

# June 2026

Recreation programming

Municipality of  
**Inverness  
County** 



# Adult

## & Family Programming

For more information on adult programming, reach out to [jason.calder@invernesscounty.ca](mailto:jason.calder@invernesscounty.ca)

### Movie Night

**Tom & Jerry (2021)** brings the iconic cat-and-mouse rivalry into a modern live-action world filled with fast-paced slapstick comedy and chaos. A fun, family-friendly adventure full of classic humour and playful mischief, perfect for all ages.

Entry includes popcorn and pop.

Friday, June 19 | Cabot Trail Arena, Chéticamp | 7:00 - 9:00 p.m.  
Drop-in | No registration required | Cost: \$5



### Bike Repair Pop-Ups

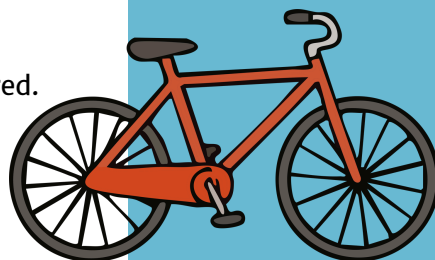
The Recreation & Community Wellness team is celebrating Bike Month this June with repair pop-ups across Inverness County!

Come visit the team, check out the bike repair trailer, and get your bike tuned up for the season for free.

We've got the tools and parts to complete light repairs including flat tire fixes, brake adjustments, gear/shifter tuning and cable replacement, loose components, and pedal replacement. See dates and locations below.

June 9 | Inverness Education Centre/Academy  
June 16 | Dalbrae Academy, Mabou  
June 23 | Whycomomagh Education Centre  
June 25 | École NDA, Chéticamp

3:00 - 6:00 p.m. | Drop-in. No registration required.



# Book Club



## June Sessions

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

Our June Book Club pick is *All The Light We Cannot See* by Anthony Doerr.

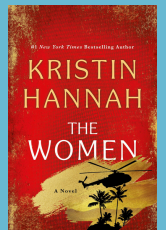
- June 4 | 6:00 - 7:00 p.m. | An Drochaid, Mabou
- June 11 | 6:00 - 7:00 p.m. | The Dancing Goat Café & Bakery, Inverness
- June 18 | 6:00 - 7:00 p.m. | Whycomomagh Public Library
- June 25 | 10:00 - 11:00 a.m. | Chéticamp Public Library

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



## July Book Club Pick

For those who want to read ahead, July's book pick is: *The Women* by Kristin Hannah.



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](mailto:keshi.moonian@invernesscounty.ca)

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## Family Camp Out

Want to try camping with your family but not sure where to start? Come to the Family Camp Out for a supported first-time camping experience (experienced campers welcome too)! Registration includes pizza fresh from an outdoor pizza oven, activities for the kids, and a guided hike to Egypt Falls.

Bring your own camping gear or rent some of ours!

Starts: Saturday, June 13 | 1:00 p.m.

Ends: Sunday, June 14 | 3:00 p.m.

Coady & Tompkins Memorial Public Library Grounds  
Margaree Forks | Registration on [playfinder.ca](http://playfinder.ca) |  
\$25 / family (Limited camping kits available to rent for an additional \$10)

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## Guided Hike: Fair Alistair

This guided hike starts at the Cape Mabou Trailhead (Mabou Mines) where you will make a gradual ascent to a beautiful viewpoint overlooking the Gulf of St. Lawrence.

Thursday, June 27 | 9:00 a.m.

5 km | 215m elevation gain

Estimated two hours

No registration necessary. Reach out to [Emery.Ferraro@invernesscounty.ca](mailto:Emery.Ferraro@invernesscounty.ca) for more information or to borrow a set of hiking poles.



# Seniors

## Programming Schedule

For more information, reach out to [anna.solomon@invernesscounty.ca](mailto: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 June 4 & June 18 | 1:00 - 2:00 p.m. |

Meet at Judique Community Centre

No cost | No registration required

## Seniors Guided Pickleball

Looking to try pickleball for the first time? Know the basics, but wanting a slower-paced play with guidance? Join us for a relaxing, social pickleball time slot that offers more inclusion and support!

Wednesdays, June 10 & June 24 | 12:00 - 1:30 p.m.

Inverness Multicourt (85 MacLean St., Inverness)

Drop-in | No registration required



## Flower Potting Series

Participants will paint and plant their own terra cotta pot to take home while connecting and sharing knowledge with others. Registration includes pot, paint supplies, starter plant, soil, and light refreshments.

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

Cost \$5 | Advance registration is required, email [Anna.Solomon@invernesscounty.ca](mailto:Anna.Solomon@invernesscounty.ca).

