



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Feb. 21, 2018

1. #NetworkIN: Creativity and Collaboration

Join [The City of Pembroke](#), [Downtown Pembroke](#) and [Paperback Events & Consulting](#) Feb. 21 (tonight!) for the third [#NetworkIn young professionals networking night](#). #NetworkIn: Creativity and Collaboration will take place at the fabulous 24 West Lofts in downtown Pembroke and will feature networking and professional development opportunities from 24 West businesses including [Ottawa Valley Studios](#), [AWE Yoga](#), and [Chamber of Secrets Escape Rooms](#). Network, learn, collaborate, and explore at this instalment of #NetworkIN. There are still a few tickets left! Click [here](#) to purchase.

2. Heritage Day at Pembroke Mall

Head to [Pembroke Mall](#) Friday, Feb. 23 and Saturday, Feb. 24 to celebrate local heritage with the annual Heritage Day in Canada event!

This year's theme is "Heritage stands the test of time" and displays will be featured from the [Champlain Trail Museum and Pioneer Village](#), [Royal Canadian Legion Br. 72 Museum](#), [42nd Field Regimental Museum](#), Calvin United Church Archives, the [Renfrew County Museums Network](#) and the [Upper Ottawa Valley Genealogical Group](#). Exhibits are open 11 a.m.-4 p.m. each day.

3. Military Appreciation Night with the Pembroke Lumber Kings

The [Pembroke Lumber Kings'](#) Feb. 23 game will pay tribute to and show appreciation for the local men and women in the Canadian Armed Forces. Puck drop is at 7:30 p.m. and the evening will include special guests, performances by the [Military Wives Choir](#), interactive games and more!

Wear your red and support the troops while you also cheer on the Kings!

4. Essential Oil Workshop at Chahna Fai

[Chahna Fai](#) in Downtown Pembroke is hosting a custom [Essential Oil Workshop](#) on Feb. 24 from 1-4 p.m. Headaches? Stress? Anxiety? Troubles sleeping? Or do you just want a spring scented custom essential oil blend? Whatever it is, Pam will make sure you create an oil that smells nice, and is also tailored to what you need specifically. Cost per ticket is \$45 (tax included) and you get to take home 10ml Rollerball, Diffuser Blend, & Nasal Inhaler. (Valued in store for \$80)

5. Coldest Night of the Year Returns to Pembroke

The Coldest Night of the Year Walk-a-Thon, a nationwide initiative, returns to Pembroke on Feb. 24. [Family & Children's Services of Renfrew County](#), in partnership with [The Grind Pembroke](#), are hosting the second annual walk to support youth and adult homelessness in Renfrew County. All funds raised will help sustain two services to help those who are homeless or at risk of homelessness – Renfrew County Safe Shelter for Youth and The Grind Emergency Refuge for Adults.

Click [here](#) for more event details.

6. National Cupcake Day at Pembroke City Hall

The City of Pembroke is holding a [Cupcake Day party](#) for National Cupcake Day for SPCAs & Humane Societies on Monday, Feb. 26 and you're invited!

Our team is baking delicious cupcakes, which you can enjoy! Stop by City Hall (1 Pembroke St. E.) from 9 a.m.-3 p.m. to make your in-person donation and pick up your cupcake (or pupcake!). This is also a great opportunity to purchase your 2018 dog/cat tag at the early-bird price, or get your 2018 Bark Park tag.

7. Focus on the 90% with Darci Lang

Head to [Best Western Inn](#) Thursday, March 1 at 7 p.m. for [Focus on the 90%](#)! Open to the public. Come and hear from [Darci Lang](#), motivational speaker, author and business owner about focusing on the 90% at work and home. This is a great mental-health talk and perfect for employers to send their staff to. If you are looking for some motivation in 2018 this event is for you!

A [full-day employer/business owner-focused event](#) runs during the day as well.

Brought to you by [City of Pembroke](#), [Town of Petawawa](#), [Upper Ottawa Valley Chamber of Commerce](#), [County of Renfrew](#) and [Renfrew County Community Futures](#).

8. Dining in the Dark Experience

Mark your calendars for March 2 for a great [Dining in the Dark](#) fundraiser at [Best Western Inn](#)!

It's not unusual to close your eyes to savour a bite of your favourite dish. But, have you ever consumed an entire meal that way – replacing sight with touch, taste and textures? That's precisely what takes place at Dining in the Dark fundraisers.

[CNIB](#) and the [Delfi Group](#) invite you to join them for a unique sensory experience while you dine ~ explore textures, flavours and aromas in a whole new way.

Your \$75 ticket price includes a complimentary glass of wine and a delicious three course meal.

9. 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.

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

10. Healthy Living in the City of Pembroke

Looking to try a new sport or activity? Did you know there are many different fitness facilities around the City offering everything from yoga to boxing to spinning to Thai Chi?

Check out these businesses and their classes!

- [Phaze 1 Fitness & Tanning](#)
- [Pembroke Boxing Club](#)
- [Pembroke Martial Arts](#)
- [CrossFit Poise](#)
- [LEAP Health Hub](#)

- [Integrated Health Centre](#)
- [Pembroke Pole Fitness](#)
- [Best Western Fitness Centre](#)
- [AWE Yoga](#)
- [White Pine Yoga](#)

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