

LV 50+ F&F 2026 NOVEMBER 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.

APRÈS CAFÉ 1st Wednesday after Coffee Connect, euchre, games

Coffee Sponsors – Donna and Wayne Rielly

SHUFFLEBOARD - Thursdays @ 1:00-3:00pm St. Timothy's Church 503 Alfred St. Pembroke Bring indoor shoes

DARTS & BID EUCHRE - Mondays @ 1:30-3:30pm Pembroke Legion 202 Pembroke St E Indoor shoes

MUSIC JAM Tuesdays Nov 3rd @1:00 pm Nov 17th @ 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. 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 to Nov 19 @ Best Western, S2 Nov 26 – Feb 11 register Nov 5-17

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

NEW Seniors Toning – Tuesdays @ 9:00am Best Western, S2 Nov 24 to Feb 9 register Nov 5-17

Yoga – Tuesdays @ 1:30pm with Pat S1 to Nov 17 @ Wesley Church, 275 Pembroke St E, S2 Nov 24 to Feb 9 register Nov 3-12

Chair Yoga – Tuesdays @ noon S1 to Nov 17 @ Active Chiropractic, 1169 Pembroke St E, S2 Nov 24 to Feb 9 register Nov 3-12

AquaFit – Wednesdays @ 1:00pm S1 to Nov 4 @ Kinsmen Pool, 424 Herbert St Pembroke, S2 Nov 25 to Feb 10 register Nov 3-12
for Session 2 (S2) 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

BOOK CLUB – Wednesday, December 2 at 7:00pm at Wanda's 65 Henan Rd, Pembroke

Before the Swallows Come Back by Fiona Curnow

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

Friday, November 20 at noon at Petawawa Pizzeria 3467 Petawawa Blvd, Petawawa

Register via website lv50fitandfeisty.ca, go to Nov 20 on Events Calendar, select Lunch Bunch, select To Register CLICK HERE under poster

Remembrance Day Wed., Nov 11th – Join us for Laying of the Wreath at the War Memorial Park Cenotaph at 10:45am

Dave Parker and Mary Jackson will be laying our wreath, both are retired Canadian military members

Lunch is available afterwards at the Pembroke Legion (menu unknown)

FESTIVE CHOIR – Mondays Nov 2,9,16,23,30 from 1:00-2:30pm at Zion Christian Reformed Church 152 Drive In Rd, Pembroke

Practice dates for minimum of 3 Xmas performances to entertain the community and local long term care homes. For more

information contact Grace 613-559-2477. Register Oct 26 – Nov 22, via website lv50fitandfeisty.ca, go to November 2 on

Events Calendar, select Festive Choir, select To Register CLICK HERE under poster

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

Nov 18 – Find A Friend, our 2nd Find A Friend Meet & Mingle event for social solos, an opportunity for members and newcomers to meet together, to arrange to partner for events ie car pooling, travel companions, Coffee Connect seating mates, etc.

Nov 24 – Cycling end of season lunch at Kitchen Eatery at 12:00 noon, 100 Crandall St, Pembroke. The Next Gear - Come share your feedback from the cycling season and offer suggestions on the upcoming one. Register with Kathy at recreation50fandf@gmail.com

Nov 27 – 10:30am Bowling at Opeongo Bowldrome, 233 Raglan St S (parking behind on Plaunt St S), followed by lunch

12:45pm at The Swiss Alps, 321B Raglan St S (parking behind on Plaunt St S near St Francis Church), register Nov 10-19

Dec 4 – Magical White Christmas party, Germania, register by email eventsregister50fandf@gmail.com Nov 4-25, also at Coffee Connect, your 'Table Host' registers the whole group, if not part of a group register yourself and we will seat you, if you'd like to sit at the Find A Friend table please indicate so

Dec 10 – Morrisburg, theatre, dinner, and Alight at Night, registration online Oct 27 – Nov 10

Dec 11 – Curling 1:30-3:30pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 AM/PM Pickleball Zion 1:00-2:30pm Festive Choir 1:30pm Darts & Bid Euchre	3 AM Pickleball Wesley AM/PM Pickleball KofC 9:00am Drums/Cardio S1 noon Chair Yoga S1 1:00pm Cornhole 1:00pm Music Jam 1:30pm Yoga S1	4 9:00am Walking @SN 10:00am Coffee Connect <i>Head to Toe HEALTH</i> <i>How to Avoid the Flu</i> <i>Maureen Young</i> 11:15am Apres Café (euchre, games) 1:00pm AquaFit S1 Fused Glass Xmas Ornaments 3-5pm 6-8pm	5 9:00am Drums/Cardio S1 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	6
9 AM/PM Pickleball Zion 1:00-2:30pm Festive Choir 1:30pm Darts & Bid Euchre	10 AM Pickleball Wesley AM/PM Pickleball KofC 9:00am Drums/Cardio S1 noon Chair Yoga S1 1:00pm Cornhole 1:30pm Yoga S1	11 REMEMBRANCE DAY <u>NO</u> Coffee Connect 10:45am Cenotaph – Laying of Wreath followed by lunch @ Legion <u>NO</u> AquaFit	12 9:00am Drums/Cardio S1 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	13
16 AM/PM Pickleball Zion 1:00-2:30pm Festive Choir 1:30pm Darts & Bid Euchre	17 AM Pickleball Wesley AM/PM Pickleball KofC 9:00am Drums/Cardio S1 noon Chair Yoga S1 1:00pm Cornhole 1:00pm Music Jam 1:30pm Yoga S1	18 9:00am Walking @SN 10:00am Coffee Connect <i>New Driving Regulations for</i> <i>Seniors, Winter Tips</i> <i>OPP Mike Mahon</i> 11:15am Find A Friend <u>NO</u> AquaFit (pool repairs)	19 9:00am Drums/Cardio S1 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S1 7:00pm Euchre A&F	20 Noon LUNCH BUNCH Petawawa Pizzeria
23 AM/PM Pickleball Zion 1:00-2:30pm Festive Choir 1:30pm Darts & Bid Euchre	24 AM Pickleball Wesley AM/PM Pickleball KofC 9:00am Seniors Toning S2 noon Chair Yoga S2 noon Cycling Lunch 1:00pm Cornhole 1:30pm Yoga S2	25 9:00am Walking @SN 10:00am Coffee Connect <i>Ottawa Valley Roast House</i> <i>Kayla Janke</i> 1:00pm AquaFit S2	26 9:00am Drums/Cardio S2 1:00pm Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S2 7:00pm Euchre A&F	27 10:30am Bowling & 12:45pm Lunch at Swiss Alps, Renfrew
30 AM/PM Pickleball Zion 1:00-2:30pm Festive Choir 1:30pm Darts & Bid Euchre				30