# Accessibility Programming Schedule

For more information on accessible programming, contact [anna.solomon@invernesscounty.ca](mailto:anna.solomon@invernesscounty.ca)

## Red Shirt Day June 3<sup>rd</sup>

Join Canadians across the country on Wednesday, June 3 for Red Shirt Day®. Red Shirt Day is an Easter Seals Canada initiative which takes place annually during AccessAbility Week, and encourages Canadians to show their support for disabled people and their families, celebrate the achievements of disabled Canadians, and to pledge their commitment to help create a fully accessible and inclusive society.

Anyone can take part in Red Shirt Day. Put on your favourite red shirt, take some photos and make a pledge to help improve accessibility and inclusion in your community. Then post your photos and your pledge on social media with the hashtags. #RedShirtDay #RedForAccessAbility  
For more info: [Red Shirt Day & National AccessAbility Week - Easter Seals Canada](#)

Accessible outdoor recreation equipment is available to borrow free of charge through [Playfinder.ca!](https://www.playfinder.ca/) Enjoy more ways to get outside, stay active, and explore your community.

## 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.

The Municipality is committed to providing inclusive and accessible programming. If you're interested in a program for you or your child and want to talk about possible accommodations, please reach out to [recreation@invernesscounty.ca](mailto:recreation@invernesscounty.ca) or call toll-free 1-866-258-0223, option 6

## Adaptive Equipment Try-It! Event

**Did you know that the Municipality has adaptive recreation equipment available to borrow for free?**

**Join us in Port Hood and check out the equipment, learn more about the rental program, and enjoy a barbeque!**

Wednesday, June 3 | Al MacInnis Arena,  
Port Hood | 12:00 – 3:00 p.m.

Drop-in event. No registration required.

# Youth

## Programming Schedule

For more information, reach out to [krista.macinnis@invernesscounty.ca](mailto: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 until June 15

Al MacInnis Sports Centre  
5:15 - 6:15 p.m., 6:30 - 7:30 p.m.

#### Chéticamp - Wednesdays until June 17

Cabot Trail Arena  
6:30 - 7:30 p.m.

#### Inverness - Thursdays until June 18

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](mailto:krista.macinnis@invernesscounty.ca) directly, as additional participants may still be accommodated.

### Art in the Afternoon Belle Côte

This program focuses on youth age 7 - 9, offering 75-minute instructional art programming. The focus is primarily on acrylic painting with some additional art projects such as bracelet making and mosaics.

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

Thursdays until June 11 | 2:45 - 4:00 p.m. | Cape Breton Highlands Education Centre/Academy  
[playfinder.ca](http://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 until 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 until June 12 | Inverness Education Centre/Academy: Home | 5:00 p.m. - 6:00 p.m. | Ages 5-8

### Port Hood

Wednesdays until June 10 | Bayview Education Centre | 5:00 - 6:00 p.m. (ages 7 - 8), 6:00 - 7:00 p.m. (ages 9 - 11)



# Inverness Multicourt Facility

85 MacLean St., Inverness  
Open 9:00 a.m. to 8:00 p.m.

## Inverness Multi-Sport

This four-week after school program gives kids the chance to explore a variety of sports including basketball, ball hockey, baseball, soccer, and more!

Tuesdays, June 2 - 23 | 2:45 - 4:00 p.m.  
Ages 7 - 10 | \$10 | [playfinder.ca](http://playfinder.ca) | **Registration required**

All equipment provided. Snacks provided for participants.

**Note:** our team will meet participants at Inverness Education Centre/Academy after school and walk with them to the Multicourt. Parents/guardians must pick them up at 4:00 p.m. at the Multicourt.

**For more information** contact  
[Krista.MaInnis@invernesscounty.ca](mailto:Krista.MaInnis@invernesscounty.ca)



## Multicourt Try-It! Day

Try out the new courts and some new sports at this fun event! We've got something for a variety of ages and experience levels!

Wednesday, June 13 | Inverness Multicourt Facility  
85 MacLean St., Inverness

See below for activities, times, and demographics.

### Pickleball

**Scrimmage play and foundational skill development for all experience levels.**

Women: 9:00 - 10:00 a.m.  
Youth (Ages 8+): 10:00-11:00 a.m.  
Adults: 11:00 a.m.-12:00 p.m.

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### 3v3 Basketball

**Fast-paced 3-on-3 basketball games focused on fun, teamwork, and friendly competition.**

Ages 10-14 | 10:30 a.m. - 12:00 p.m.

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### Ride On

**Bring your wheels and enjoy an active morning on the basketball court. Suitable for scooters, tricycles, roller blades, bicycles, and skateboards (participants must bring their own equipment). Helmets are required, and additional protective gear is encouraged.**

Ages 3-6 | 9:30 - 11:00 a.m.

