LV 50+ Fit & Feisty

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
Laurentian valley Ontario	AM Pickleball Wesley **1** AM/PM Pickleball KofC 9:00am Seniors Toning S2 noon Chair Yoga S2 1:00pm Cornhole 1:00pm Music Jam 1:30pm Yoga S2	9:00am Walking @Shady Nook **2** 10:00am Coffee Connect *Head to Toe HEALTH* *Arthritis and You* *Karen Gauthier* 11:15am Apres Café (euchre, games) 1:00pm AquaFit S2 7:00pm **Book Club**	**3** 9:00am Drums/Cardio S2 NO Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S2 *7:00pm Euchre A&F	**4** **Magical White Xmas** @ Germania Doors open 5:30pm Dinner 6:30pm Music 8:00pm-midnight
7 AM/PM Pickleball Zion 1:30pm Festive Choir @ Miramichi 1:30pm Darts & Bid Euchre	AM Pickleball Wesley **8** AM/PM Pickleball KofC 9:00am Seniors Toning S2 noon Chair Yoga S2 1:00pm Cornhole 1:30pm Yoga S2 1:30pm Festive Choir @ Country Haven	**9** 9:00am Walking @Shady Nook 10:00am Coffee Connect *Xmas Greenery* *Ruth Hisko* 1:00pm AquaFit S2	**10** 9:00am Drums/Cardio S2 10:30am **Alight At Night** NO Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S2 *7:00pm Euchre A&F	**11** 1:30pm **Stick Curling** 1:30pm Festive Choir @ Pembroke Mall (near Food Basics) Come & Watch
14 AM/PM Pickleball Zion 1:30pm Festive Choir @ Supples 1:30pm Darts & Bid Euchre	AM Pickleball Wesley **15** AM/PM Pickleball KofC 9:00am Seniors Toning S2 noon Chair Yoga S2 1:00pm Cornhole 11:30am Music Jam & Potluck 1:30pm Yoga S2 1:30pm Festive Choir @ Caressant Care	**16** 9:00am Walking @Shady Nook 10:00am Coffee Connect *Xmas Breakfast* *(sign up at CC by Dec 9)* 1:00pm AquaFit S2	**17** 9:00am Drums/Cardio S2 NO Shuffleboard PM Pickleball Jeanne Lajoie 6:30pm Drums/Cardio S2 *7:00pm Euchre A&F	**18** Noon **LUNCH BUNCH** @ New Star
21 **HOLIDAY**	**22** **2 WEEK BREAK**	**23** Events resume January 4	**24**	**25** **MERRY CHRISTMAS**
28	**29**	**30**	**31**	**HAPPY NEW YEAR 2027**

Online merchandise store link https://precisiontextiles.ca/collections/50-fit-feisty

* not F&F events but of interest and many members attend: Thursdays Euchre $2 @ 7:00pm A&F

LV 50+ F&F 2026 DECEMBER 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/50-fit-feisty
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 FULL at Knights of Columbus, contact Donna 613-281-1959
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 9:30-9:50am1st Wednesday of the month.
APRÉS CAFÉ 1st Wednesday after Coffee Connect, euchre, games
Coffee Sponsors – Joan Larocque
December 16 Xmas Breakfast – sign up at Coffee Connect by December 9

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 Dec 1st @ 1:00 pm Dec 15th @ 11:30 am 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 at Best Western, S2 Nov 26 – Feb 11
Seniors Toning – Tuesdays @ 9:00am at Best Western, S2 Nov 24 to Feb 9
Yoga – Tuesdays @ 1:30pm with Pat at Wesley Church, 275 Pembroke St E, S2 Nov 24 to Feb 9
Chair Yoga – Tuesdays @ noon at Active Chiropractic, 1169 Pembroke St E, S2 Nov 24 to Feb 9
AquaFit – Wednesdays @ 1:00pm at Kinsmen Pool, 424 Herbert St Pembroke, S2 Nov 25 to Feb 10

BOOK CLUB – Wednesday, December 2 at 7:00pm at Wanda's 65 Henan Rd, Pembroke
Before the Swallows Come Back by Fiona Curnow
February's book is *My Friends* by Fredrik Backman

FRIDAY LUNCH BUNCH - (3rd Friday of the month) Join us for lunch and great conversation.
Friday, December 18 at noon at New Star, 601 Pembroke St E, Pembroke
Register via website lv50fitandfeisty.ca, go to Dec 18 on Events Calendar, select Lunch Bunch, select To Register CLICK HERE under poster

STICK CURLING – Friday, December 11 at 1:30pm @ Pembroke Curling Club, 428 Herbert St
Come out and try stick curling (push stone with a long stick from standing position). Beginner, no problem, no experience necessary. Experienced and want to play a game is an option too. Please bring a helmet to wear (bicycle, hockey, ski), club has a few to loan. Sticks and ice grippers provided, bring clean shoes. Enjoy some light snacks afterwards. For questions contact Kathy 613 633 1432
Register Nov 26-Dec 4 via website lv50fitandfeisty.ca, go to December 11 on Events Calendar, select Sticks, Stones & Snacks, select To Register CLICK HERE under the poster

FESTIVE CHOIR
Monday Dec 7th 1:30pm - Miramichi Lodge, 725 Pembroke St. West, Pembroke
Tuesday Dec 8th 1:30pm - Country Haven 1387 Beachburg Road, Beachburg
Monday Dec 14th 1:30pm - Supples Landing Retirement Home 201 Joseph Street, Pembroke
Tuesday Dec 15th 1:30pm - Caressant Care 12 Wren Drive, Cobden
Friday Dec 11th 1:30pm – You're Invited to see our Festive Choir @ Pembroke Mall (near Food Basics), 1100 Pembroke St E.
For questions contact Grace 613-559-2477

SPECIAL Events – Upcoming (details will be posted when registration available)
Dec 10 – Morrisburg, theatre, dinner, Alight at Night, arrive at A&F 10:15am, bus leaves at 10:30am, returns approx.. 10:30pm
January Snowshoeing (weather dependent)
Jan 20, Feb 10, Mar 24 – tentative square dancing lessons
Jan 22-29 – A&F Winter Carnival, Jan 27 tentative F&F afternoon event
TRAVEL 2027: The Traveler newsletter has been added to website under Programming, Travel
March 5-13 Costa Rica, March 11 – Chateau Laurier Tour, lunch @ Tucker's, Museum of Nature,
April – Oh Canada Eh! May 11,12 – Chateau Montebello and Parc Omega, June – Ottawa Rideau River Cruise, July 13,14
Casino Rama and Muskoka Steamship Cruise, August – Merrickville and Almonte, Sept 13-17 Gaspe with whale watching