



# PEMBI'S PICKS

## A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Jan. 16, 2019

### 1. 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 business is [Pembroke Boxing Club](#). Drop in this Friday, Jan. 18 for a FREE boxing class at 6 p.m.! Space is limited, so be sure to arrive early.

### 2. National Cupcake Day Kick-off

Join [Renfrew County Animal Centre](#) as it kicks off the sweetest time of the year with a [cupcake party](#) at [Pembroke Mall](#) Saturday, Jan. 19 from 10 a.m.-3 p.m. Enjoy scrumptious cupcakes while doing something sweet for the animals in their care!

### 3. Funny In A Good Way

Head to [Festival Hall](#) this Saturday for an evening of entertainment and laughs at the second annual [Funny In A Good Way event!](#)

Enjoy guests [Canadian Military Wives Choir](#), Christian band [Gate47](#), and comedian [Leland Klassen](#).

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

### 4. Exclusively Bridal

You've said yes! Now it's time to plan your wedding at the [Exclusively Bridal](#) showcase on Jan. 20. Free admission, door prizes, fashion show by [Crazy Beautiful Dresses](#), and a draw for a five-night, all-Inclusive land stay for 2 at the wonderful Marigot Bay Resort & Marina, compliments of Brian Kendrick's Travel Only. Plus a 500 dollar travel account!

Runs from 1-3:30 p.m. at [Best Western Pembroke Inn and Conference Centre](#).

### 5. Algonquin College Speaker Series

Join Algonquin College on Monday, Jan. 21 at 7 p.m. for [Gwynne Dyer's The Populist Revolt – Its Causes and Cure](#). Tickets are \$20. Nationalism is back, and it's very angry.

Follow the first link for full detail and to buy your tickets.

### SnoSpree Winter Carnival | Jan. 30-Feb. 3

Our winter carnival presented by [K&A Xtreme Heavy Towing](#) is quickly approaching! Check out these major events, and see the [full schedule here](#).

#### 1. SnoSpree Movie Night

We're proud to [present Ralph Breaks the Internet](#), the hilarious sequel to *Wreck-it Ralph*, on the big screen at [Festival Hall Centre for the Arts](#) on Thursday, Jan. 31 at 7 p.m. Admission is free and a cash canteen will be available.

All ages are welcome and doors will open at 6 p.m.

#### 2. Downtown HockeySpree

[Downtown Pembroke](#) invites everyone to its annual street hockey tournament and festival - HockeySpree - Saturday, Feb. 2 from 12-3 p.m.

The street hockey tournament is open to people ages 7 and up - come play for the HockeySpree Cup!

For hockey fans, enjoy free activities and games, family karaoke, community exhibits, warming stations, food AND meet not only the Pembroke Lumber Kings, but Ottawa Senators alumni as well!

The 19+ crowd can head to Janna & Kerry's from 2-5 p.m. for the [Afterparty](#) with Whitewater Brewing Company!

[Click here](#) for the Facebook event, and [here](#) for tourney online registration.

An event in support of [The Phoenix Centre for Children and Families](#).

#### 3. SnoSpree Central

[SnoSpree Central](#) is the most fun place to be a kid this SnoSpree! It is our main hub of activity on SnoSpree Saturday with all the action happening inside the gym at [Algonquin College Waterfront Campus](#) from 12:30-3:30 p.m.

We have bouncy castles, inflatable obstacle courses, face painting, balloon twisting, fun giveaways, children's entertainers performing exciting shows, interactive demos, and more! The best part, it's all free! SnoSpree Central is presented this year by [Plan Group](#).

#### 4. Snowy Saturday Night

End off SnoSpree Saturday in style with a [night of fun outdoors](#) from 6-9 p.m. brought to you by [HGS Canada](#)! We will have horse-drawn sleigh rides to take you through the snow at the waterfront, hot chocolate to keep you warm, a snow sculpture building contest for all ages with some great prizes to be won, and a showing of our newest favourite winter film, [Smallfoot](#) at 7 p.m.

Limited supplies of snowshoes will be available to use as well for the evening.

#### 5. PPFA Kids' Ice Fishing Derby

The second annual [Pembroke Professional Fire Fighters Association Local 488 Kids' Ice Fishing Derby](#) is coming on Feb. 3 to the Pembroke Marina! For kids aged 15 and under, this is a great chance to get out on the river and make a big catch!

It is completely free to register, all you need to do is [fill out this form](#) and email it to [recreation@pembroke.ca](mailto:recreation@pembroke.ca)

#### 6. Polar Bear Dip

The [Polar Bear Dip](#) returns to Pembroke Feb. 3 beginning at 11 a.m.! Take the plunge into the icy waters of the Ottawa River to support the [Pembroke and Laurentian Valley Handibus](#).

Pledge forms can be found at:

-the Pembroke & Laurentian Valley Handi-Bus office (170 Ellis Avenue)

-the Parks & Recreation office (Pembroke Memorial Centre)

-Sheppard & Gervais Law Offices (290 Pembroke St. E)

There is a minimum pledge of \$40 per participant. To learn more please call 613-735-6998.

*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).*