



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – June 13, 2018

1. New Parent Aerial Yoga

That first year of parenthood is exhausting! It can be hard to get out for some me-time...so [bring your baby to yoga](#) at [AWE Yoga](#), June 14 at 9:30 a.m.

Parents can bring their baby (aged 1 and under) with an exersaucer, bumby or bouncy seat - something to keep them safe as the studio isn't baby proofed:)

Parents will get a much needed stretch, take some deep breaths & relax in the aerial cocoon.

2. Downtown Shop Hop - Summer's Coming Edition

Head to [Downtown Pembroke](#) Thursday, Jun 12 from 4-8 p.m. and enjoy exclusives at participating businesses during [Downtown Shop Hop](#)!

More than 20 retailers and several restaurants will be offering product launches, sales, promos, contests, giveaways and more! A great way to spend an evening with friends, and to pick up a Father's Day gift.

3. Ostomy Support Group Barbecue

Support people with an [ostomy](#) Friday, June 15 at the Renfrew County Ostomy Support Group barbecue! Head to [Giant Tiger](#) from 10 a.m.-2 p.m. to grab your lunch and support the cause.

4. Ice Cream Social

Join the [City of Pembroke](#) and the [Senior Citizen's Drop-In Centre](#) at the centre this Friday, June 15 at 1:30 p.m. for an [ice cream social](#) with entertainment provided by [Abbey Lane DJ](#) playing songs from the '50s, '60s and '70s with a video presentation to bring back memories.

Feel free to wear your poodle skirt and put on your dancing shoes for a fun filled afternoon!

5. Jumpstart Barbecue and Car Wash

Join [Canadian Tire Pembroke](#) for their annual [Jumpstart BBQ](#) from 11 a.m.-2 p.m. on Saturday, June 16. While you are enjoying lunch you can get your car washed by [Poseidon Cleaning Services](#) from 10 a.m.-3 p.m.. Fun and games for kids and adults provided by [Ry-J's Climbing Adventures](#)!

6. Waterfront Live! Returns June 16

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 June's lineup.

7. Celebrate Dad this Father's Day Weekend

Spend some time with dad in the City of Pembroke while you celebrate him this Father's Day. Shop for the perfect gift in [Downtown Pembroke](#) (and enjoy free parking this Friday and Saturday!), or at [Pembroke Mall](#) or the [West End Mall](#). Stop in at the [Farmers' Market](#) on Saturday to get some great food for a meal; check out a [local restaurant](#) for a special dinner; enjoy some quality time at the [waterfront](#); or take in a movie at [Algonquin Cinemas](#) or the [Skylight Drive-In](#). There is so much to do!

8. Get Ready to Relay

The Canadian Cancer Society [Relay For Life](#) is a nationwide event that brings communities together to celebrate survivors, honour those we've lost and commit to raising funds to fight all types of cancer. This year's [Renfrew County event](#) will be Friday, June 22 at the [Pembroke Memorial Centre](#). Join in the fun!

9. Canada Day in Pembroke

Mark the Canada Day weekend on your calendar for tons of fun in and around the city!

We've got [Gord Bamford](#) at the PMC June 29, an outdoor showing of Black Panther at the waterfront on June 30, and a full day of activities at the waterfront and downtown on July 1. Finish it all off with an amazing fireworks display!

10. 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.

Lending Hub Sports Equipment:

Adventure Packs (birds & tree identification booklets, magnifying glass, binoculars, flashlight, note pad & first aid kit)

Baseball Bats

Baseballs & Tee Balls

Batting Tee

Baseball Gloves

Basketballs

Bicycles (Adult & Children)

Fishing Rods (tackle not included)

Football

Kayaks

Nordic Walking Poles

Stand Up Paddle Boards

Soccer Ball

Volley Ball

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