

May 2026

Recreation programming

Municipality of
**Inverness
County** 



Adult

& Family Programming

For more information on adult programming, reach out to jason.calder@invernesscounty.ca

Adult Movie Night

Join us for a night of mystery with *Murder on the Orient Express*. Follow detective Hercule Poirot as he unravels a murder aboard a luxury train.

Can you solve it before he does? 🔍



Entry includes popcorn and pop.

Friday, May 22nd | Mabou Hall | 7:00 – 9:00 p.m.
Drop-in | No registration required | Cost: \$5

Pickleball – Lake Ainslie

New to Pickleball? This beginner program is kind of a big *dill*! Learn the basics, sharpen your serves and volleys, and get rallying in no time.

Thursday May 28th | Lake Ainslie Fire Hall | 6:00 – 8:00 p.m. | Drop-in | No registration required.

Tai Chi Cape Breton



Tai Chi Cape Breton offers inclusive, gentle movement classes for all levels and abilities, supporting daily wellness through Tai Chi, Sabre, and Lok Hup practices.

Adults and Seniors of all experience levels are welcome | \$65 for a four month Tai Chi Cape Breton Club membership.

Mondays | Hillsborough | 9:00 – 10:30 a.m.
Hillsborough–Glendyre Hall (4738 Hwy 252, Mabou)

Wednesdays | Inverness | 9:00 – 11:00 a.m.
Inverary Manor Music Room (72 Maple St., Inverness)

Thursdays | Creignish | 11:45 a.m. – 1:15 p.m.
Creignish Recreation Centre (2123 Hwy 19, Creignish)

Contact info@greenwellcenter.com to register.

Book Club



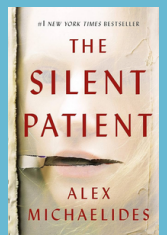
May Sessions

The Book Club takes place monthly in each location —Mabou, Inverness, Whycocomagh, and Chéticamp. You only need to attend one session per month, whichever is most convenient for you.

Our first Book Club pick is *The Silent Patient* by Alex Michaelides.

- May 7 | 6:00 – 7:00 p.m. | An Drochaid, Mabou
- May 14 | 6:00 – 7:00 p.m. | The Dancing Goat Cafe & Bakery, Inverness
- May 21 | 6:00 – 7:00 p.m. | Whycocomagh Public Library
- May 28 | 10:00 – 11:00 a.m. | Chéticamp Public Library

Please come ready to discuss the book!
Ages 14+ | No cost | Drop-in



June Book Club Pick

For those who want to read ahead, June's book pick is: *All the Light We Cannot See* by Anthony Doerr.



The book club is on a drop-in basis. To receive updates, including emails on voting for the next book, send your full name and email to keshi.moonian@invernesscounty.ca

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Escape Room Chéticamp

Pensez-vous pouvoir vous échapper ? 🗝️
Plongez dans une aventure palpitante, résolvez des énigmes captivantes et lancez-vous dans une quête inoubliable. Note: program delivered in French.

Wednesday, May 20th | Club des Retraités | 5:00 – 8:00 p.m. | \$5 per person or \$20 per group

Spots are limited! Please reach out to jason.calder@invernesscounty.ca to register.

Escape Room Creignish

Join us on an epic adventure to solve mind-bending puzzles and embark on an unforgettable quest.

Thursday, May 28th | Creignish Hall | 6:00 – 9:00 p.m. | \$5 per person or \$20 per group

Spots are limited! Please reach out to jason.calder@invernesscounty.ca to register.

Nova Scotia Walks Day

Nova Scotia Walk Day celebrates how walking connects us to our communities and to each other and is a chance to celebrate walkable communities! Join us for a lunch-time walk in Port Hood!

For more info: [Nova Scotia Walk Day | Hike Nova Scotia](#)

Wednesday, May 13th | Meeting at the Municipal Administration Building (375 Main St., Port Hood) | Start at 12:30 – 1:00 p.m. | No cost | Drop-in. No registration required.

Seniors

Programming Schedule

For more information on seniors programming, contact anna.solomon@invernesscounty.ca

Seniors Walking Group

Enjoy an afternoon outdoors with neighbours. Hosted in partnership with Cape Breton University's Centre for Healthy Aging.

