



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Aug. 1, 2018

1. Waterfront Live! Runs All Summer

Waterfront Live! is back for another season this year! Music starts at 7 p.m. nightly at the [Riverwalk Amphitheatre](#). Programming runs June through August. Click [here](#) for August's lineup.

2. Stand Up Paddle Board Yoga

Join [AWE Yoga](#) every Thursday from 6-7 p.m. at [Riverside Park](#) for [stand up yoga](#) for beginners and experts! Contact AWE at 613-735-6073 or at info@aweyoga.com for registration and more information. Runs Thursdays from July 12-Aug. 16.

3. Downtown Kids Pop Up Market

Come out to Downtown Pembroke every Friday in August for the [Kids Pop Up Market](#)! Head to Shamrock Park (next to Ullrich's) from 11:30 a.m.-1:30 p.m. and check out the hand-made wares, services and talents of local young entrepreneurs and artists!

And it's FREE for our vendors to have their space! Know someone who would like to participate for one (or many) of the weeks? Contact [Downtown Pembroke](#) at 613-629-5555 or at pbia@downtownpembroke.ca

4. Fun at the Pembroke Public Library

Head to the Pembroke Public Library this week for a variety of fun activities!

- [Teddy Bear Yoga](#) - Aug. 1 and Aug. 8
- [STEAM Challenges](#) - Aug. 2
- [Story Time at The Giggling Goats](#) - Aug. 2
- [Puppet Show!](#) - Aug. 4
- [Top Chef Pembroke](#) - Aug. 8

5. Movie Night in the Park

The City of Pembroke invites you to [Movie Night in the Park](#), every Tuesday at the [Riverwalk Amphitheatre](#) until Aug. 21. Free admission and the movie kicks off at 9 p.m. Presented by Bogie's Bar.

The film for Aug. 7 is [Spider-Man: Homecoming](#).

6. Art in the Park

Enjoy an [evening of painting](#) overlooking the Ottawa River every Tuesday at the Waterfront Park starting June 26!

Program run by [Pam Cunningham](#) and runs until Sept. 4.

7. Join us for the Upper Ottawa River Race and Paddle Festival

Get out on the water and have fun on the Ottawa River by registering for the annual [Upper Ottawa River Race and Paddle Festival](#)! This event, co-hosted by Pembroke and Petawawa, includes races for all kinds of paddlers, as well as a kayak fishing derby, heritage paddle, live entertainment, local food and more! Join us Aug. 10-12 (in just over a week!) for all the fun!

8. Harry Potter Trivia Night

The [City of Pembroke](#) has partnered with [Family and Children's Services of Renfrew County](#) for the August edition of [Monday Night Trivia](#) to raise funds for the [Darlene Aikens Fund](#) to help families send children to camp.

Join us Monday, Aug. 13 at Lasso Live for a [Harry Potter-themed night](#)! Admission is \$5/person, with 100 per cent of the funds going to the fund!

Teams of 1-6 are welcome.

Register your team by emailing recreation@pembroke.ca or call 613-735-6821 ext. 1502

9. #NetworkIN: Lawn Games and Mingling

The City of Pembroke and Downtown Pembroke invite any young professional to join us Aug. 16 for the next installment of [#NetworkIN](#)! Enjoy some lawn games, mingling and small snacking. This is a free, informal summer evening of games and exploring Pansy Patch Park!

Runs from 5:30-8 p.m.

Please [register](#) (even though it's free!) so we know to expect you!

10. Rotary Park Splash & Play Program

Come to Rotary Park this summer to enjoy FREE programming!

Camp counsellors are on hand to help make crafty arts, play games, and host tons of other exciting fun for children. The splash pads offer a variety of water features designed to stimulate and challenge the imaginations of children of all ages.

Ages: 5-12

Cost: Free

Time: 10 a.m.-4 p.m.

Dates: July 3-Aug. 24

Located at [Rotary Park](#) and [Riverside Park](#)

Have information you'd like to see shared in Pembie's Picks? Send it to us by emailing tourism@pembroke.ca.