

LV 50+ Fit & Feisty

OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		1 9am Walking 10am Coffee Connect <i>Coexisting in Bear Country</i> <i>Lauren Trute</i> Noon Apres Café - Euchre 1:00pm Aqua FunFit S1	2 9:00am Drums/Cardio S1 9:30am ATV Ride 6:00pm Pickleball 6:30pm Drums/Cardio S1 NO Cornhole	3 7:00am Westport/Perth Fall Leaf Tour
6 8:30am Pickleball 7:30pm Pickleball	7 9:00am Pickleball 11:00am Cycling 12noon Chair Yoga S1 12:30pm Yoga S1 1:00pm Music Jam 9:45am EBike Ottawa	8 9am Walking 10am Coffee Connect <i>Self Defense – Liz Kranz</i> 1:00pm Aqua FunFit S1 1:00pm Motorcycle Ride	9 9:00am Drums/Cardio S2 1pm Shuffleboard 6:15pm Cornhole 6:00pm Pickleball 6:30pm Drums/Cardio S1 7pm Euchre A&F 12:15pm Hiking Berm Lake	10
13 THANKSGIVING 8:30am Pickleball 6:00pm Pickleball	14 9:00am Pickleball 11:00am Cycling 12noon Chair Yoga S2 12:30pm Yoga S2	15 9am Walking 10am Coffee Connect <i>Mug & Mingle</i> Noon Apres Café <i>grapevine wreath</i> 1:00pm AquaFit S2	16 9:00am Drums/Cardio S2 9:00am ATV Ride 1pm Shuffleboard 6:15pm Cornhole 6:00pm Pickleball 6:30pm Drums/Cardio S1 7pm Euchre A&F	17 10:00am Gentle Cycling Noon LUNCH BUNCH Fresco's SAT 18 th 10:00am Motorcycle Ride ABBA Dinner 5pm & Show 7pm
20 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	21 9:00am Pickleball 11:00am Cycling 11:30am Music Jam & Potluck 12noon Chair Yoga S2 12:30pm Yoga S2 7:00pm Book Club	22 9am Walking 10am Coffee Connect <i>Road Kill video – Gord McMillan</i> 1:00pm AquaFit S2	23 9:00am Drums/Cardio S2 1pm Shuffleboard 6:15pm Cornhole 6:00pm Pickleball 6:30pm Drums/Cardio S2 7pm Euchre A&F	24
27 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	28 9:00am Pickleball 11:00am Cycling 12noon Chair Yoga S2 12:30pm Yoga S2	29 9am Walking 10am Coffee Connect <i>Tai Chi – Cindy Sell</i> 1:00pm AquaFit S2 1:00pm Motorcycle Ride	30 9:00am Drums/Cardio S2 10:00am ATV Ride 1pm Shuffleboard 6:15pm Cornhole 6:00pm Pickleball 6:30pm Drums/Cardio S2 7pm Euchre A&F	31

LV 50+ F&F 2025 OCTOBER Calendar

Facebook: Laurentian Valley 50+ Fit and Feisty Email/etransfer: fitandfeisty50@gmail.com

Website: www.lv50fitandfeisty.ca Mail: 1 Henan Rd. Pembroke ON K8A6W8

All events are MEMBERS ONLY unless otherwise noted

PICKLEBALL \$2.00 Bring indoor shoes. Register on PlayTime Scheduler.

Mondays Zion Lutheran Church 454 Millar St. Pembroke

Morning Sessions: 8:30am & 10:00am

Evening Sessions: 6:00pm & 7:30pm (1st Monday of month 7:30pm only)

Tuesdays 9:00am & 10:30am - Wesley United Church 275 Pembroke St. E Pembroke

Thursdays 6:00pm & 7:30pm - Jeanne Lajoie School 1255 Pembroke St W Pembroke

SHUFFLEBOARD - Thursdays @ 1:00-3:00pm St. Timothy's Church 503 Alfred St. Pembroke \$2.00 Bring indoor shoes

DARTS & BID EUCHRE - Mondays @ 1:30-3:30pm Pembroke Royal Canadian Legion 202 Pembroke St E \$2.00
(starts after Thanksgiving Oct 20)

MUSIC JAMS Tuesdays Open to Public Bar & Snacks available

Tues Oct 7th @1:00 pm Music Jam

Tues Oct 21st @ 11:30 am Potluck Lunch & Music Jam

A&F Rec Centre 1 Henan Road. Bring your instrument & join in the fun. Audience is welcome to enjoy the music & sing along.