Thursdays May 7 & May 21 | 1:00 – 2:00 p.m. | Meet at Judique Community Centre
No cost | No registration required

Seniors Waterfall Hike

Hosting in partnership with Destination Cape Breton's Waterfall Campaign Series – join us for an easy walk/hike to MacIntosh Falls accompanied by fiddle music and followed by tea and oatcakes. Try out walking poles (provided by the Municipality) and learn more about the benefits of using them.

While this is a seniors focused experience, all ages are welcome.

Saturday, May 23rd | McIntosh Brook Trailhead, 24150 Cabot Trail, Pleasant Bay | 12:00 – 2:00 p.m.

Park Pass Required | Drop-in event. No registration required.



Flower Potting Series

The Recreation and Community Wellness department is hosting a series of flower potting workshops throughout the county. These workshops aim to bring people together and reduce social isolation, improve overall well-being, and share knowledge with friends. Enjoy painting and planting a terra cotta pot to take home. Registration includes pot, paint supplies, starter plant, soil, and light refreshments

Tuesday, May 26th | Club des Retraités, Chéticamp
1:00 - 3:00 p.m.

Monday, June 1st | Mill Road Greenhouse and Gardens, Inverness | 1:00 - 3:00 p.m.

Thursday, June 11 | Storytellers Gallery, Judique | 1:00-3:00 p.m.

Cost \$5 | Advance registration is required, email Anna.Solomon@invernesscounty.ca.

Seniors Music Bingo

Join us for a easy-going afternoon of Musical Bingo! Instead of numbers, we're playing the songs you know and love from the 60s and 70s!

Sing along, tap your toes, and enjoy a relaxed, welcoming atmosphere designed to get people out, active, and social.

Whether you come with friends or on your own, Music Bingo is a great way to connect, share some laughs, and enjoy the joy of music and community.

All are welcome. No musical knowledge is required! Come enjoy some light-hearted fun and compete for non-cash prizes!

Hosting in partnership with Cape Breton University.

Thursday, May 28 | 1:00 - 3:00 p.m.

Judique Community Centre | No registration required

Youth

Programming Schedule

For more information, reach out to krista.macinnis@invernesscounty.ca

Get Active Ball Hockey

The Get Active Ball Hockey League is back for year four in Port Hood, Inverness and Chéticamp!

Ages 7 - 14 | \$40

Port Hood - Mondays starting May 11

Al MacInnis Sports Centre

5:15 - 6:15 p.m., 6:30 - 7:30 p.m

Chéticamp - Wednesdays starting May 13

Cabot Trail Arena

6:30 - 7:30 p.m.

Inverness - Thursdays starting May 14

Dr. Bernie MacLean Cultural & Recreation Centre

5:30 - 6:30 p.m.

Each child needs a helmet with full face mask, stick, and sneakers. Children are welcome to wear additional equipment if desired. Goaltender equipment provided.

Registration is now closed on PlayFinder, but if you're interested, please reach out to krista.macinnis@invernesscounty.ca directly, as additional participants may still be accommodated.

Art in the Afternoon: Belle Côte

This six-week program will focus on youth age 7-9 and will offer 75-minute instructional art programming. The focus will primarily be on acrylic painting with some additional projects such as bracelet making and mosaics.

Parents are suggested to send an old large t-shirt to protect children's clothing.

Thursdays starting May 13 | 2:45 - 4:00 p.m. | Cape Breton Highlands Education Centre/Academy playfinder.ca to register | \$25

Jr. NBA



Back for another year, we're partnering with Jr. NBA and Basketball Canada to bring this multi-week spring basketball program to youth across Inverness County!

Participants will learn skills through stations and mini games and sharpen their game throughout the session.

We've reached full capacity for this year thanks to the overwhelmingly positive response—stay tuned for more basketball programs coming later this year!

Belle Côte

Hosted in partnership with Margaree Mountain Lions Basketball.

Wednesdays from April 15 to June 3 | Cape Breton Highlands Education Centre/Academy | Ages 7-9 5:00 - 6:00 p.m. | Ages 10-12 6:00 - 7:00 p.m.