# Partner Programs



The Municipality is pleased to partner with community organizations to present more diverse programming. For more information on our partner programs, contact the organizer directly.

## 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)

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

Contact [info@greenwellcenter.com](mailto:info@greenwellcenter.com) to register

## Basketball Nova Scotia Development Pathway Sessions

Reminder that BNS Development Pathway Sessions kick off this weekend on the South Shore!

BNS is excited to get into the gym and connect with athletes & Coaches from across the region as they continue to grow the game throughout Nova Scotia.

Sunday June 14 | Cape Breton Highlands Academy | \$25  
U10/U12 | 9:30 a.m. - 11:00 a.m.  
U13/U14 | 11:35 a.m. - 1.00 p.m.

Register on <http://BasketballNSClub.rampregistrations.com>

# Nova Scotia Tigers Wrestling & Tigers Wrestling Club Camp

**Wrestling is an incredible sport for boosting the self-esteem of youth to become much stronger and athletic. Anyone can do it! Give it a try!**

**Equipment required:** shorts/leggings, t-shirt, and a water bottle. Wrestling shoes preferred but sock feet/light and clean sneakers also an option.

Register online at [tigerswrestling.ca](http://tigerswrestling.ca).

**Cost:** There is a \$60 registration fee with Wrestling Nova Scotia (select recreational membership) and \$20 to join Tigers Wrestling Club. Camp registration will include camp sessions and summer training sessions.

### Saturday, June 6

- 9:30 a.m. | Registration for two age groups:  
Junior Group | Ages 10 -13 (2013-2016)  
Senior group | Ages 14-17 (2009-2012)
- 10:00 a.m. -12:00 p.m. - Morning session
- 1:30 pm - 3:30 p.m. Afternoon session

### Sunday, June 7

- 10:00 a.m. - 12:00 p.m. - Morning session
- 1:30 p.m. - 3:30 p.m. Afternoon session
- 3:30 p.m. - 4:00 p.m. - Fun Matches

Contact [info@tigerswrestling.ca](mailto:info@tigerswrestling.ca) for more information.

## Youth Soccer

**Enjoy the summer outdoors with community soccer! Players will build skills, stay active, and have fun in a supportive environment for all ages and skill levels.**

### Mabou | June 1 – July 22

U10 • U12 | Mondays & Wednesdays | 6:00–7:00 p.m. | \$75  
U6 • U8 | Wednesdays Only | 6:00 - 7:00 p.m. | \$40  
U4 (Parent & Tot) | Wednesdays Only | 6:00 - 6:30 p.m. \$40

### Whycocomagh | June 1 – July 20 | \$20

U4 • U6 • U8 | Mondays | 6:30–7:15 p.m.  
U10 • U12 | Mondays | 6:30–7:30 p.m.

# Adult Sport Schedule



Let's Make Room To Move.

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

Ecole NDA	Tuesday	Pickleball	7:00 - 8:30 p.m.
	Wednesday	Badminton	7:00 - 8:30 p.m.
	Thursday	Pickleball	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.
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

Get ready to move! The ParticipACTION Community Challenge is open June 1-30 and **\$100,000** will be awarded to Canada's Most Active Community. There are multiple ways to participate:

- Take part in the Bingo Challenge and send us your bingo card each week. Instructions below.
- If you lead an active group in Inverness county (sports groups, yoga/dance instructors etc), sign up [here](#) and track your group's activity throughout the month.
- Participate in Municipal Get Active Programs.

## Bingo Challenge Instructions

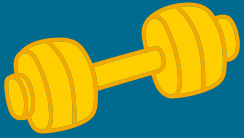
- Download or print your bingo card (next page).
- Each completed line counts as one entry. A full card earns three bonus entries (15 entries total).
- Don't wait until the end — submit your progress weekly to collect multiple entries throughout the challenge!
- Last day to submit is June 30<sup>th</sup> at noon.
- Send a photo of your card to [recreation@invernesscounty.ca](mailto:recreation@invernesscounty.ca)
- Winner will receive a \$25 gift card.

Draw date: July 1

Winner announced: July 3

# PARTICIPACTION

## Bingo Challenge



Walk for 20 minutes

Try a new sport or activity

Hike a local trail

Attend a community recreation event

Jog or run for 10 minutes

Stretch for 10 minutes

Take the stairs instead of the elevator

Participate in a team sport

Rent a bike from the Municipality

Walk with a friend or family member

Do a screen-free evening activity

Walk or bike instead of driving



Complete a home workout

Play at a local playground

Spend 30 minutes outside

Do 25 jumping jacks

Dance to 3 songs in a row

Bike around your community

Try yoga

Do 10 push-ups

Complete 6,000+ steps in a day

Swim or go to the beach

Try pickleball, tennis, or badminton

Walk a different trail or route than usual

# 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)