



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – March 27, 2019

1. A World of Neighbours Diversity Event

The [Pembroke Public Library](#) presents "[A World of Neighbours](#)", a human library program Thursday, March 28 at 2 p.m.

Join in for an afternoon of culture, traditions, and discovery!

2. An Evening with Claire Smith

The Women's Initiative Network of Renfrew County invites you to Algonquin College (rooms 429-430) March 28 at 7 p.m. for [an evening with Claire Smith](#), former Olympian equestrian rider.

She will share stories about the arduous journey of healing she was forced to take after sustaining a severe traumatic brain injury, and recount how her life has evolved into something completely unexpected.

Doors open at 6:30 p.m. for meet 'n greet. Drinks, dessert and fruit will be provided at the meeting. Some books will be available for purchase.

3. Fitness Friday in Downtown Pembroke

[Downtown Pembroke](#) invites you to check out its new initiative: [Fitness Friday!](#)

Every second Friday, downtown businesses will showcase a different health or wellness service available.

The next business is [Rowan's Pharmasave](#) which is running a variety of health specials Friday, March 29 from 1-4 p.m.

4. Paso Doble

[Grey Gables Inn](#) invites you to to [Paso Doble](#): an evening of Spanish indulgence March 30. Join them for this one-of-a-kind event that features:

- Authentic tapas, paella, and churros
- Wine with dinner
- Dancing
- Door prizes and silent auction

Tickets are \$65+hst/ person

A portion of the proceeds will benefit [Renfrew County Child Poverty Action Network \(CPAN\)](#)

Contact them at 613-635-7011 to grab your tickets!

5. The Liverpool 4 at Festival Hall

Enjoy an evening of Beatlemania at [Festival Hall](#) March 30 as the [Liverpool 4 take the stage](#) and bring you back to the '60s. Special guest, and local singing celebrity, Sierra Levesque will open things up for this 7:30 p.m. show.

An evening not to be missed. [Click here](#) to buy your tickets!

6. Spring Business and Leadership Conference

In response to Renfrew County's growing need for local, affordable, and quality professional development opportunities, Algonquin College and Renfrew County Community Futures Development Corporation, are partnering to present this conference opportunity again this year on Thursday, May 23 at the Pembroke Waterfront Campus.

Early bird registration fee (**until March 31**): \$210 + tax – (includes choice of three workshops from five topics, two keynote addresses, a refreshment break, lunch, networking opportunities, post-conference social). [Click here](#) for all of the details and for registration.

7. Free Film: Gender Revolution

[Pflag Renfrew County](#) presents a special screening and discussion of [Gender Revolution](#), a National Geographic film hosted by Katie Couric. Come and learn what it means to be transgender and how to create safe, inclusive spaces. Start time is 2 p.m. at Calvin United Church (276 Church St.) in Pembroke.

8. Easy Vegan Cooking Class

In this [one-hour class](#) at [Blendz Smoothie Shop & Healthy Eatery](#) April 2, the group will be making quick, easy, vegan Greek food using epicure spices and mixes. Class taught by Dale with [Epic Cooking with Dale](#).

Only 10 spots available. \$10/person payable the night of the event

Contact Blendz at 613-735-4649 for more information.

9. Speaker Series

Join Algonquin College Wednesday, April 3 at 7 p.m. as author [David Shoalts](#) of the Globe and Mail sits down to discuss his book [Hockey Fight in Canada: How the CBC Lost Control of its Most Iconic Television Program](#) during the next installment of their [Speaker Series](#).

Tickets are \$16 in advance or \$20 at the door. [Click here](#) to buy your tickets.

10. Game of Thrones 50/50 Trivia Fundraiser

Valar Morghulis. [The City of Pembroke](#) trivia is back with a great new location and an exciting theme. Join us at Bogie's Bar at the [PMC](#) Saturday, April 13 for a night of [Game of Thrones trivia](#). It's \$5 per person for teams up to 6 people. Trivia starts at 7 p.m.

It's 50/50 trivia again, so we will give the winning team 50% of the total funds and 50% will be distributed to local charitable organizations.

A cash bar is available with alcoholic beverages, pizza, pop, and water.

[Click here](#) to register.

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