Inverness

Hosted in partnership with Inverness Minor Basketball.

Fridays from May 1 to June 12 | Inverness Education Centre/Academy: Home | 5:00 p.m. - 6:00 p.m. | Ages 5-8

Port Hood

Wednesday from May 6 to June 10 | Bayview Education Centre | 5:00 - 6:00 p.m. (ages 7 - 8), 6:00 - 7:00 p.m. (ages 9 - 11)

Youth Programming Schedule

For more information, reach out to krista.macinnis@invernesscounty.ca.

PlayIRL

Free afternoon of games, activities, and hanging out for youth ages 10 to 18.

From soccer, badminton, and basketball to crafts and board games, there is something for everybody to enjoy. Come hang out with friends and make new connections! There is no cost to attend, but pre-registration is encouraged to help us plan the afternoon.

Saturday, May 9 | Whycocomagh Waterfront Centre | 1:00 p.m. - 5:00 p.m. | Ages 10-18 | playfinder.ca to register | No cost

Youth Soccer CBHA

Ready to play? Join Youth Soccer and build skills, make friends, and have a blast!

Mondays starting April 20 until June 1 | 5:30 - 7:00 p.m. | Cape Breton Highlands Education Centre/Academy | Ages 10-14 | playfinder.ca to register | \$20

🌸 No soccer Monday, May 18 due to Victoria Day

Youth Soccer Bayview

🌐 Still time to join the Bayview crew! Jump into Youth Soccer now—build skills, make friends, and get in on the action!

Tuesdays until June 1 | 6:00 - 7:00 p.m. | Bayview Education Centre | Ages 10-14 | playfinder.ca | \$20

Access Awareness Week

From May 31 - June 6, join us in celebrating Access Awareness Week. A time to recognize the important contributions of people with disabilities and to promote accessibility and inclusion in our communities and workplaces.

Be on the look out for a Try-It event coming in June to showcase the Municipality's adaptive recreation equipment!



Adult Sport Schedule



Let's Make Room To Move.

For more information or to register for community programming, visit playfinder.ca, or call the Inverness County Recreation & Community Wellness Department at 1-866-258-0223, select option 6.

Get ready to move! The ParticipACTION Community Challenge is back this June, and registration is already open.

- Local organizations: Register your June physical activity programs and events on the ParticipACTION website. Track participation to help the municipality's chance of winning.
- Individuals: Sign up on the ParticipACTION website and take the pledge to be active throughout June, whether at home, school, work, or in your neighbourhood. Every step counts!

Ecole NDA	Monday	Walking Group	7:00 - 8:30 p.m.
	Tuesday	Pickleball	6:30 - 8:30 p.m.
	Wednesday	Badminton	7:00 - 8:30 p.m.
CBHA*	Thursday	Soccer	7:00 - 9:00 p.m.
Inverness Education Centre / Academy	Monday	Pickleball	7:30 - 9:00 p.m.
	Wednesday	Pickleball	7:30 - 9:00 p.m.
	Thursday	Basketball	7:30 - 9:00 p.m.
Whycocomagh Education Centre	Tuesday	Pickleball	7:00 - 8:30 p.m.
	Friday	Ultimate Frisbee	6:30 - 8:00 p.m.
Dalbrae	Wednesday	Soccer	7:00 - 9:00 p.m.
Bayview	Monday	Pickleball	7:00 - 8:30 p.m.
	Tuesday	Volleyball	7:00 - 8:30 p.m.
	Wednesday	Pickleball	7:00 - 8:30 p.m.

Please note: activities will not take place when schools are closed due to holidays or school functions.

*CBHA- Cape Breton Highlands Academy

Have your say!

The Feedback Loop: The Participaper

Click the [link](#) or use the QR Code below to take this month's survey and learn more about The Feedback Loop! The survey closes Wednesday, April 15.



Summer Rental Equipment



GT Off-Road Bike

Rental Fee: \$5/day or \$25/week



Lawn Games

Coming soon



All-Terrain Hippocampe

Free to borrow



The "RIG"

Free to borrow



Varna II Handcycle

Free to borrow

Book now on [Playfinder.ca](https://www.playfinder.ca)