gateway Community Health Centre Programs

Community Kitchen

Do you want to learn how to budget and prepare tasty nutritious meals? Come and cook in GCHC's Community Kitchen. Workshops are offered year round in various communities. For more information contact the Dietitian at 613-478-1211 for details on the next session or visit the Event page.

Pole Walking

Are you an adult 55 or older who wants to improve your physical health and control your chronic condition? Join Gateway Health Centre for our pole walking group. This all season activity takes place twice a week in Tweed. The group meets at the Tweed Fairgrounds to exercise on the nearby trails. For more information, please contact the Gateway Community Health Centre: 613-478-1211.



Youth Jazz Band

Would you like to learn how to play a musical instrument? If you are between the grades of 5 to 8 then Gateway CHC Youth Jazz Band, in memory of Alberta Young, is for you! The band practices Tuesdays and Thursday evenings after school. For more information go to [Youth Music Group - Gateway CHC](#).

Walk & Talk Wednesdays

Indoor Walking Group every Wednesday from 10 a.m. to 11 a.m. from February to April at the Tweed Hungerford Agricultural Building (White Building). Contact Darlene Jackson, Community Resource Worker at 613-478-1906, ext. 254.

Living Well with Chronic Disease

Do you want to learn how to cope with your chronic condition to better manage your symptoms and daily life? This six-week session will show you how. Self-Management of Chronic Conditions is a course designed to teach you how to cope better with a broad range of chronic health conditions. Workshops are held in Tweed throughout the year, as needed. For more information call 613-478-1211.

Family Space EarlyON Playgroup

Are you a parent looking for new ways to play with your child to help them learn and develop new skills? Attending weekly playgroup is also a great way to get parenting advice and receive support from other parents, caregivers, and early years professionals. Register to join the EarlyON Playgroup in the basement of Gateway CHC on Tuesdays from 9am-1pm. [Playgroup - Gateway CHC](#)

Mental Health Support Group

Looking for an opportunity to learn new skills for coping with mental health in a supportive environment? Join our mental health support group, new topics are presented seasonally.

For more programming or information please call 613-478-1906, ext 229 or visit www.gatewaychc.org

Marlbank Dome

Pickleball (in season)

Every Tuesday at 9:30 am and Thursday at 7:00 pm

Volleyball (in season)

Fridays at 6:30 pm

Baseball (in season)

Thursdays at 7:00 pm

The Marlbank Dome is available for reservations – 24 hours notice preferred. Message on Facebook to book a time or email marlbank.recreation@gmail.com

Adult Programs

Women's Volleyball

Every Tuesday night from 7-8:30 pm from October to March at Tweed Elementary School. For more information, contact Hali Letwin: 613-885-3778.



Let's Move Municipality of Tweed

It is time to move and be social. We are pleased to offer ongoing recreation programs to our residents. Everything is Free! For more information or to register for one of our recreational programs, please email recreation@tweed.ca or contact Anna or Lori at 613-478-2535. See all of our events on our facebook page and our community calendar <https://www.tweed.ca/comingeventsc9>