



| MONDAY                                                                                 | TUESDAY                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                                                | FRI/SAT/SUN                                                                                                                                          |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | <b>1</b><br>AM Pickleball A&F<br>9:30am Cycling                                                                                                                                                                           | <b>2</b><br>AM Pickleball A&F                                                                                                                                                                                                                      | <b>3</b><br>AM Pickleball A&F<br>10:00am Golf Island Brae<br>1:00pm Kayaking/Canoeing                                                                                                                                                                                                                                                                   | <b>4</b><br>                                                      |
| <b>LABOR DAY</b> <b>7</b>                                                              | <b>8</b><br>AM/PM Pickleball KofC<br>10:30am Cycling<br>1:00pm Cornhole<br>1:00pm Music Jam                                                                                                                               | <b>9</b><br>9:00am Walking @SN<br>10:00am Coffee Connect<br><i>WHAZZZZ – Up!</i><br>10:00am Golf Pembroke                                                                                                                                          | <b>10</b><br>9:00am ATV Mattawa<br>1:00pm Shuffleboard                                                                                                                                                                                                                                                                                                  | <b>11</b><br>Overnight Run (depart from Rolphton)                                                                                                    |
| <b>14</b><br>1:00pm County Wide<br><b>Euchre Tournament</b><br>(see details at bottom) | <b>15</b><br>AM/PM Pickleball KofC<br>AM Pickleball Wesley<br>9:30am Cycling<br>10:00am Golf Roanoke<br>noon Chair Yoga S1<br>1:00pm Cornhole<br>1:30pm Yoga S1                                                           | <b>16</b><br><b>Niagara</b> Tour OVT<br>9:00am Walking @SN<br>10:00am Coffee Connect<br><i>Tax-efficient Retirement Strategies</i><br><i>Carolynne Wheaton</i><br>1:00pm AquaFit S1                                                                | <b>17</b><br><b>Niagara</b> Tour OVT<br>9:00am Drums/Cardio S1<br>1:00pm Shuffleboard<br>6:30pm Drums/Cardio S1                                                                                                                                                                                                                                         | <b>18</b><br><b>Niagara</b> Tour OVT<br>Noon LUNCH BUNCH<br>Whitewater Brewery Lakeside<br><br><b>Sat. 19<sup>th</sup> – A&amp;F FAMILY FUN FEST</b> |
| <b>21</b><br>AM/PM Pickleball Zion<br><br><b>****</b>                                  | <b>22</b><br>AM Pickleball Wesley<br>AM/PM Pickleball KofC<br>9:30am Cycling<br>10:30am Golf Cobden<br><b>9 &amp; Dine</b><br>noon Chair Yoga S1<br>1:00pm Cornhole<br>1:00pm Music Jam<br>1:30pm Yoga S1<br><b>RURAL</b> | <b>23</b><br>9:00am Walking @SN<br>10:00am Coffee Connect<br><i>Forged in Canada - Lanny Hill</i><br><br><b>Fitzroy Provincial Park</b><br>10:15am hike 1:00pm paddle<br>Noon-2:00pm <b>Sourdough Bread</b><br>1:00pm AquaFit S1<br><b>ONTARIO</b> | <b>24</b><br>10:00am ATV Jack's Lake →<br>9:00am Drums/Cardio S1<br>1:00pm Shuffleboard<br>PM Pickleball Jeanne Lajoie<br>6:30pm Drums/Cardio S1<br><br><b>WEEK</b>                                                                                                                                                                                     | <b>25</b><br>hotdog lunch sponsored by Keymac<br><br><b>****</b>                                                                                     |
| <b>28</b><br>AM/PM Pickleball Zion                                                     | <b>29</b><br>AM Pickleball Wesley<br>AM/PM Pickleball KofC<br>10:30am Cycling<br>noon Chair Yoga S1<br>1:00pm Cornhole<br>1:30pm Yoga S1                                                                                  | <b>30</b><br><b>TRUTH &amp; RECONCILIATION DAY</b><br>9:00am Walking @SN<br>10:00am Coffee Connect<br><i>Head to Toe HEALTH – Hair</i><br><i>Heather Witt</i><br><u>NO</u> AquaFit (pool closed)                                                   | <b>MEMBERSHIP Registration</b> for Sept 2026 – August 2027 opened August 1. You need a valid membership to participate in all events starting Sept 1. Register on website lv50fitandfeisty.ca, select Membership from the menu, select Membership Form at bottom of page. In Person Assistance available in September at Coffee Connect at 9:30-9:50am. |                                                                                                                                                      |

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

\*\* Thursday Night Euchre start date October 15

Rural Ontario Week is officially scheduled for September 20 to 26, 2026. This inaugural annual observance was established following a unanimous motion passed in the Legislative Assembly of Ontario on March 31, 2026, introduced by Renfrew–Nipissing–Pembroke MPP Billy Denault.

Sept 14 – Celebrating Rural Ontario Week, county wide 50+ Senior Residents Euchre Tourne hosted by F&F, Knights of Columbus, 170 Ellis Ave., 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](mailto:treasurer50fandf@gmail.com), specify top 2 choices of play  
Pickleball Beginner 8 week session Tuesdays Sept 8 - Oct 27 at 10:00am at Knights of Columbus, contact Donna 613-281-1959

## LV 50+ F&F 2026 SEPTEMBER Calendar

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

Website: [www.lv50fitandfeisty.ca](http://www.lv50fitandfeisty.ca) Mail: 460 Witt Rd. Pembroke ON K8A6W5

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

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

### PICKLEBALL

Bring indoor shoes. Use Playtime Scheduler to reserve sessions and for any cancellations/changes.

