



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – July 10, 2019

1. Yoga in the Park

Head to the waterfront at 6 p.m. on Wednesdays for Yoga in the Park with [White Pine Yoga](#)! Get set up in the normal spot, between the playground and the boardwalk.

As always, it's completely free to participate. White Pine will be accepting food bank donations to give back to the community this week and every week through the summer.

Yoga in the Park runs every Wednesday night at 6 p.m. at the waterfront through the summer.

2. Waterfront Live!

If you like live entertainment, then you'll love Waterfront Live! Every night at the [Riverwalk Amphitheatre](#) in [Waterfront Park](#), local musicians take the stage from 7-9 p.m. Check out the schedule for July [here](#).

3. Downtown Pembroke Kids Pop-Up Market

Join [Downtown Pembroke](#) every Friday in July and August 11 a.m.-2 p.m. as they celebrate young entrepreneurs at the [Kids Pop-Up Market](#). There will be a variety of items and services for sale, all made and sold by youth in the community. Find the market in [Shamrock Park](#), on the corner of Moffat Street and Pembroke Street West.

4. TGIF Swim

As the saying goes when Friday comes, TGIF!

And you know what's even better? [TGIF Swim](#)!

Join the City of Pembroke at [Kinsmen Pool](#) for the Friday public swim from 2-3 p.m., 3-4 p.m. and 6-7 p.m.

Kids 14 and younger swim for just \$1 July & August!

5. Don Sutherland Memorial Slo Pitch Tournament

Come out to [Stafford Ball Park](#) July 12 (evening) and July 13 (all day) and watch some great games of slo pitch and support the [Kidney Foundation of Canada](#) during the [Don Sutherland Memorial Slo Pitch Tourney](#).

In its seventh year, this tournament is again raising funds for the foundation and you can benefit too! Check out their raffles, draws, silent auction and more!

6. Let's Talk Science STEM Workshop

The [Pembroke Public Library](#) invites you to their [Let's Talk Science STEM Workshop](#) with Special Guest 'Science Sue' from Let's Talk Science!

Ages 9-13 yrs - FREE

Saturday, July 13th at 11 a.m.

Registration required. Contact the library at (613) 732-8844 ext. 2 or fineprint@pembrokelibrary.ca, or register [online](#).

7. Pembroke Community SUP Day

Calling all paddlers or interested-paddlers!

July 16 is [Pembroke Community SUP Day](#)! [AWE Yoga](#) is offering FREE stand-up paddleboard (and some yoga) sessions at [Riverside Park](#).

Seniors: 10-11 a.m.

Parent and Child: 11:30 a.m.-12:30 p.m.

Teen Power Hour: 2-3:45 p.m.

Contact [Levi Post](#) to register for this free event!

8. Tuesday Jam

There's a whole lot of fun on Tuesday nights from 7-9 p.m. at [Riverview Heights](#). It's a ceilidh just like you hear in Ireland, Cape Breton...or Pembroke!

The piano is fantastic, and this jam is friendly to all kinds of fiddle music - Quebec, Cape Breton, Scottish, Irish, Ottawa Valley and more!

It's open to the public. Refreshments and snacks provided by the wonderful hosts - the residents and staff of Riverview Heights Retirement Residence!

Riverview Heights is located at 400 Bell St.

9. Movie Night in the Park

Join us for this week's [Movie Night in the Park](#) event! Free admission. Starts at 9 p.m.. Presented by Bogie's Bar.

July 16 is Retro Night! Enjoy [Back to the Future](#)!

10. The Office Trivia Night

Mark your calendars for July 19, because the the third annual [The Office Trivia Fundraiser](#) is happening! Bears, beets, Battlestar Gallactica. Put your knowledge of *The Office* to the test!

Location: [PMC](#)/Bogie's Bar

Cost: \$5 per player

Up to 6 players per team

All ages welcome

All kinds of prizing available from our sponsors!

[Click here](#) to sign up online. Email recreation@pembroke.ca or call 613-735-6821 ext. 1501 for more info.

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