For inquiries contact Monique @ 343-544-7471 or trahanmonique5@gmail.com

CORNHOLE - Thursdays @ 6:15-8:30pm Knights of Columbus 170 Ellis Ave. Pembroke \$2.00 Bring indoor shoes.

CYCLING Tuesdays @ 11:00 am (F&F has 2 bikes available to borrow)

7th – EBike Ottawa

21st – Petawawa Research Forest, 1000 Clouthier Rd, Laurentian Hills (Chalk River)

14th – Petawawa Civic Centre

28th – Pembroke Marina (some road biking)

GENTLE RIDE – Fri Oct 17th 10:00am Petawawa Civic Centre, check out Petawawa Ramble pumpkin people displays

COFFEE CONNECT - Wednesdays @ 10:00 am A&F Rec Centre 1 Henan Road Pembroke (9am walk)

Join us for coffee, socializing and a brief presentation (see front of calendar). Mug & Mingle is no speaker, free social time.

We will have a computer and assistance available for online membership registration between 9:30-10:00am

October Coffee Sponsors – The Gabby Crew

(George & Marlene Campbell, Lyle & Maura Dupuis, Colleen & Jerome Lorbetskie, Carol Ripley & Geoff Middleton)

APRÈS CAFÉ after Coffee Connect (bring a lunch) 1st Wednesdays – 4 hand Euchre 3rd Wednesdays - various

BOOK CLUB – 7:00pm at 338 Biggs Rd

October 21st "When the World Fell Silent" by Donna Alward November 26th "A Long Walk to the Water" by Linda Sue Park

FRIDAY LUNCH BUNCH - (3rd Friday of the month) Friday, October 17th @ 12noon Fresco's 660 Pembroke St E

Join us for lunch and great conversation. Register by email to cande50fandf@gmail.com by Monday, October 13th

ATV - leave A&F Rec Centre @ 10am sharp, OFATV trail pass required

Oct 2nd – 9:30 trailer to Quebec BBQ (sign up) Oct 16th – 9:00 Wilno Tavern (sign up) Oct 30th – 10:00 near Jack's Lake

FITNESS Classes registration details for session 2 will be posted (S1=session 1, S2=session 2)

Drums Alive/Dance Cardio – Thurs S2 Oct 9-Nov 6 9:00am / S2 Oct 23-Nov 20 6:30pm @ Best Western 1 International Dr

Yoga – Tuesdays S2 Oct 14-Nov 11 12:30pm @ Wesley United Church 275 Pembroke St E

Chair Yoga – Tuesdays S2 Oct 14-Nov 11 12noon @ Active Chiropractic Family Health Centre 1169 Pembroke St E

AquaFit – Wednesdays S2 Oct 15-Nov 12 1:00pm Session 2 location change to Kinsmen Pool 424 Herbert St Pembroke

MOTORCYCLE Rides Wed Oct 8th 1:00pm @ Irving Big Stop Sat Oct 18th 10:00am @ Irving Big Stop
Wed Oct 29th 1:00pm @ Irving Big Stop

SPECIAL Events - Upcoming

Wednesdays Nov 5-Dec 3 1:00-4:00pm A&F Basic Computer Skills FREE

November – Bowling (tentative)

Fri Nov 28th – Christmas Dinner & Dance, Schmidt's Catering, Germania Hall

Wed Dec 10th – The Fitzgeralds – A Canadian Christmas, fiddling & step dancing family, Festival Hall 7:00pm

Thurs Dec 11th – Alight the Night Upper Canada Village, Upper Canada Playhouse 'Christmas Carol, dinner McIntosh Country Inn

Thurs Feb 26th – Diefenbunker and Museum of Civilization