

LV 50+ Fit & Feisty

FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 7:30pm Pickleball	3 9:00am Pickleball 9am Drums/Cardio S4 #2 noon Chair Yoga S4 noon Cornhole 1:00pm Music Jam	4 9am Walking 10am Coffee Connect <i>Heart Health – Connie Daiken</i> 12:30pm Bid Euchre Tournie 1:00pm AquaFit S4 1:30pm Yoga S4	5 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 6:30pm Snowshoeing 7pm Euchre A&F	6
9 8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	10 9:00am Pickleball 9am Drums/Cardio S4 #2 noon Chair Yoga S4 noon Cornhole	11 9am Walking 10am Coffee Connect <i>Healthy Eating - Leona Haley</i> 1:00pm AquaFit S4 1:30pm Yoga S4 12:30pm Chocolate Making #1 (#1 rescheduled from Jan 28) 6:30pm Chocolate Making #2	12 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 6:30pm Snowshoeing 7pm Euchre A&F	13 10:30am Kicksledding (registration Jan 29)
16 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	17 9:00am Pickleball 9am Drums/Cardio S4 #2 11:30am Music Jam & Lunch Potluck noon Chair Yoga S4 noon Cornhole	18 9am Walking 10am Coffee Connect <i>Mug & Mingle - Olympic Trivia</i> 11:30am Apres Café bring games 1:00pm AquaFit S4 1:30pm Yoga S4 6:30pm Portugal Meet & Greet	19 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 7pm Euchre A&F	20 noon LUNCH BUNCH @ SOPA 7:00pm Trivia (bar opens 6:30pm) Saturday 21st LV Fishing Derby 11am-2pm Lemke Lake
23 8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	24 9:00am Pickleball 9am Drums/Cardio S4 #2 noon Chair Yoga S4 noon Cornhole	25 9am Walking 10am Coffee Connect <i>Book author and her story</i> <i>'Explore the Secret Nature of Trees'</i> <i>Trudy Driscoll</i> 1:00pm AquaFit S4 1:30pm Yoga S4	26 7:45am Diefenbunker 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 7pm Euchre A&F	27

Feb 4 – Bid Euchre Tournament –\$5 entry for prizes, starts at 12:30pm, potluck snacks for break time, coffee/tea/water provided
Feb 20 – Trivia - \$30/team of 6, bar open, bring own snacks, see event poster for registration details

LV 50+ F&F 2026 FEBRUARY 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

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 **Bring indoor shoes**

DARTS & BID EUCHRE - **Mondays @ 1:30-3:30pm** Pembroke Legion 202 Pembroke St E **Bring indoor shoes**

MUSIC JAMS

Tuesdays

Open to Public

Bar & Snacks available

Tues Feb 3rd @1:00 pm Music Jam

Tues Feb 17th @ 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 **Indoor shoes appreciated**

CORNHOLE - **Tuesdays @ noon** Knights of Columbus 170 Ellis Ave. Pembroke **Bring indoor shoes.**

STICK CURLING – **next session March 20 at 1:30pm**, Pembroke Curling Club, 428 Herbert St

Come out and try stick curling (push stone with a long stick from standing position). Beginner, no problem, no experience necessary. Experienced and want to play a game is an option too. Helmets are highly recommended, please bring (bicycle, hockey, ski), club has a few to loan. Sticks and ice grippers provided, bring clean shoes. Enjoy some light snacks afterwards.

For questions contact Kathy 613 633 1432 Registration details will be advertised. Cost \$15

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 1st Wednesday of the month 9:30-10:00am

Please silence your phones during presentations. Indoor shoes appreciated. Thank you

Coffee Sponsors – Lennix and Judy Lariviere (January)

The River Gang (February) – Pat Burgess, Jackie Lariviere, Dale Noffke, Heather Quenneville

APRÉS CAFÉ after Coffee Connect (bring a lunch) 1st Wednesdays – 4 hand Euchre 3rd Wednesdays – various (excl Wed Feb 4th as we are having a Bid Euchre Tournament)

BOOK CLUB – 7:00pm at 338 Biggs Rd

March 11th I Am Malala – The Girl Who Stood Up for Education and was Shot by the Taliban by Malala Yousafzai with Christina Lamb

FRIDAY LUNCH BUNCH - (3rd Friday of the month)

Friday, February 20th @ SOPA, 20 Pembroke St W, Pembroke

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

FITNESS Classes

10 week sessions (S4 = session 4)

Drums Alive/Dance Cardio – Thursdays S4 Jan 22 – Mar 26 9:00am and 6:30pm @ Best Western 1 International Dr

Drums Alive/Dance Cardio – Tuesdays S4 Feb 3 – Mar 31 9:00am @ Best Western 1 International Dr (9 weeks)

Yoga – Wednesdays S4 Jan 21 – Mar 18 1:30pm @ Wesley United Church 275 Pembroke St E (9 weeks)

Chair Yoga – Tuesdays S4 Jan 20 – Mar 24 12noon @ Active Chiropractic Family Health Centre 1169 Pembroke St E

AquaFit – Wednesdays S4 Jan 21 – Mar 25 1:00pm @ Kinsmen Pool 424 Herbert St Pembroke

SNOWSHOEING

Come out and explore the outdoors on snowshoes. Snowshoes available upon request by texting Kathy @ 613 633 1432

Feb 2nd – 1:00pm Beachburg County Forest, 631 Government Rd, Beachburg

Feb 5th & 12th – 6:30pm Night snowshoe at LV Four Seasons Trail, 2 Henan Rd, Pembroke

Feb 9th – 1:00pm 210 McMillan Rd, Deacon. Join Gord McMillan on a guided snowshoe to see where he feeds the eagles, and snowshoe on the beaver pond. Warm up by the campfire. Cost is \$10/person (registration details will be emailed and posted)

Feb 23rd – 1:00pm Crossroads Community Club, 2232 Snake River Line, Cobden

Potluck snacks afterwards, bring a favorite card or board game. Registration details to follow

SPECIAL Events – Upcoming (details will be posted when registration available)

Sun March 8th – Ottawa Little Theatre 'Murder of Roger Ackroyd', D'Arcy McGee's Restaurant (registration Jan 22)

Tuesday, March 10th – AGM Annual General Meeting, 6:00pm dinner, followed by meeting

Wed, March 18th – Post St. Patty's afternoon of games at A&F Rec Centre (bar open)

Thurs April 16th – Smith Falls Rail Museum and Heritage House, Temple Sugar Bush with meal

May 22-24 – Toronto 3 days, info emailed, register with Ottawa Valley Tours, members: Dec 18, non-members: Feb 20/2026