

# LV 50+ Fit & Feisty

# JUNE 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>1</b></p> <p>9:00am Pickleball A&amp;F 6:00pm Pickleball A&amp;F</p>	<p><b>2</b></p> <p>9:00am Pickleball A&amp;F 9am Drums/Cardio S5 9:45am <b>E-Bike</b> 10:30am Golf Cobden noon Chair Yoga S5 (last class) 1:30pm Yoga S5 (last class) 6:00pm Pickleball A&amp;F</p>	<p><b>3</b></p> <p>9:00am Pickleball A&amp;F</p>	<p><b>4</b></p> <p>9:00am Drums/Cardio S5 (last class) 9:00am Pickleball A&amp;F 10:00am ATV ride 6:00pm Pickleball J.L. 6:30pm Drums/Cardio S5 (last class)</p>	<p><b>5</b></p>
<p><b>8</b></p> <p>9:00am Pickleball A&amp;F 10:30am Yoga Under the Sun 6:00pm Pickleball A&amp;F</p>	<p><b>9</b></p> <p>9:00am Pickleball 9am Drums/Cardio S5 (last class) 9:30am Cycling</p>	<p><b>10</b></p> <p>9:00am Pickleball A&amp;F</p>	<p><b>11</b></p> <p>9:00am Pickleball A&amp;F 10:00am Golf Island Brae 10:00am Kayak/Canoe 6:00pm Pickleball J.L.</p>	<p><b>12</b></p>
<p><b>15</b></p> <p>9:00am Pickleball A&amp;F 10:00am Golf Pembroke <b>Nine &amp; Dine</b> 10:30am Yoga Under the Sun 6:00pm Pickleball A&amp;F</p>	<p><b>16</b></p> <p>9:00am Pickleball A&amp;F 9:30am Cycling 6:00pm Pickleball A&amp;F</p>	<p><b>17</b></p> <p>9:00am Pickleball A&amp;F 1:00pm <b>Hike</b> Petawawa 10:00am Horseshoes</p>	<p><b>18</b></p> <p>9:00am Pickleball A&amp;F 9:00am Drums/Cardio S6 (tentative) 10:00am ATV Ride</p>	<p><b>19</b></p> <p><b>Saturday, June 20</b> <b>11:00am – 3:00pm</b> <b>I Love LV: Community Fair</b></p>
<p><b>22</b></p> <p>9:00am Pickleball A&amp;F 10:30am Yoga Under the Sun 6:00pm Pickleball A&amp;F</p>	<p><b>23</b></p> <p>9:00am Pickleball A&amp;F 9:30am Cycling 10:00am Golf Roanoke 6:00pm Pickleball A&amp;F</p>	<p><b>24</b></p> <p>9:00am Pickleball A&amp;F 10:00am Horseshoes</p>	<p><b>25</b></p> <p>9:00am Pickleball A&amp;F 9:00am Drums/Cardio S6 (tentative) 10:00am Kayak/Canoe <b>June 25 and</b></p>	<p><b>26</b> Montreal</p>
<p><b>29</b></p> <p>9:00am Pickleball A&amp;F 10:30am Yoga Under the Sun 6:00pm Pickleball A&amp;F</p>	<p><b>30</b></p> <p>9:00am Pickleball A&amp;F 9:30am Cycling 10:30am Golf Cobden 6:00pm Pickleball A&amp;F</p>			

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

## LV 50+ F&F 2026 JUNE 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

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.**

**Thursdays 6:00pm & 7:30pm** - Jeanne Lajoie School 1255 Pembroke St W Pembroke \*\* June 4, 11

**Monday, Tuesday, Wednesday, Thursday mornings at 9:00am Monday, Tuesday evenings at 6:00pm**

@ outdoor rink at Alice & Fraser Rec Centre, 1 Henan Rd (weather dependent)

\*\* Park outside of gates if ball diamonds in use

### FITNESS Classes

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

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

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

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

Yoga Under the Sun – Mondays @ 10:30am June 8, 15, 22, 29 @ Stafford Park 641 Third Ave S. Pembroke, no registration, community free event, bring your yoga mat & water bottle, instructor Pat Lafreniere

TENTATIVE – Drums Alive/Dance Cardio – Thursdays @ 9:00am S6 June 18 – August 20 @ Best Western (online registration June 4)

### CYCLING Tuesdays @ 9:30 am

June 2nd – 9:45am eBike in Ottawa

June 9th - Hugli's Blueberry Ranch

June 15th - Shaw's Pole Yard - intersection of Achray Road and Algonquin Trail

June 23rd - Shaw's Pole Yard - Intersection of Achray Road and Algonquin Trail - Some roads and trail

June 30th - Rankin Community Centre - Quiet roads

### KAYAKING/CANOEING

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

Thursday, June 11th 10:00 am - Brennan's Creek, Cameron Street in Killaloe. Bring a lunch

Thursday, June 25th 10:00 am - Stevenson's Lake, Gunns Road just off of Round Lake Road. Bring a lunch.

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

June 4 – Kelly Lake

June 18 – Eganville, The Granary (register May 28 – June 11 at [lv50fitandfeisty.ca](http://lv50fitandfeisty.ca), go to June 18 on Events Calendar, click on ATV Ride, click on To Register [CLICK HERE](#) under the poster, inform Bev to cancel (number on schedule)

### GOLF

Register with Larry call/text 905-926-8607 \*\*register by 5:00pm

Inform Larry if you need to cancel, there might be a waitlist

June 2 10:30am Oaks of Cobden, register by May 26 June 11 10:00am Island Brae, register by June 4

June 15 10:00am 9&Dine Pembroke, register by June 8 with Larry for golf, register online for lunch \$22 May 28 – June 8 at [lv50fitandfeisty.ca](http://lv50fitandfeisty.ca), go to June 15 on Events Calendar, select Golf, select To Register [CLICK HERE](#) under the poster

June 23 10:00am Roanoke, register by June 16 June 30 10:30am Oaks of Cobden, register by June 23

### HORSESHOES – Riverside Park, 961 Pembroke St W.

Wednesdays – 10:00am to noon June 17 – July 29 (excl. July 1) \$22.50 (online registration [lv50fitandfeisty.ca](http://lv50fitandfeisty.ca), go to June 17 on Events Calendar, select Horseshoes, select To Register [CLICK HERE](#) under the poster

### Special Events this month:

June 2 – E-Bike (see cycling)

June 17 – 1:00pm Hike at Millennium Trail (Victoria St & Wolfe Ave, park at shopping plaza across street), 2.3km paved walk, Mont Molson ice cream bar

June 25-26 – Montreal trip

June 20 – I Love LV: Community Fair 11am-3pm, LV Township 460 Witt Rd

June 8,15,22,29 – Yoga Under the Sun 10:30am @ Stafford Park

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

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

August 19 tentative – F&F Volunteer Appreciation & Kickoff BBQ 3:00-6:30pm

August 20 – Bancroft, theatre 'Fiddler on the Roof', The Old Tin Shed gift shop, stroll downtown, registration July 2-17

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

Oct 16 – Cirque de Soleil, County Wide SALC, further details coming

Oct 22 – Morrisburg, Upper Canada Village Pumpkininferno

Dec 4 – Xmas Party, Germania

Dec 10 – Morrisburg, Upper Canada Village Alight at Night