



**Laurentian Valley
50+ Fit and Feisty**

Mail: 1 Henan Road, Pembroke, ON, K8A 6W8
Website: lv50fitandfeisty.ca
Email/E-transfer: fitandfeisty50@gmail.com
Facebook: Laurentian Valley 50+ Fit and Feisty

Welcome to Laurentian Valley 50+ Fit and Feisty!

Whether you're joining us for the first time or renewing your membership, we promise to keep you moving and smiling.

We offer *Inspiring A Zest for Life* programming that promotes physical, mental, and social opportunities.

Our 3 primary components are:

- Travel, Recreation, Culture & Entertainment - laughter is the best medicine
- Physical Activity - aging with confidence
- Coffee Connections - maintaining friendships and building a sense of community

Communication

Our main channels of communication with our members are our website and Facebook. We understand that not all members may use these platforms, so we also send out monthly calendars via email.

Additionally, we notify members of cancellations, venue changes, calendar updates, special events, and other important information through email.

For those members who do not have access to email, we recommend using a buddy system to keep each other updated by phone.

Contact Information for The Executive and the Directors

Executive

Name	Position	Email
Colleen Schutt	Chairperson	chair50fandf@gmail.com
Sherry Crone	Vicechair	vchair50fandf@gmail.com
Bev Veaudry	Secretary	secretary50fandf@gmail.com
Louis Mitchell	Treasurer	treasurer50fandf@gmail.com

Inspiring a Zest for Life!

Directors

Name	Position	Email
Beth Loback	Coffee Connect	cc50fandf@gmail.com
Laurie Serran	Culture and Entertainment	cande50fandf@gmail.com
Marjorie Walker	Membership	membership50fandf@gmail.com
Cindy Reaume	Events Registration	eventsregister50fandf@gmail.com
Cathy Hagarty	Physical Activity	pa50fandf@gmail.com
Ann Marie Cowan	Public Relations	pr50fandf@gmail.com
Kathy Fredericks	Recreation	recreation50fandf@gmail.com
Donna Stokell	Travel	travel50fandf@gmail.com

Calendar

Our monthly calendar is available on our website, Facebook, and is emailed to members. Printed copies can be picked up at these locations: West End Mall (bulletin board at the washrooms), Alice General Store (Round Lake Rd/Doran Rd), LV township office, and most of our events.

Our Annual General Meeting is in March.

Social Media

Facebook - *Follow us on Laurentian Valley 50+ Fit and Feisty*

In the Featured area, you will find our monthly calendar and schedules, ie, ATV and golf. We post almost daily with changes/updates, special events, and activity photos.

Website - lv50fitandfeisty.ca

Access to our membership registration, event and activity registration, calendar, schedules, contact info, constitution, and so much more.

A new email address has been set up for members to submit photos taken at our events, which may be featured across our social media channels. It is pics50fandf@gmail.com.

Volunteers

As we plan our upcoming programming and schedules, we are always in need of volunteers. Opportunities include running or assisting with events, helping with kitchen duties during Coffee Connect, baking, offering presentations or workshops, hosting bingo, and more. Most activities are held on weekdays during the day, but we have received requests for additional evening and weekend opportunities.

We continue to offer a wide range of events and activities, due to our many volunteers who continue to step up.

If you indicated an interest in helping out during registration, we will connect with you soon. You are always welcome to email us at any time to join our wonderful volunteer team. We look forward to seeing everyone at our Volunteer Appreciation & Open House in August. It promises to be a wonderful occasion to celebrate our dedicated volunteers, reconnect with friends, and share a delightful afternoon of community spirit. *We truly appreciate you sharing your unique talents and time with our community!*

Fees

Our **\$25** membership fee is due annually and covers the period from September to August. All membership registrations are completed on our website, and we encourage members to renew starting in August.

If you do not have internet access, please use the buddy system to register. Alternatively, limited electronic registration will be available at the Open House in August. For the month of September, electronic registration can take place at 9:00 am - 9:50 am every Wednesday morning before Coffee Connect; thereafter, on the 1st Wednesday of the month from 9:30 am - 9:50 am.

Please submit the membership payment by:

- etransfer to fitandfeisty50@gmail.com (please include details in the Message space, ie, 'your full name, payment for membership'), or mail cash or cheque to LV50+ Fit & Feisty, 1 Henan Rd, Pembroke, ON K8A 6W8, *or*
- your payment can be dropped off at the Laurentian Valley Township office, 460 Witt, *or*
- bring the money or cheque to Coffee Connect between 9:30 and 10:00 am, where it will be collected before the event starts.

We look forward to seeing you.