

LV 50+ F&F 2026 JANUARY 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 Jan 6th @1:00 pm Music Jam

Tues Jan 20th @ 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 - Thursdays @ 6:15-8:30pm Knights of Columbus 170 Ellis Ave. Pembroke Bring indoor shoes.

STICK CURLING – Monday, January 26th 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. Thank you

January Coffee Sponsor – 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 January 21st as we are hosting a Special Event for A&F Carnival – Chili Bar Lunch and 6-hand euchre and bunco)

BOOK CLUB – 7:00pm at 338 Biggs Rd

January 27th The Light Between Oceans by M.L. Stedman

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, January 16th at Boston Pizza, 1108B Pembroke St E

Join us for lunch and great conversation. Register by email to cande50fandf@gmail.com by Friday, January 9th

FITNESS Classes registration details for session 4 will be posted, 10 week sessions (S4 = session 4)

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

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 – Mondays at 1:00pm

Come out and learn the basics of snowshoeing. Snowshoes available upon request by texting Kathy @ 613 633 1432

Jan 5th - Riverside Park, Pembroke St W, Pembroke, use entrance by Reynolds St. and park at Kiwanis Club House

Jan 12th - Petawawa Terrace, Laurentian Drive, Petawawa

Jan 19th - Shaw Woods, 2065 Bulger Road, Eganville

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

Feb 11 – Chocolate Making

Feb 13 – Kicksledding in Calabogie

Feb 18 – meet and greet for Portugal travellers

Feb 20 – Trivia night

Thurs Feb 26th – Diefenbunker and Museum of Civilization, lunch at Tucker's (Byward Market), registration Jan 8

Sun March 8th – Ottawa Little Theatre 'Murder of Roger Ackroyd', D'Arcy McGee's Restaurant

Thurs April 16th – Smith Falls 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

LV 50+ Fit & Feisty

JANUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1	2
			HAPPY NEW YEAR	
5	6	7	8	9
8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 7:30pm Pickleball	9:00am Pickleball 1:00pm Music Jam	9am Walking 10am Coffee Connect <i>Gov't Income Entitlements</i> <i>Laurie Serran</i> 11:30am Apres Café (euchre)	1:00pm Shuffleboard 6:00pm Pickleball 6:15pm Cornhole 7pm Euchre A&F	
12	13	14	15	16
8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	9:00am Pickleball	9am Walking 10am Coffee Connect <i>Defensive Winter Driving or Stay Home</i> <i>Shawn Peever</i>	1:00pm Shuffleboard 6:00pm Pickleball 6:15pm Cornhole 7pm Euchre A&F	noon LUNCH BUNCH @ Boston Pizza
19	20	21	22	23
8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	9:00am Pickleball 11:30am Music Jam & Lunch Potluck 12:00pm Chair Yoga S4	9am Walking 10am Coffee Connect <i>Mug and Mingle</i> <i>Winter Games Day</i> 11:30am Lunch - Chili Bar \$5 6-hand Euchre / Bunco 1:00pm AquaFit S4 1:30pm Yoga S4	9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:15pm Cornhole 6:30pm Drums/Cardio S4 7pm Euchre A&F	
26	27	28	29	30
8:30am Pickleball 1:30pm Stick Curling 1:30pm Darts & Bid Euchre 6:00pm Pickleball	9:00am Pickleball 12:00pm Chair Yoga S4 7:00pm Book Club	9am Walking 10am Coffee Connect <i>Floral Designs</i> <i>Moira Innes</i> 12:30pm Chocolate Making 1:00pm AquaFit S4 1:30pm Yoga S4	9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:15pm Cornhole 6:30pm Drums/Cardio S4 7pm Euchre A&F	