



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Jan. 2, 2019

1. Win This Space Submission Deadline is This Week!

If you have always dreamed of opening your own business, now is your chance!

Win This Space is a City of Pembroke contest for entrepreneurs to win a commercial space in Pembroke rent-free for 6-months on a 2-year lease.

Entries are being accepted until this Friday, Jan. 4 at 4 p.m.

Enter now by [filling out the form](#) on our website with your business idea and [click here](#) for more details!

2. Fitness Friday in Downtown Pembroke

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

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

The next business is [LEAP Health Hub](#). It is offering two FREE drop-in opportunities Jan. 4.

At 9 a.m., check out their movement class and at 5:30 p.m., check out a Kung Fu class!

3. Pembroke Lumber Kings Back in Action

The [Pembroke Lumber Kings](#) are looking to start off on the right foot following a strong finish into the Christmas break.

They are back at home twice this week! Come cheer on your favourite Junior A team this [Saturday, Jan. 5](#) at 7 p.m. as they take on the Brockville Braves, AND cheer them on again [Sunday, Jan. 6](#) at 3 p.m. as they take on the Kemptville 73's.

4. Happenings at the Pembroke Public Library

Stop by the Pembroke Public Library for these upcoming events!

- [Forest of Reading Kickoff Party](#) - Jan. 5

- [Bad Art Paint Night](#) - Jan. 7

5. Bend and 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 Nook Creperie](#) during their monthly [Bend and Brunch](#).

Sunday, Jan. 6. 9 a.m.-12 p.m. \$40/person

[Click here](#) to book!

6. Join the Pembroke Community Choir

The [Pembroke Community Choir](#) welcomes new members for their spring session. They are practicing for an April concert of Stabat Mater, a composition of 20 pieces by Karl Jenkins.

No auditions.

Male voices especially welcome!

[Registration and first practice](#) 6:30 p.m. Monday, Jan. 7 at Wesley Community Church (210 Renfrew St.).

New members can try first three practices before joining.

7. Puppy Kindergarten

Sign up for this course to help your puppy (4-6 months) learn important skills such as preventing jumping up, leave it commands, stay and more.

[TailWaggers K9 Sport](#) is your host, and the workshop starts Jan. 8 and runs each Tuesday in January.

[Click here](#) for information on the small/medium breeds workshop, and [click here](#) for info on the medium/large breeds workshop.

8. Get Your Yoga On

If you're interested in yoga, check out these upcoming classes from both [AWE Yoga](#) and [White Pine Yoga!](#)

- [Kids' Traditional Yoga](#) - AWE Yoga

- [Kids' Aerial Yoga](#) - AWE Yoga

- [Mom and Baby Yoga](#) - White Pine Yoga

- [Beginners Yoga](#) - White Pine Yoga

- [Prenatal Yoga](#) - White Pine Yoga

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. Watch for FREE sponsored skates throughout the month!

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

10. SnoSpree is Coming!

Mark Jan. 30-Feb. 3 on your calendars for SnoSpree! Watch the [City's](#) social media sites in the coming weeks for full details on this awesome winter carnival.

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