



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – July 31, 2019

1. The Sound of Pembroke Spotify Playlist

Enjoy this long weekend while listening to music that reflects the people, the spirit and the pride of Pembroke and the surrounding area on the City of Pembroke's very own [Spotify](#) playlist, The Sound of Pembroke!

Search "[The Sound of Pembroke](#)" on Spotify to listen to the 22-song playlist.

2. Fitness Fun in Pembroke

Looking to get active this summer? Check out these great options in Pembroke.

- [Yoga in the Park](#) | Wednesdays until the end of August | Free

- [TGIF Swim](#) | Fridays in July & August

- [Lending Hub](#) | Located at [Riverside Park](#)

3. Youth Mural Mosaic Building

The [Ottawa Valley Creative Arts Open Studio](#) is creating a mural mosaic that will be built by youth in the community.

All young people ages 14-29 are welcome! There will be snacks!

Join them at [Studio Dreamshare](#) (18 Pembroke St. W.) any day July 31-Aug. 3 from 10 a.m.-4 p.m.

4. 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.

5. Crickets K9 Splashdown

Cricket's Canine Country Club & [Canine Watersports Canada](#) are teaming up to host a [fantastic weekend of fun](#) for you & your canine companion Aug. 3 & 4. They will be offering LOTS of dog sport activities for you & your dog. Check out demos for rally, agility & tricks, as well as try-it's for them. Bbring your dog, your family, your lawn chairs – and stay for the day!

6. Library Activities

Check out the fun happening at the Pembroke Public Library this week!

- [Story Time at the Champlain Trail Museum](#) | Aug. 3

- [Yoga with Emily](#) | Every Tuesday in August

7. 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 Aug. 6 film is [Incredibles 2](#).

8. Algonquin College Discovery Evening

Join Algonquin College on Wednesday, August 7 starting at 6:30 p.m. in Room 124, First Floor, for an information session to learn more about its open full-time programs starting this September, support services, the application process, and financial supports. Start your journey with the college this September! [Register online](#), and find more event information as well.

9. Register TODAY 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!

10. Community Paddle Day

Join the [City of Pembroke](#) and [AWE Yoga](#) on August 13 for [three FREE Stand Up Paddle Board Yoga sessions](#) at Riverside Park Beach!

Schedule of events:

10-11 a.m.: Senior's Stand Up Paddle

11:30 a.m.-12:30 p.m.: Parent and Child SUP Skills & Yoga

2-3:45 p.m.: Teen Power Hour SUP Skills & Yoga

To register or for more info please email [Levi Post](#), call 613-735-6821 ext.1501 or message The City of Pembroke on [Facebook](#).

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