

# LV 50+ Fit & Feisty

# MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<b>Ontario</b>			<b>1</b>
<b>4</b> 8:30am Pickleball 7:30pm Pickleball	<b>5</b> 9:00am Pickleball 9am Drums/Cardio S5 9:30am Cycling noon Chair Yoga S5 noon Cornhole 1:30pm Yoga S5	<b>6</b> 9am Walking 10am Coffee Connect @ Shady Nook <i>Local Birds - Robin Cunningham</i> Apres Café – 4 hand Euchre 1:00pm AquaFit S5 1:00pm <b>Hike</b> – Foy Park	<b>7</b> 9:00am Drums/Cardio S5 10:00am ATV Ride 10:00am Golf Island Brae 1:00pm Shuffleboard 6:00pm Pickleball 6:30pm Drums/Cardio S5	<b>8</b>
<b>11</b> 8:30am Pickleball 10:30am Golf Cobden 6:00pm Pickleball	<b>12</b> 9:00am Pickleball 9am Drums/Cardio S5 9:30am Cycling noon Chair Yoga S5 noon Cornhole 1:30pm Yoga S5	<b>13</b> 9am Walking 10am Coffee Connect @ Shady Nook <i>SPCA and Humane Society</i> <i>Heather Jobe</i> 1:00pm AquaFit S5	<b>14</b> 9:00am Drums/Cardio S5 1:00pm Shuffleboard 1:30pm <b>Kayak/Canoe</b> Jack's Lake 6:00pm Pickleball 6:30pm Drums/Cardio S5	<b>15</b> <b>LUNCH BUNCH</b> noon at <b>Fresco's</b>
<b>18</b> <b>VICTORIA DAY</b>  <b>Pickleball starts outdoor rink @ A&amp;F Mon/Tue/Wed/Thu</b> 9:00am Pickleball A&F 6:00pm Pickleball A&F	<b>19</b> 9:00am Pickleball A&F 9am Drums/Cardio S5 9:30am Cycling noon Chair Yoga S5 noon Cornhole <b>POTLUCK</b> 1:30pm Yoga S5 6:00pm Pickleball A&F	<b>20</b> 9:00am Pickleball A&F 9am Walking 10am Coffee Connect @ Shady Nook <b>Season End Breakfast</b> 1:00pm AquaFit S5 last session	<b>21</b> 9:00am Pickleball A&F 9:00am Drums/Cardio S5 10:00am ATV Ride/BBQ 1:00pm Shuffleboard <b>POTLUCK</b> 6:00pm Pickleball J.L. 6:30pm Drums/Cardio S5	<b>22</b> 10:00am Golf Killaloe  May 22-24 – <b>Toronto</b> trip
<b>25</b> 9:00am Pickleball A&F 6:00pm Pickleball A&F	<b>26</b> 9:00am Pickleball A&F 9am Drums/Cardio S5 9:30am Cycling 10:00am Golf Roanoke noon Chair Yoga S5 1:30pm Yoga S5 6:00pm Pickleball A&F	<b>27</b> 9:00am Pickleball A&F	<b>28</b> 9:00am Pickleball A&F 9:00am Drums/Cardio S5 6:00pm Pickleball J.L. 6:30pm Drums/Cardio S5	<b>29</b> <b>May 30 A&amp;F</b> <b>8am Pickleball Tournie</b> <b>10am Cornhole Tournie</b> <b>10am-3pm Wheels of the Valley</b>

## LV 50+ F&F 2026 MAY Calendar

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

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

Online merchandise store link <https://precisiontextiles.ca/collections/lv>

**All events are MEMBERS ONLY unless otherwise noted**

### PICKLEBALL Bring indoor shoes. Register on PlayTime Scheduler.

**Mondays** Zion Lutheran Church 454 Millar St. Pembroke \*\* until May 11th  
Morning Sessions: 8:30am & 10:00am Evening Sessions: 6:00pm & 7:30pm (1<sup>st</sup> Monday of month 7:30pm only)  
**Tuesdays** 9:00am & 11:00am - Wesley United Church 275 Pembroke St. E Pembroke \*\* until May 12th  
**Thursdays** 6:00pm & 7:30pm - Jeanne Lajoie School 1255 Pembroke St W Pembroke  
\*\*\*Week of May 18, play will start on outdoor rink at Alice & Fraser Rec Centre, 1 Henan Rd (weather dependent)  
Monday, Tuesday, Wednesday, Thursday mornings at 9:00am Monday, Tuesday evenings at 6:00pm

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

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

### COFFEE CONNECT - Wednesdays @ 10:00 am (9am walk)

**NEW LOCATION at Shady Nook Rec Centre** 80 Richardson Cres **BYOM** bring your own mug please

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 – Jayne and Jerry Plante**

**APRÉS CAFÉ** after Coffee Connect (bring a lunch) 1<sup>st</sup> Wednesdays – 4 hand Euchre or game 3<sup>rd</sup> Wednesdays – various  
(May 20 season end Breakfast, sign up at Coffee Connect)

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

Friday, May 15<sup>th</sup> @ Fresco's, 660 Pembroke St E

Register via website lv50fitandfeisty.ca, go to May 15 on Events Calendar, select Lunch Bunch, click on To Register CLICK HERE under poster, deadline Friday, May 8

### 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

5<sup>th</sup> – Civic Centre, 16 Civic Centre Rd, Petawawa

12<sup>th</sup> – Troy Cinema, 51 Festubert Blvd, Petawawa

19<sup>th</sup> – Pembroke Marina by playground

26<sup>th</sup> – Shaw Lumber Pile Yard Entrance, corner of Achray Rd/Algonquin Trail

June 2 - eBike in Ottawa, registration May 12 lv50fitandfeisty.ca, go to June 2 on Events Calendar, select eBike, click on To Register CLICK HERE under poster

### KAYAKING/CANOEING

Contacts for questions Heather 613 633 8196 or Debbie 613 717 9442

May 14 1:30pm Jack's Lake, Round Lake Rd, 25km west of Alice General Store

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

May 7 – Trout Lake

May 21 – Sand Lake & BBQ (register April 30-May 14 at lv50fitandfeisty.ca, go to May 21 on Events Calendar, click on ATV Ride, click on To Register CLICK HERE under the poster)

### GOLF – Register with Larry call/text 905-926-8607

May 7 10:00am Island Brae, register by April 30

May 11 10:30am Oaks of Cobden, register by May 4

May 22 10:00am Wolf Ridge, Killaloe, register by May 15

May 26 10:00am Roanoke, register by May 19

### Special Events this month:

May 6 – 1:00pm Hike at Foy Park May 14 – 1:30pm Kayak/Canoe at Jack's Lake

May 20 – 10:00am Coffee Connect season end Breakfast (sign up at Coffee Connect)

May 22-24 – Toronto trip May 30 – 10am – 3pm Wheels of the Valley at A&F • pickleball 8am • cornhole registration 10am

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

June 2 – eBike and Lunch in Ottawa, registration May 12

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 & lunch, registration May 21

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

Sept 16-18 – Niagara, 3 days, wineries and leisure time at Niagara Falls, registration OVT May 5