


# LV 50+ Fit & Feisty

# APRIL 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		9am Walking <b>1</b> 10am Coffee Connect <i>Online F&amp;F Clothing Store demo</i> <i>Mug &amp; Mingle</i> 11:30 Apres Café – euchre/games 1:00pm AquaFit S5 6:30-9:00pm <b>Easter Bunny</b> <b>Cake workshop</b>	<b>2</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5 7pm Euchre A&F	<b>3</b> <b>GOOD FRIDAY</b>
<b>EASTER MONDAY</b> <b>6</b> 8:30am Pickleball 7:30pm Pickleball	<b>7</b> 9:30am Pickleball 9am Drums/Cardio S5 noon Chair Yoga S5 noon Cornhole 3:00pm Beginner Pickleball	<b>8</b> 9am Walking 10am Coffee Connect <i>Scams &amp; Fraud</i> <i>OPP Paul Leeson</i> 1:00pm AquaFit S5	<b>9</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5 7pm Euchre A&F	<b>10</b>
<b>13</b> 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	<b>14</b> 9:30am Pickleball 9am Drums/Cardio S5 noon Chair Yoga S5 noon Cornhole 1:00pm Music Jam 1:30pm Yoga S5 3:00pm Beginner Pickleball 6:30-9:00pm <b>Fused</b> <b>Glass workshop</b>	<b>15</b> 9am Walking 10am Coffee Connect <i>Custom Bakery</i> <i>Sarah Ziemann – EZ Cakes</i> noon <b>BINGO</b> (10 games, \$1/card, bring lunch or snacks) 1:00pm AquaFit S5	<b>16</b> 7:30am <b>Smith Falls trip</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5 7pm Euchre A&F	<b>17</b> 10:30am <b>Bowling &amp;</b> 1:00pm <b>Lunch</b>  1:00pm <b>LUNCH BUNCH</b> @ <b>Swiss Alps, Renfrew</b> (join the bowling crew)
<b>20</b> 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	<b>21</b> 9:30am Pickleball 9am Drums/Cardio S5 noon Chair Yoga S5 noon Cornhole 1:30pm Yoga S5 3:00pm Beginner Pickleball	<b>22</b> 9am Walking 10am Coffee Connect <i>EARTH DAY</i> <i>Elizabeth Graham OVWRC</i> 12:30-3:00pm <b>Book Club</b> 1:00pm AquaFit S5 6:30pm <b>Costa Rica Info Meet</b>	<b>23</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5 7pm Euchre A&F	<b>24</b>
<b>27</b> 8:30am Pickleball 1:30pm Darts & Bid Euchre 6:00pm Pickleball	<b>28</b> 9:30am Pickleball 9am Drums/Cardio S5 11:30am Music Jam & Lunch Potluck noon Cornhole noon Chair Yoga S5 1:30pm Yoga S5 3:00pm Beginner Pickleball	<b>29</b> 9am Walking 10am Coffee Connect <i>Stroke/Transient Ischemic Attack (TIA)</i> <i>Hope Proctor/Kathie Wilkes PRH</i> 1:00pm AquaFit S5	<b>30</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5 7pm Euchre A&F	 

## LV 50+ F&F 2026 APRIL Calendar

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

Website: [www.lv50fitandfeisty.ca](http://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 (1<sup>st</sup> Monday of month 7:30pm only)

**Tuesdays** 9:30am & 11:00am - Wesley United Church 275 Pembroke St. E Pembroke

**Tuesdays** 3:00-5:00pm – Beginner sessions – Knights of Columbus 170 Ellis Ave., 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 April 14 @ 1:00 pm Music Jam**

**Tues April 28 @ 11:30 am Yearend 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](mailto:trahanmonique5@gmail.com) Indoor shoes appreciated

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

### 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 1<sup>st</sup> Wednesday of the month 9:30-10:00am

**MEMBERS ONLY** Please silence phones & devices during presentations. Indoor shoes appreciated. Thank you

Coffee Sponsors – Andrea and Joe Habraken

**APRÉS CAFÉ** after Coffee Connect (bring a lunch) 1<sup>st</sup> Wednesdays – 4 hand Euchre or game 3<sup>rd</sup> Wednesdays – various  
(April 15 will be BINGO starting at noon, 10 games, \$1 per card)

### BOOK CLUB – April 22<sup>nd</sup> 12:30-3:00pm at A&F Rec Centre, 1 Henan Rd, Pembroke

Meet author Trudy Driscoll and discuss her new book Breaking Free After 50. Not compulsory to have read book to attend.

Purchase through Amazon or contact Trudy at [trudydriscollauthor@gmail.com](mailto:trudydriscollauthor@gmail.com)

### FRIDAY LUNCH BUNCH - (3<sup>rd</sup> Friday of the month) Join us for lunch and great conversation.

Friday, April 17<sup>th</sup> @ The Swiss Alps, 321B Raglan St S, Renfrew (parking behind on Plaunt St S, near St. Francis Church)

We will be joining the Bowling crew for lunch.

Register online via website [lv50fitandfeisty.ca](http://lv50fitandfeisty.ca), go to April 17 on Events Calendar, select event Lunch Bunch, deadline Friday, April 10

### FITNESS Classes 10 week sessions (S5 = session 5 April-June)

**Drums Alive/Dance Cardio** – Thursdays S5 April 2 – June 4 9:00am and 6:30pm @ Best Western 1 International Dr

**Drums Alive/Dance Cardio** – Tuesdays S5 April 7 – June 9 9:00am @ Best Western 1 International Dr

**Yoga** – Tuesdays S5 April 14 – June 2 1:30pm @ Wesley United Church 275 Pembroke St E (8 weeks)

**Chair Yoga** – Tuesdays S5 April 7 – June 2 12noon @ Active Chiropractic Family Health Centre 1169 Pembroke St E (9 weeks)

**AquaFit** – Wednesdays S5 April 1 – May 20 1:00pm @ Kinsmen Pool 424 Herbert St Pembroke (8 weeks)

### CYCLING Tuesdays @ 9:30 am

Nothing scheduled for April. Weather dependent. Watch for any pop up announcements.

Upcoming: June 2 eBike

### Special Events this month:

April 1 – 6:30pm Easter Bunny Cake workshop, registration March 19

April 14 – 6:30pm Fused Glass workshop, registration March 31

April 15 – noon BINGO, 10 games, \$1/game, bring your own lunch or snacks

April 17 – 10:30am Bowling @ Opeongo Bowldrome, 233 Raglan St. S, Renfrew (parking behind on Plaunt St S)

Followed by lunch at The Swiss Alps, 321B Raglan St S (parking behind on Plaunt St S near St. Francis Church)

The Lunch Bunch will be joining for lunch as well

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

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

June 25-26 – Montreal 1 overnight, register with Ottawa Valley Tours, members: March 1, non-members: March 31

July 15 – Brockville, Canada's 1<sup>st</sup> Railway Tunnel, 1000 Island boat cruise

August 20 – Bancroft, lookout, theatre 'Fiddler on the Roof', The Old Tin Shed gift shop, stroll downtown