



## PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Feb. 28, 2018

### **1. 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](#).

### **2. Connecting to Care Radiothon**

On March 1, the [Pembroke Regional Hospital Foundation](#) asks you to call 613-629-EDGE (3343) to make your pledge to the [Connecting to Care Radiothon](#), and help shape local health care!

Tune in to [104.9 myFM](#) from 11 a.m.-6 p.m. March 1 to hear stories from hospital staff, patients and doctors or visit [Pembroke Mall](#) to check out prizes to be won and what the hospital has to offer.

Proceeds will support the Cutting Edge Campaign to fund the upgrading of the surgical floor and support the orthopaedic program.

### **3. Anti-Fraud Presentation for Seniors**

The [Senior's Drop-In Centre](#) is hosting an anti-fraud presentation at their facility Friday, March 2 with representatives from the Canadian Anti-Fraud Centre. Topics of discussion will include mass marketing fraud, identity theft, romance and other scams, and how to avoid them.

The presentation will be 45 minutes, include a question period, and include a free lunch.

Doors open at 11:30 a.m. Everyone is welcome. Registration is required by calling 613-735-1226.

### **4. 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.

### **5. Kinsmen Outdoor Rink Benefit**

Head to [Pig & Pint Public House](#) March 3 for the annual [Kinsmen Outdoor Rink Benefit Show](#)!

The live music event includes a variety of musicians and raises money for the maintenance of the Kinsmen Outdoor Rink. The goal is to raise the \$4,000 needed to maintain the rink.

Doors open at 3:30 p.m. Music runs from 4 p.m. to after midnight. \$10 cover.

### **6. Maple Brunch and Dessert Competition**

Join Carefor March 4 for its 4th [Annual Maple Brunch and Dessert Competition](#). Come out to Carrara Hall - Carefor Mackay Centre and judge for yourself some of the stickiest and tastiest treats in the valley created by our talented competitors!

Try creations from [Wilkie's Fresh Baked Bread](#), [The Courtyard Bistro](#), [Thai Gardens](#) and Laurie Serran.

Also be sure to check out the silent auction and live entertainment. Doors open at 10:30 a.m. and brunch is served at 11 a.m. Tickets are \$30 per person (\$15 tax receipt) and \$10 for children (12 and under).

\*only 90 tickets available\*

### **7. Bend and Brunch**

Join [White Pine Yoga](#) in Downtown Pembroke March 4 for a morning of relaxation with [Bend and Brunch](#).

Yin and Tonic yoga class with massage and essential oils through out. Followed by a healthy and delicious meal at [The Courtyard Bistro](#). Gratuity included. Tickets are \$40.

### **8. Lute Concert**

A free concert of renaissance lute music and hymns of Martin Luther and others of his time with Al Williams, from the USA, playing, will be held at St. John's Lutheran Church (357 Miller St.) on Sunday, March 4, at 3 p.m. Refreshments to follow. All are welcome and invited to attend!

### **9. Pembroke Hosts of OFSAA Boys Basketball**

The [provincial boys high school basketball championships](#) are coming to Pembroke March 5-7! Fellowes High School, Valour and Opeongo High School will host 20 schools and 40 games throughout the three days. This is the first time ever that the area will host this prestigious championship. Fellowes, as the host site, encourages the community to come out and watch the games!

### **10. First Class Film Nights**

The [Phoenix Centre for Children and Families](#) and [TIFF](#) present the third evening of four of [First Class Film Nights](#) Wednesday, March 7.

The red carpet begins at [Festival Hall](#) at 6 p.m., and the film - *The Sense of an Ending* - starts at 7 p.m. Beer, wine, popcorn, and gourmet snacks are available for purchase.

Tickets are \$20 per film..

Click [here](#) for more information, as well as where to purchase your tickets.

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