

LV 50+ Fit & Feisty

MARCH 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>Starting Garden Plants Indoors</i> <i>Grace McLaughlin & Larry TerMarsch</i> 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 7pm Euchre A&F	6 SUNDAY March 8 Ottawa Little Theatre bus departs @ 11:30am DAYLIGHT Saving Time spring forward
9 8:30am Pickleball 11:00am Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	10 9:00am Pickleball 9am Drums/Cardio S4 #2 noon Chair Yoga S4 noon Cornhole AGM 5:30-6:30pm bar 6:00pm light dinner 6:45pm meeting	11 9am Walking 10am Coffee Connect <i>Outfitter Outdoor Fashions</i> <i>Freddy's Café</i> 1:00pm AquaFit S4 1:30pm Yoga S4 7:00pm book club	12 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 7pm Euchre A&F	13
16 8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	17 ST. PATRICK'S DAY 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>A Year in the Life of a Bear</i> <i>Jeremy Inglis</i> 11:30-2:30pm Post St. Patty's Bar, bring games, wear green 1:00pm AquaFit S4 1:30pm Yoga S4	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 @ Bonanza 1:30pm Stick Curling
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>Wood Lathe Turning</i> <i>Dave Parker</i> 1:00pm AquaFit S4 Portugal trip to April 8	26 9:00am Drums/Cardio S4 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S4 7pm Euchre A&F	27
30 8:30am Pickleball 1:00pm Snowshoeing 1:30pm Darts & Bid Euchre 6:00pm Pickleball	31 9:00am Pickleball 9am Drums/Cardio S4 #2 noon Cornhole 1:00pm Music Jam			 

LV 50+ F&F 2026 MARCH 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 Mar 3rd, 31st @1:00 pm Music Jam

Tues Mar 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 – Friday, 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

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

Coffee Sponsors – Christine and Dan Gagne

APRÉS CAFÉ after Coffee Connect (bring a lunch) 1st Wednesdays – 4 hand Euchre 3rd Wednesdays – various (excl March 18th as we are having a Post St. Patty's social)

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, March 20th @

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
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, 5:30-6:30pm bar open, 6:00pm dinner, followed by meeting 6:45pm

Wed, March 18th – Post St. Patty's afternoon of games at A&F Rec Centre (bar open) 11:30 – 2:30pm, bar open, bring games

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