

Adult Programs

Badminton (Ladies)

Every Wednesday night from 7-9pm at Tweed Elementary School. Session 1 runs from Sept.-Dec., and Session 2 runs from Jan.-March. 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. – Dec., and Session 2 runs Jan-mid June. For more information please contact Terry Mandzy: 613-473-5662 or visit www.centrehastingsbadminton.com

InTheNow Yoga & Fitness

Offering adult Hatha and yoga flow classes. Hatha & Yoga Flow Monday's and Thursday. Family Bootcamp Saturday mornings. For more information, please contact Anna Lounsberry: 613-478-1783.

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

Line Dancing

Kick up your heels with Line Dancing at The Lions Hall every Tuesday morning from September until June, 10:30 -11:30 a.m. For more information, please call Carol Cooper at 613-391-4271.

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.



Women's Volleyball

Come out for a fun game of volleyball Thursdays weekly from Sept. to April from 7:00-8:30 p.m. at the Tweed Elementary School. For more information, please contact Dawne Hamilton-Browne at 613-478-1455.

Women's Volleyball

Every Tuesday evening weekly from Sept. to April from 7:00 pm – 9:00 pm at the Tweed Elementary School. For more information please contact Kelly Cassidy at 613-478-6475.

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.

Huff & Puff Senior Men's Exercise Group

Tues. weights and Thurs. cardio & stretching at the Curling Club from 10-11 a.m. Please contact Larry King for more information 613-478-5994.

Ladies Fit and Fun

Exercise classes at the Curling Club on Mon. Aerobics; Tues. Balance Strengthening; Thurs. Tabata; Fri. Weight and/or balance ball. For more information, please contact Judy King 613-478-5994 or Jan Jones 613-478-3860.

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 Wed. & Friday mornings at 10:00 a.m. at the Curling Club. For more information, please contact Carolyn Campbell at 613-478-6178 or Nancy Bissett at 613-478-3464.

Beach Volleyball (Mixed)

Come enjoy beach volleyball at the Tweed Recreation Complex. Games are every Thursday evening at 6:30 & 7:30 during the summer months. Everyone is welcome. Please contact Shania Tebo at 613-661-1901 for more information.

Darts/Pool/Shuffleboard

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

Adult Programs

Library Programs

Knitting:

The knitting group meets every Friday at 2:00pm at the Tweed Public Library. For more information call 613-478-1066.

Quilting:

The quilting group meets on the 4th Friday of the month from September to November and again from January to June. For more information call 613-478-1066.

Euchre or Bridge

At the Tweed Public Library on Tuesdays weekly starting at 1:00. For more information call 613-478-1066.

Thursday Theatre:

Every 1st and 3rd Thursday of the month at 2:30pm movies are shown for free at the Tweed Public Library. Free popcorn included! Call us 613-478-1066 to find out what's playing.

Visit www.tweedlibrary.ca

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 contact Wendy Vermeer at 613-478-5520.



First Step Fitness

First Step Fitness offers a variety of fitness services including personal training, group fitness, yoga, and program design. Classes offered include Full Body Circuit Training, Seniors Fitness (55+), Beginner Fitness, and a Men's Only class. Classes are open to ALL fitness levels. Check out the Facebook page "First Step Fitness Tweed" for class schedules or call (613)403-0327.

Friday Night Mixed Softball League

The Tweed 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.

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.

Soccer

New in 2017, Tweed has a 15+ adult soccer league. Games take place once a week on the John Devries Soccer Field at the Tweed Recreation Complex. The season runs from the end of April to the end of September. For more information please contact Tara Palmateer: 613-827-0792.

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 visit info@curltweed.ca



Pickleball

A combination of badminton and tennis this racquet sport is beginning to become more and more popular. Sessions begin in May and go to mid- September, Mon. Wed. & Fridays 9-12 p.m. and Wednesday evenings 6-9 p.m. The cost is \$3 per 3-hour play session. For more information please contact Linda Lindsay at 613-478-4778 or email linda.lindsay@sympatico.ca

Life Style Fitness Studio

Offering a variety of classes, including muscle pump, power step, yoga/pilates, core hit training and personal workouts. Location is old MNR building at the Water Tower on Quin-Mo-Lac Rd. Scheduled classes posted on facebook or contact Shelley Lough for more information 613-922-1181. lifestylefitness@hotmail.ca

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 monthly on the 3rd Tuesday at 1:30 p.m. For more information contact the Dietitian at 613-478-1211 for details on the next session.

Pole Walking

Pole walking is a fun and easy full body exercise that works up to 90% of your muscles. Gathering is between 8:30-9:00am every Tues. and Thurs. starting at the beginning of April. For more information, please contact the Gateway Community Health Centre: 613-478-1211.

Craving Change

A How-to Workshop for changing your relationship with food. Understand why you eat the way you do, comfort yourself without food and change your way of thinking, change your way of eating! A 4 week workshop with 2 hour sessions each week. Contact the Dietitian at 613-478-1211 for more information and dates.

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.

Community Garden

Could you or your family benefit from free, fresh local produce? The Tweed Community Garden is always looking for new members, no matter what your past gardening experience may be. This hands-on experience teaches you the skills to successfully plant and harvest a summer garden. For more information contact the Gateway Community Health Centre at 613-478-1211.

Visit www.gatewaychc.org

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.



Hockey

A great way to get out and enjoy the game of hockey. Hockey leagues for everyone. For men's Saturday night league please contact Casey Trudeau at 613-478-5511 or visit <http://tweedsaturdaynightleague.ca>. or Lawrence Ramsey 613-847-5491 for Sunday morning league. For the Ladies League please contact Tara Palmateer 613-827-0792. For all other league information please contact the Municipality of Tweed at 613-478-2535.