



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – July 3, 2019

1. Try Something New by Using Our Lending Hub!

Did you know you can take out a variety of sports equipment at Riverside Park for free? The County of Renfrew in partnership with the Renfrew County District Health Unit received provincial funding to help foster a [Sports Equipment Lending Hub](#) throughout the County of Renfrew.

The City of Pembroke is pleased to offer this initiative at [Riverside Park](#) - available seven days a week from 8 a.m.-10 p.m.

Enjoy everything from basketballs to kayaks to birds and tree identification booklets!

2. Operation Well-Being Drop-In Open House

Stop by July 3, 4, and 5 from 2-4 p.m. to have a quick tour of the facility and learn what [Operation Well-Being](#) has to offer you! Operation Well-Being provides an integrated program of medical support, psychosocial services, and practical life skills using a team approach to help veterans transition to civilian life.

Find them behind Wendy's/Tim Horton's in the HGS building.

3. Summer Fun at the Library

The [Pembroke Public Library](#) has a full slate of activities for you to enjoy this summer!

This week, check out:

- [Messy Play Thursdays](#), July 4
- [Science Lab](#), July 4
- [Spa Night](#), July 4
- [TD Summer Reading Club Kickoff Party](#), July 6
- [Teen Fitness, Activities, and Games](#), July 8

4. Cruise Night

[Wheels of the Valley](#) (a forum for hot rod and classic car owners) invites you to their biweekly cruise night

Thursday, July 4 from 5-7 p.m. at [Harvey's](#) in Pembroke.

Come out and network while enjoying the cars!

5. Anniversary Barbecue

Come out Friday, July 5 from 12-2 p.m. as [Perri-Rae Boell & Associates celebrates its 1st anniversary!](#) They are having a barbecue to mark the special day. Please come and say hi, have some lunch and meet the team! All donations received will go [The Robbie Dean Family Counselling Centre](#).

6. Support the Children's Wish Foundation

Head out to these two events this Saturday and support the Children's Wish Foundation!

- [Summer Open House](#) at [Blendz Smoothie Shop & Healthy Eatery](#) | 10 a.m.-2 p.m.
- [Children's Wish Foundation Fundraiser](#) at [The Pub House by Milano](#) | 8 p.m.

7. Guest Appreciation Day

[East Side Mario's](#) is celebrating 22 years of serving the city of Pembroke and surrounding area! To [celebrate](#), they are giving every table that comes in Monday, July 8 a FREE order of their Budda Boomers!

Open 11 a.m.-11 p.m.

8. 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.

Our July 9 film is [Mary Poppins Returns](#).

9. 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.

10. Join us for the Upper Ottawa River Race and Paddle Festival

Get out on the water and have fun on the Ottawa River by registering for the fifth annual [Upper Ottawa River Race and Paddle Festival!](#) This event, co-hosted by Pembroke and Petawawa, includes races for all kinds of paddlers, as well as a kayak fishing derby, heritage paddle, fundraising paddle, live entertainment, local food and more! Join us Aug. 9-11 for all the fun!

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