LV 50+ Fit & Feisty — OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1 9:00am Drums/Cardio S1 10:00am Golf Island Brae 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1	**2**
5 AM/PM Pickleball Zion 10:00am Golf Pembroke	AM Pickleball Wesley **6** AM/PM Pickleball KofC 10:00am **EBike** Ottawa noon Chair Yoga S1 1:00pm Cornhole 1:00pm Music Jam 1:30pm Yoga S1	9:00am Walking @SN **7** 10:00am Coffee Connect *Lithium batteries* *Safe handling and Storing* 11:15am Apres Café (euchre,games) 1:00PM AquaFit	**8** 9:00am Drums/Cardio S1 10:00am ATV Deep River **NO** Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1	**9**
12 **THANKSGIVING** AM/PM Pickleball Zion	AM Pickleball Wesley **13** AM/PM Pickleball KofC 9:30am Cycling noon Chair Yoga S1 1:00pm Cornhole 1:30pm Yoga S1	9:00am Walking @SN **14** 10:00am Coffee Connect *Head to Toe HEALTH - Mental* *Chasing Away the Blues* *Robbie Dean Centre* 11:15am **Find a Friend** 1:00pm AquaFit S1 1:30pm Hiking Westmeath	**15** 9:00am Drums/Cardio S1 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	**16** Noon LUNCH BUNCH Thai Valley, Petawawa 7:00pm **Stonefence** **If You Don't Know, You Wilno!**
Sunday, Oct 18 **Cirque de Soleil** --- **19** AM/PM Pickleball Zion 1:30pm Darts & Bid Euchre	AM Pickleball Wesley **20** AM/PM Pickleball KofC 10:30am Cycling noon Chair Yoga S1 11:30am Music Jam Potluck 1:00pm Cornhole 1:30pm Yoga S1	**21** 9:00am Walking @SN 10:00am Coffee Connect *Head to Toe HEALTH – Hearing* *Hear Ye Hear Ye* *Terri Selle – Heritage Hearing* 1:00pm AquaFit S1	9:00am Drums/Cardio S1 **22** 9:00am ATV Wilno 10:30am **Pumpkinferno** 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	**23**
26 AM/PM Pickleball Zion **NO** Darts & Bid Euchre	AM Pickleball Wesley **27** AM/PM Pickleball KofC 9:30am Cycling noon Chair Yoga S1 1:00pm Cornhole 1:30pm Yoga S1	9:00am Walking @SN **28** 10:00am Coffee Connect *Hallowe'en Hoedown (dress up)* *Square Dancing* *Keith & Leann Selle* 1:00pm AquaFit S1 **Coco Xmas Doormat** 2:00-4:00pm & 6:00-8:00pm	**29** 9:00am Drums/Cardio S1 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	**30**

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

LV 50+ F&F 2026 OCTOBER Calendar

Facebook: Laurentian Valley 50+ Fit and Feisty Email/etransfer: fitandfeisty50@gmail.com
Website: 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.
Mondays AM & PM Zion Lutheran Church 454 Millar St. Pembroke
Tuesdays AM Wesley United Church 275 Pembroke St. E Pembroke
Tuesdays AM & PM Knights of Columbus 170 Ellis Ave Pembroke
Thursdays PM 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' FULL
Nov 3 – Dec 15 FULL Jan 5 – Feb 23 FULL Mar 2 – Apr 20 FULL

COFFEE CONNECT - Wednesdays @ 10:00 am Shady Nook Rec Centre, 80 Richardson Cres, Pembroke
Join us for a walk at **9am** from SN Rec Centre. Then enjoy a coffee, socializing and a brief presentation. BYOM Bring Your Own Mug
Assistance for online membership/event registration between 9:30-9:50am 1st Wednesday of the month.
APRÉS CAFÉ 1st Wednesday after Coffee Connect, euchre, games
September Coffee Sponsors – Ron & Giselle Gibson / October Coffee Sponsors – Alfie Bradley & Bridget Shannon

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 Oct 6th @1:00 pm Oct 20th @ 11:30 am with POTLUCK
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. 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, go to 1st 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 - (3rd Friday of the month) Join us for lunch and great conversation.
Friday, October 16th at noon @ Thai Valley, 3025 Petawawa Blvd, Petawawa
Register via website lv50fitandfeisty.ca, go to Oct 16 on Events Calendar, select Lunch Bunch, select To Register CLICK HERE under poster

CYCLING Tuesdays @ 9:30 am (unless otherwise noted)
Oct 6th – 10:00am Ebike Gatineau Park followed by lunch at D'arcy McGee's, register online Sept 22-29
Oct 13th – 9:30am Shaw Pole Yard and Achray Road - Cycling to Petawawa to see Pumpkin Folk Displays. Trail and road biking
Oct 20th – 10:30am Tour de Frank(enstein) Poker Run and Potluck, 142 Durack Line, Cobden, backroads around Osceola, 26km fairly flat - register with Kathy recreation50fandf@gmail.com
Oct 27th – 9:30am Micksburg Ball Field, 2768 Micksburg Rd, Micksburg, road biking

HIKING – Questions text Jayne 613 633 2761
Wed. October 14 – 1:30-4:00pm, Westmeath Provincial Park, Bush Road Loop 7.6km of mainly flat, scenic trail with a lovely beach. Parking lot off 911 Westmeath Rd, watch for sign. Coming from Pembroke, if you pass Old Mill Bridge Rd you have gone too far. No washrooms. Afterwards Hugli's for snack & beverage (your cost) on the patio (weather permitting).

ATV RUNS Thursdays - leave A&F Rec Centre @ 10am sharp, OFATV trail pass required
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 by 5:00pm with Larry call/text 905-926-8607 (Inform Larry if you need to cancel, there might be a waitlist)
Oct 1 - 10:00am Island Brae, reg by Sept 24 Oct 5 - 10:00am Pembroke, reg by Sept 28

SPECIAL Events – Upcoming (details will be posted when registration available)
Oct 14 – Find a Friend, Meet & Mingle, an opportunity for members and newcomers to meet together, to arrange to partner for events ie car pooling, travel companions, Coffee Connect seating mates
Nov 4 – Xmas Fused Glass Ornaments, afternoon & evening sessions, registration Oct 15-28
Nov 27 – Bowling Renfrew tentative
Dec 4 – Xmas Dinner & Dance, Germania
Dec 10 – Morrisburg, theatre, dinner, and Alight at Night, registration Oct 27 – Nov 10