



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Feb. 27, 2019

1. World Day of Prayer

[St Jean Baptiste Church](#) hosts the annual [World Day of Prayer](#) service Friday, March 1 at 2 & 7 p.m. Women from 15 local churches are presenting the service, written by the women of Slovenia.

Refreshments follow each service. All are welcome.

2. Martini Night

Head out to [Dineamics](#) Friday, March 1 and enjoy drinks, food and live entertainment during [Martini Night!](#)

Running in support of the Algonquin College Students' Association Food Bank, the Boys and Girls Club and Miramichi Lodge.

Tickets are \$25 and it starts at 8 p.m.

3. Fitness Friday in Downtown Pembroke

[Downtown Pembroke](#) invites you to check out its health and wellness initiative: Fitness Friday!

Every second Friday, downtown businesses will showcase a different health or wellness service available.

The next hosts are [Elevate Youth Wellness Centre](#) and the [Phoenix Centre for Children and Families](#). Stop by Elevate at 6:30 p.m. for their youth Zumba pop-up session!

4. 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.

5. Smoothie Day in Support of the Pembroke Regional Hospital Foundation

On Saturday, March 2 when the [Pembroke Regional Hospital Foundation](#) is hosting its [Connect to Care Radiothon](#), you can help by getting a delicious treat!

To help the foundation reach its goal, [Blendz Smoothie Shop & Healthy Eatery](#) will be donating \$1 from every smoothie sold to the cause.

6. Author Visit at Pembroke Library

Join the [Pembroke Public Library](#) Saturday, March 2 at 2 p.m. and [hear from local author Grant McCagg](#). He will share his new book "[Valley Snapshots](#)".

Books will be available for purchase at \$ 20 and a signing will follow.

7. Kenny vs. Spenny Comedy Tour

Head to [The Nelson Street Pub](#) March 2 for a new comedy duo experience with [Kenny and Spenny](#).

A hilarious, high octane, offensive cringe-filled car crash with Spenny going through the windshield yet again.

The internationally renowned frenemies are at odds with what each thinks is funny as their set spirals into hilarious personal attacks, lifelong grievances and the airing of dirty laundry. Kenny and Spencer battle in the funniest all out war on today's comedy circuit!

Advance tickets on sale now at The Nelson Street Pub!

Advance: \$25 At The Door: \$30

Show starts around 8 p.m.

8. Orchestra Celebrate International Women's Day

Join the [Pembroke Symphony Orchestra](#) March 2 for their [latest show](#) which celebrates [International Women's Day](#) with a unique repertoire, showcasing compositions with seven women composers of various nationalities.

The show runs at [Festival Hall](#) at 7:30 p.m. [Click here](#) to buy tickets online.

9. Bend & Brunch

Join [White Pine Yoga](#) for a morning of tea, fresh fruit, yoga, massage and essential oils, followed by a delicious and healthy brunch at [The Courtyard Bistro](#) during their monthly [Bend and Brunch](#).

Sunday, March 3. 9 a.m.-12 p.m. \$40/person

[Click here](#) to book!

10. Maple Brunch & Dessert Competition

[Carefor](#) presents its 5th Annual [Maple Brunch & Dessert Competition](#) on Sunday, March 3 at Carefor Mackay Centre. Come out and enjoy some delicious brunch and even sweeter treats from local chefs and bakers. A great way to spend a Sunday morning.

[Click here](#) to buy tickets online.

11. ALIGN Wellness Event

[Robbie Dean Family Counselling Centre](#) is excited to announce it is hosting [ALIGN](#), a wellness event, Sunday, March 3 at [Clarion Hotel & Conference Centre](#).

This show will be filled with workshops and vendors to give you the resources to rejuvenate, restore and renew yourself.

All proceeds will be used to continue to develop and implement programs to close gaps and better meet the needs of our communities. The Robbie Dean Centre is determined to enhance the quality of life of those who live in Renfrew County.

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