



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – May 1, 2019

1. Pembroke Comedy Jam Tickets On Sale Now!

Tickets are now on sale for [Pembroke Comedy Jam](#) presented by [Lapointe Chrysler](#)! Get your tickets online [here](#) - they're just \$20! You can also purchase tickets at the Parks & Recreation office inside the PMC or by phone at 613-735-6821 ext. 1501.

Pembroke Comedy Jam runs Thursday, June 27, and features a rip-roaring night of entertainment headlined by one of Canada's premier comics, Mr. D creator and star [Gerry Dee](#).

The evening will also feature some other hilarious comics, including [Chris Robinson](#), [Aisha Brown](#), and [Preeti Torul](#). The night will be rounded out with music from two local bands making their long-anticipated returns to the stage: [Aviation](#) and [Daydreams for Dollars](#).

2. Kids Grub Club

One of Downtown Pembroke's newest businesses, [Delta Niner Nutrition](#), invites you to their children's nutrition club: [Kids Grub Club](#).

Aimed at 7- to 10-year-olds, the club will have weekly themes, beginning with kitchen safety, preventing accidents and spills and ending with a celebratory meal prepared by the kids to bring a guest of their choice!

The club runs Thursdays from 6-7 p.m. and kicks off May 2!

Cost: 45\$/child includes a club shirt, lesson package, and snacks!

Sibling discounts are available.

3. 21st Annual Carefor Charity Auction

Join [Carefor](#) Saturday, May 4 at the [Best Western Pembroke](#) for an exciting evening in support of their Life Enrichment Fund.

The [Charity Auction](#) includes cocktails, dinner and a live auction! Tickets are \$45.

[Contact Terina Bell](#) to reserve yours!

4. Journey to the Heart

Head to [Festival Hall](#) Saturday, May 4 and relive the hits of Journey and Heart. Two great tribute bands on one stage singing all their hits and all your favourites.

[Click here](#) to buy your tickets online.

5. Yoga With Breakfast

If you love yoga and breakfast, here are two great events for you this weekend!

- [Eggs Bend-Addict](#) with [AWE Yoga](#) and [Janna & Kerry's](#) - May 4

- [Bend and Brunch](#) with [White Pine Yoga](#) and [The Nook Creperie](#) - May 5

6. Mother's Day Floral Tea Party

Treat mom to a [morning tea party](#) Sunday, May 5!

Create a teacup or mug floral arrangement and partake in high tea.

Cost: \$45+tax per person

Location: [Blendz Smoothie Shop & Healthy Eatery](#)

Includes one floral creation in a teacup or mug from [Chahna Fai & Church Street Flowers](#) and treats, snacks and beverages from Blendz.

Please sign up in store at Chahna Fai & Church Street Flowers (205 Church St.) or by e-transfer to chahnafai@gmail.com.

7. The Happiness Advantage

The [Renfrew County Parenting Network](#), in partnership with [Renfrew County District School Board](#), invite you to a keynote address for [Mental Health Week](#).

Join them Monday, May 6 at 6 p.m. at [Fellowes High School](#) to hear from [Devin Hughes](#) as he discusses [The Happiness Advantage](#).

[Click here](#) to register for this free event!

8. Pembroke Pride Book Club

Did you know there is a [Pembroke Pride Book Club](#)?

Running at the [Pembroke Public Library](#), it's a free, fun and friendly book club for anyone interested in exploring books with LGBTQ themes and/or written by LGBTQ authors. Books will be announced 1- 2 months in advance and will be available on loan from the library. New members always welcome!

The next meeting is Tuesday, May 7 at 6 p.m.

9. Downtown Connect: Your Community Expo

[Downtown Pembroke](#) invites to to their fifth annual community expo, [Downtown Connect](#)!

Running Friday, May 10 and Saturday, May 11 at the [Pembroke Memorial Centre](#), this event is filled with exhibitors, games, crafts, demonstrations, live music, food and fun! There is even a chance to win a stay-cation prize package worth more than \$500!

Admission is FREE.

Vendor spots are still available. [Contact](#) Downtown Pembroke for more info.

10. Big Spring Cleanup: Pembroke Clothing Drive

It's that time of year again...time to clean out those closets and purge your unwanted clothing and shoes of all sizes! [Big Brothers Big Sisters of Renfrew County](#) has partnered again with [Pembroke Honda](#) and [Pembroke Mall](#) to bring the public, "[The Big Spring Clean Up](#)" clothing drive!

This fundraising initiative runs Saturday, May 11 from 11 a.m.-3 p.m. at Pembroke Mall, near Mark's Work Warehouse. The goal is to fill the donated Pembroke Honda vehicle with garbage bags of gently used clothing/shoes of ALL SIZES.

Can't make it out on the day of the event? [Contact](#) Erin to coordinate another time to drop off your bags.

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