



# PEMBI'S PICKS

**A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Feb. 20, 2019**

## **1. Public Skating at the Pembroke Memorial Centre**

Enjoy time on the ice with your family and friends at the [Pembroke Memorial Centre](#) during public skating hours this winter. Public skating runs Mondays, Wednesdays, Fridays and Sundays. Watch for FREE sponsored skates throughout the month!

[Click here](#) for the February schedule.

## **2. Lip Sync Extravaganza**

Calling all Kings, Queens and Everyone in between!

Drag up your life and strut your stuff at the [Lip Sync Extravaganza!](#)

Gather your friends and have them cheer you on Wednesday, Feb. 20 at [Blendz Smoothie Shop & Healthy Eatery](#) starting at 6 p.m.

Visit [Pembroke Pride](#) to register.

This event is free to attend and everyone is welcome.

## **3. Choir Concert**

[The Redeemer University College Choir Tour](#) is coming to Pembroke tonight! Starting at 8 p.m. at [Our Lady of Lourdes Church](#), come hear the sounds of this choir as it wraps up its Eastern Ontario and Quebec tour. Admission is free, though donations to the food bank are welcome.

## **4. Author Visit at Pembroke Library**

Join the [Pembroke Public Library](#) Saturday, February 23 at 2:30 p.m. where local author S.G. Reid [will discuss her novel "Crash Proof"](#).

Books will be available for purchase for \$20.00 and a signing will follow.

## **5. Coldest Night of the Year**

The Coldest Night of the Year is a family-friendly walk-a-thon (2 km, 5 km or 10 km) that happens in many cities and towns all across Canada on Feb. 23 to fight homelessness.

The third annual [Coldest Night of the Year Renfrew County](#) walk-a-thon is raising money for two dedicated services helping homeless and those at risk of homelessness in Renfrew County - The Grind Shelter Services and Renfrew County Safe Shelter for Youth - a partnership initiative led by Family and Children's Services of Renfrew County, Columbus House, Phoenix Centre for Children and Families and Renfrew County United Way.

Register your team at [here](#), spread the word and walk on Feb. 23!

## **6. National Cupcake Day**

Feb. 25 is National Cupcake Day and it's the most delicious way to show your support for animals in need of your help!

Businesses and organizations around the area will have cupcakes available in exchange for a donation to the [Renfrew County Animal Centre](#).

[Click here](#) for more information on the event, including how to get involved!

## **7. Pembroke Youth Mural Project**

Calling all local youth!

The [Ottawa Valley Creative Arts Open Studio](#) invites you to join them Mondays in February from 3-6 p.m. to help [create a mosaic mural](#) for Pembroke! The next meeting is Feb. 25.

Come share your vision and experience of being a young person living in Pembroke!

All young people ages 14-29 are welcome, and the meeting is at the Giant Tiger Community Room.

There will be snacks!

## **8. Connect to Care Radiothon**

On March 2, tune in to 104.9 myFM from 10 a.m. to 5 p.m. as the [Pembroke Regional Hospital Foundation](#) will be hosting its second [Connect to Care Radiothon](#) at the [Pembroke Mall](#). There will also be entertainment and activities throughout the day, with a teddy bear clinic, raffle, local musicians, and representatives from your PRH health care teams.

All proceeds will support the [Cutting Edge Campaign](#), raising funds for orthopaedic equipment and renovations to the circa 1950s surgical in-patient floor. The campaign has raised \$1.68 million dollars to date, with \$820,000 remaining.

*Have information you'd like to see shared in Pembi's Picks? Send it to us by emailing [tourism@pembroke.ca](mailto:tourism@pembroke.ca).*