Outdoor play: Tues/Wed/Thur mornings (ends Sept 3) @ outdoor rink at Alice & Fraser Rec Centre, 1 Henan Rd (weather dependent)

Indoor play:

**Mondays AM & PM** effective Sep 21<sup>st</sup> Zion Lutheran Church 454 Millar St. Pembroke

**Tuesdays AM** effective Sep 15<sup>th</sup> Wesley United Church 275 Pembroke St. E Pembroke

**Tuesdays AM & PM** effective Sep 8<sup>th</sup> Knights of Columbus 170 Ellis Ave Pembroke

**Thursdays PM** effective Sep 24<sup>th</sup> Jeanne Lajoie School 1255 Pembroke St W Pembroke

**Beginner** 8 week session Tuesdays Sept 8 - Oct 27 at 10:00am at Knights of Columbus, contact Donna 613-281-1959'

### COFFEE CONNECT - Wednesdays @ 10:00 am

Join us for a walk at 9am from SN Rec Centre. Then enjoy a coffee, socializing and a brief presentation. (Topics on the front calendar)

We will have assistance available for online membership registration between 9:30-9:50am for September, and then 1<sup>st</sup> Wednesday thereafter.

**APRÈS CAFÉ** 1<sup>st</sup> Wednesday after Coffee Connect, euchre, games

### SHUFFLEBOARD - Thursdays @ 1:00-3:00pm

St. Timothy's Church 503 Alfred St. Pembroke Bring indoor shoes

### DARTS & BID EUCHRE - (starts October 19) Mondays @ 1:30-3:30pm

Pembroke Legion 202 Pembroke St E Indoor shoes

### MUSIC JAM Tuesdays Sept 8th @ 1:00 pm Sept 22nd @ 1:00 pm

A&F Rec Centre 1 Henan Road. Bring your instrument & join in the fun. Audience is welcome to enjoy the music & sing along.

For inquiries contact Monique @ 343-544-7471 [trahanmonique5@gmail.com](mailto:trahanmonique5@gmail.com). Non-members \$2.00 fee. Indoor shoes appreciated

### CORNHOLE - Tuesdays @ 1:00pm

Knights of Columbus 170 Ellis Ave. Pembroke Bring indoor shoes.

### FITNESS Classes

**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](http://lv50fitandfeisty.ca), go to 1<sup>st</sup> date of session on Events Calendar, select the Class, select To

Register CLICK HERE under the poster. (Your 2026/2027 membership must be completed first)

### BOOK CLUB - Thursday, October 29 (location/time tbd)

*The Berlin Apartment by Bryn Turnbull*

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

Friday, September 18<sup>th</sup> at noon @ Whitewater Brewery Lakeside, 78 Pembroke St, Cobden

Register via website [lv50fitandfeisty.ca](http://lv50fitandfeisty.ca), go to Sept 18 on Events Calendar, select Lunch Bunch, select To Register CLICK HERE under poster

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

Sept 1st - meet at 34 Liam Street, Petawawa. BBQ to follow ride. Road biking.

Sept 8th - 10:30am Castleford to Arnprior. Meet at Horton Boat Launch 3712-3746 River Road. Lunch at Lumbertown Ale

House. Register with Kathy recreation50fandf@gmail.com

Sept 15th - Shaw Woods Pole Yard. Meet at Algonquin Trail and Achray Road - Trail and road biking

Sept 22nd - Alice & Fraser Rec Centre 1 Henan Road - Road Biking

Sept 29th - 10:30am PPJ Trail. Meet at La Gare Waltham Station Restaurant 512 Blvd de Waltham. Lunch in Fort Coulonge.

### KAYAKING/CANOEING - Questions Heather 613 633 8196 or Debbie 613 717 9442 HIKING - Questions text Jayne 613 633 2761

Thurs. Sept 3 - 1:00pm Bonnechere River, meet at Deacon Boat Launch, 16 Kranz Rd, North Algona Wilberforce

Wed. Sept 23 - Fitzroy Provincial Park 5201 Canon Smith Dr, Fitzroy Harbour. 10:15am hike, 1:00pm paddle

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

September 10 - Mattawa overnight, depart from Rolphton 9:00am (details were emailed)

September 24 - Jack's Lake (hotdog lunch sponsored by Keymac)

Oct 8 - Deep River, Bear's Den, register online Sept 17 - Oct 1

Oct 22 - Wilno Tavern, depart at 9:00am, register online Oct 1-15

### 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

Sept 3 - 10:00am Island Brae, reg by Aug 27

Sept 9 - 10:00am Pembroke, reg by Sep 2

Sept 15 - 10:00am Roanoke, reg by Sep 8

Sept 22 - **9&Dine** 10:30am Cobden, register with Larry by Sept 15 for both golf and lunch (\$22), all payable at golf club

### SPECIAL Events - Upcoming (check August calendar, no room on Sept, details will be posted when registration available)