



LV 50+ Fit & Feisty

JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		HAPPY BDAY CANADA 9:00am Pickleball A&F	9:00am Drums/Cardio S6 9:00am Pickleball A&F 6:00pm Pickleball A&F	
9:00am Pickleball A&F 10:00am Golf Pembroke 6:00pm Pickleball A&F	9:00am Pickleball 9:30am Cycling	9:00am Pickleball A&F 10:00am Horseshoes 11:00am Kayaking/Canoeing	9:00am Pickleball A&F 9:00am Drums/Cardio S6 6:00pm Pickleball A&F	
9:00am Pickleball A&F 6:00pm Pickleball A&F	9:00am Pickleball A&F 9:30am Cycling 10:00am Golf Roanoke	7:45am Brockville Day Trip 9:00am Pickleball A&F 10:00am Horseshoes 11:00am Kayaking/Canoeing	9:00am Pickleball A&F 9:00am Drums/Cardio S6 6:00pm Pickleball A&F	
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9:00am Pickleball A&F 6:00pm Pickleball A&F	9:00am Pickleball A&F 9:30am Cycling 10:30am Golf Cobden	9:00am Pickleball A&F 10:00am Horseshoes 10:30am Hiking	9:00am Pickleball A&F 9:00am Drums/Cardio S6 6:00pm Pickleball A&F	

LV 50+ F&F 2026 JULY 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.

Monday, Tuesday, Wednesday, Thursday mornings at 9:00am Monday, Thursday 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 @ 9:00am S6 June 18 – August 20 @ Best Western

Yoga – will resume in September

Chair Yoga – will resume in September

AquaFit – will resume in September

CYCLING Tuesdays @ 9:30 am

July 7 - Westmeath Arena, 119 Synton St, Westmeath - road biking

July 14 - PPJ Trail. Park at the Park & Drive lot just past Dubeau's on Cottage Road. Some road biking.

July 21 - Castleford to Arnprior on Algonquin Trail. (Approx 22km one way) Park at the Horton Boat Launch 3712-3746 River Road, Renfrew. Lunch in Arnprior at Lumbertown Ale House. Must register for lunch, details to follow

July 28 - Micksburg Twins Field, 2768 Micksburg Road. Bring snacks. Quiet Road biking.

KAYAKING/CANOEING

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

Wed. July 8 - Petawawa Point 11:00 am. Pack a lunch. Rentals available on a first come, first serve basis. \$10/hour and take debit only. Ice cream stop at Mt. Molson's following the paddle.

Wed. July 15 - Swisha - Pointe Aux Pins Lodge, 175 Rue Principale, Rapides Des Joachims. 11:00 am. Bring a lunch, bathing suit and towel.

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

Will resume in September

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

July 6 - 10:00am Pembroke, register by June 29

July 14 - 10:00am Roanoke, register by July 7

July 23 - 10:00am Island Brae, register by July 16

July 28 - 10:30am Cobden, register by July 21

HORSESHOES – Riverside Park, 961 Pembroke St W.

Wednesdays – 10:00am to noon June 17 – July 29 (excluding July 1)

Special Events this month:

July 15 – Brockville Day Trip, bus departs from A&F Rec Centre at 7:45am

July 29 – Hiking 10:30am, 29 Lafleurs Lane, Killaloe, picnic lunch at Sheryl Boyle Park, Round Lake

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

August 19 – F&F Volunteer Appreciation & Open House 3:00-6:00pm

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

August 26 – Algonquin Park, visitor's centre, logging museum, hiking

Sept 14 – county wide SALC Euchre Tournie, Knights of Columbus Pembroke 1:00-4:30pm, 4 hand and bid euchre

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

Sept 23 – Fitzroy Provincial Park, hike & paddle

Oct 16 – Cirque de Soleil, County Wide SALC, register by Sept 21 with Donna 613-401-2277 travel50fandf@gmail.com

Oct 22 – Morrisburg, Upper Canada Village Pumpkininferno

Dec 4 – Xmas Party, Germania

Dec 10 – Morrisburg, Upper Canada Village Alight at Night