



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 CIVIC HOLIDAY 9:00am Pickleball A&F 6:00pm Pickleball A&F	4 9:00am Pickleball 9:30am Cycling	5 9:00am Pickleball A&F 11:00am Horseshoes 11:00am Kayaking/Canoeing	6 9:00am Pickleball A&F 9:00am Drums/Cardio S6 10:00am Golf Island Brae 6:00pm Pickleball A&F	7
10 9:00am Pickleball A&F 10:00am Golf Pembroke 6:00pm Pickleball A&F	11 9:00am Pickleball 11:00am Cycling	12 9:00am Pickleball A&F 11:00am Horseshoes	13 9:00am Pickleball A&F 9:00am Drums/Cardio S6 6:00pm Pickleball A&F	14
17 9:00am Pickleball A&F 6:00pm Pickleball A&F	18 9:00am Pickleball A&F 9:30am Cycling 10:00am Golf Roanoke	19 9:00am Pickleball A&F 11:00am Horseshoes VOLUNTEER APPRECIATION & OPEN HOUSE 3:00pm – 6:00pm	20 10:00am Bancroft Day Trip 9:00am Pickleball A&F 9:00am Drums/Cardio S6 6:00pm Pickleball A&F	21
24 9:00am Pickleball A&F 6:00pm Pickleball A&F	25 9:00am Pickleball A&F 9:30am Cycling 10:30am Golf Cobden	26 8:00am Algonquin Park Day Trip 9:00am Pickleball A&F 11:00am Horseshoes	27 9:00am Pickleball A&F 10:00am Kayaking/Canoeing 6:00pm Pickleball A&F	28
31 9:00am Pickleball A&F 6:00pm Pickleball A&F	MEMBERSHIP Registration for Sept 2026 – August 2027 opens August 1. You need a valid membership to participate in all events starting in Sept 1. Early Bird Draw – Memberships registered online and paid between Aug 1-14 will be entered into a draw for 2 Xmas party tickets. Register on website lv50fitandfeisty.ca, select Membership from the menu, select Membership Form at bottom of page. In Person Assistance available on August 19 at Open House 3-6pm, and in September at Coffee Connect at 9:30.			 Ontario

LV 50+ F&F 2026 AUGUST 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

Drums Alive/Dance Cardio – Thursdays @ 9:00am & 6:30pm S1 Sep 17 – Nov 19 @ Best Western, register Aug 27-Sep 8

Drums Alive/Dance Cardio – Tuesdays @ 9:00am S1 Sep 15 – Nov 17 @ Best Western, register Aug 27-Sep 8

Yoga – Tuesdays @ 1:30pm with Pat S1 Sep 15 – Nov 17 @ Wesley Church, 275 Pembroke St E, register Aug 25-Sep 8

Chair Yoga – Tuesdays @ noon S1 Sep 15 – Nov 17 @ Active Chiropractic, 1169 Pembroke St E, register Aug 25-Sep 8

AquaFit – Wednesdays @ 1:00pm S1 Sep 16 – Nov 18 @ Kinsmen Pool, 424 Herbert St Pembroke, register Aug 25-Sep 8
for Fall Session 1 (S1) register via website at lv50fitandfeisty.ca, go to 1st date of session on Events Calendar, select the Class, select To Register CLICK HERE under the poster

CYCLING Tuesdays @ 9:30 am (unless otherwise noted)

August 4 - Grace Evangelical Church, 28 Reiche Road, Paved and gravel roads

August 11 – 11:00am Pakenham to Almonte, Stewart Community Centre 112 McFarlane St, Pakenham, lunch at the Barley

Mow in Almonte, approx.. 15km one way, register via email recreation50fandf@gmail.com July 28-Aug 4

August 18 - Beachburg Arena 14 Caroline Street - Road biking

August 25 - Meath Hill Boat Launch - Algonquin Trail biking to Cobden

KAYAKING/CANOEING

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

Wed. Aug 5 – 11:00am Corry Lake, meet at turn off to Petawawa Research Forest 1000 Clouthier Rd, Chalk River

Thurs Aug 27 – 10:00am Bonnechere River Renfrew, Town of Renfrew Boat Launch @ end of Riverview Dr Renfrew, then lunch at Karra's Way, 168 Raglan St S, Renfrew, register via email recreation50fandf@gmail.com Aug 13-20

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

Will resume on September 10 with overnight stay in Mattawa (details were emailed)

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

Aug 6 - 10:00am Island Brae, register by July 30

Aug 10 - 10:00am Pembroke, register by Aug 3

Aug 18 - 10:00am Roanoke, register by Aug 11

Aug 25 - 10:30am Cobden, register by Aug 18

HORSESHOES – Riverside Park, 961 Pembroke St W.

Wednesdays – 11:00am to 1:00pm Aug 5, 12, 19, 26 (register via website July 21-29)

Special Events this month:

August 19 – F&F Volunteer Appreciation & Open House 3:00-6:00pm, A&F Rec Centre 1 Henan Rd, register via website July 30 – August 12

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

August 26 – Algonquin Park \$10, visitor's centre, logging museum, hiking, registration July 30 – August 13 via website

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

Sept 14 – county wide SALC Euchre Tourne, Knights of Columbus Pembroke 1:00-4:30pm, 4 hand, 6 hand, bid euchre \$5 fee paid at event
register Aug 18-Sep 8 by email to treasurer50fandf@gmail.com, specify top 2 choices of play

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 6 – Ebike Ottawa

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