



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – July 11, 2018

1. Yoga in the Park

Join the [City of Pembroke](#) and our hosts [White Pine Yoga](#) at the Pembroke [Waterfront Park](#) every Wednesday from 6-7 p.m. now until Aug. 29 for FREE [Yoga in the Park](#). Experience your inner peace and be inspired to grow your practice while overlooking the beautiful Ottawa River. Bring your own mat and be welcomed into a peaceful community at the waterfront.

2. Waterfront Live! Runs All Summer

Waterfront Live! is back for another season this year! Music starts at 7 p.m. nightly at the [Riverwalk Amphitheatre](#). Programming runs June through August. Click [here](#) for July's lineup.

3. Rotary Park Splash & Play Program

Come to Rotary Park this summer to enjoy FREE programming!

Camp counsellors are on hand to help make crafty arts, play games, and host tons of other exciting fun for children. The splash pads offer a variety of water features designed to stimulate and challenge the imaginations of children of all ages.

Ages: 5-12

Cost: Free

Time: 10 a.m.-4 p.m.

Dates: July 3-Aug. 24

Located at [Rotary Park](#) and [Riverside Park](#).

4. Unleashed Summer Camp

Looking for a camp for the animal lover in your home? Explore the world of animals with the Renfrew County SPCA's [Unleashed Summer Kids Camp](#)! The week-long camp includes three field trips, engaging community guests, fresh air adventures, cool crafts, and hands-on learning opportunities all while providing enrichment for the adoptable animals!

Cost is \$225 pre child.

July 16-20 for kids ages 6-8

Aug. 13-17 for ages 9-12

[Click here](#) to register, or to find more information.

5. Fun at Pembroke Public Library

There's always something fun happening at Pembroke Public Library! Check out these upcoming events!

- [Escape Room](#) - July 13 and 18

- [Story Time at Hugli's Blueberry Ranch](#) - July 14

6. Stand Up Paddle Board Yoga

Join [AWE Yoga](#) every Thursday from 6-7 p.m. at [Riverside Park](#) for [stand up yoga](#) for beginners and experts! Contact AWE at 613-735-6073 or at info@aweyoga.com for registration and more information.

Runs Thursdays from July 12-Aug. 16.

7. Whitewater Streetstrut

Our neighbours, [Whitewater Region](#), are hosting their second annual [Whitewater Streetstrut](#) July 14. The event features family entertainment and music free of charge from 1-5 p.m. before transforming Main Street Cobden into a concert venue for their headliner, [Big Wreck](#). [Click here](#) for more info or to purchase tickets.

8. Health Expo in Downtown Pembroke

Join the [Reach Out and Care Missionary Movement](#) Tuesday, July 17 at [Coronation Park](#) in Downtown Pembroke for their [free health expo](#)!

Check out the Zumba, recipe demos, mindfulness workshop, kids' games, blood pressure checks and more! All from 2-4:30 p.m.

9. Movie Night in the Park

The City of Pembroke invites you to [Movie Night in the Park](#), every Tuesday at the [Riverwalk Amphitheatre](#) until Aug. 21. Free admission and the movie kicks off at 9 p.m. Presented by Bogie's Bar.

The film for July 17 is [Star Wars: The Last Jedi](#).

10. Lemonade Yoga Festival

[White Pine Yoga](#) and [The City of Pembroke](#) invite you to make your way down to the beautiful [waterfront](#) July 21 from 11 a.m.-6 p.m. for [Lemonade Yoga Festival](#)! Enjoy FREE traditional and stand up paddle board yoga, and participate in aerial yoga demos while making your way through the vendors' market.

Visit whitepineyoga.com for more information soon to come!

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