



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – May 23, 2018 *A two-week edition of Pembi's Picks

1. Great North Wrestling Show

Great North Wrestling [returns to Pembroke](#) Friday, May 25 with an action-packed show featuring WWE Hall of Famer "Mr. USA" Tony Atlas, three-time WWE Tag Team Champion "Quebecer" Pierre Carl Ouellet, three-time Canadian Champion HANNIBAL "The Death Dealer", plus many more!

The show starts at 7:30 p.m. at the [Pembroke Memorial Centre](#).

Tickets available at the door, or at the PMC Parks & Recreation Office.

2. Summer Cruise Night

[Wheels of the Valley](#) invites you to come to their [Pembroke Cruise Night](#) to check out some classic cars and enjoy some food.

The next night is Thursday, May 31 at 6 p.m. - and it runs every second Thursday until Sept. 6. Join them at [Harvey's](#) in Pembroke!

3. Giant Book Sale

The [Pembroke Public Library](#) invites you to their [Giant Book/Yard Sale](#) Saturday, June 2 from 9 a.m.-2:30 p.m.

4. Art Adventurers' Book Club

Calling all juniors and teens (9-16)! Join the [Pembroke Public Library](#) once a month to meet, create and chat about books.

The next meeting of the [Art Adventurers' Book Club](#) is Saturday, June 2 at 2:30 p.m.

5. Canadian Trivia for the Food Bank

Join the [City of Pembroke](#) for our second annual [Canada Day kickoff trivia night!](#) Gather your teams of anywhere from 1 to 6 players as we gather at [Lasso Live](#) on June 4 at 7 p.m. Admission is free with a non-perishable food donation to the food bank.

Trivia will focus on all things Canadian, history, sports, geography, music, movies, TV, culture, and everything in between! From Bob & Doug to Wilfred Laurier to Céline Dion, we'll cover it all.

To register your team, contact Elijah at 613-735-6821 ext. 1502 or email emckeown@pembroke.ca.

6. Pembroke Torch Run Returns June 5

Be sure to head out to Pembroke Street West Tuesday, June 5 for the annual [Law Enforcement Torch Run!](#)

Held by Ontario Law Enforcement and [Special Olympics Ontario](#), this event will start at City Hall at 9:40 a.m. and continue through downtown Pembroke to Riverside Park. The funds raised through pledges will be used to fund year round sport training and competition for children and adults with an intellectual disability. The local Pembroke and Area Special Olympics program supports approximately 85 athletes to participate in sporting activities and events year round. Local support of the program is greatly appreciated.

7. Farmers' Market Season has Started!

Do you love fresh, locally-grown and locally-produced food and goods? Then be sure to check out the [Pembroke Farmers' Market](#) at its downtown Pembroke location (corner of Lake and Victoria streets) every Wednesday and Saturday from 8:30 a.m.-1 p.m.

8. Silver Chain Challenge

June is a great month to get out and be active, and the [County of Renfrew](#) and the [Ottawa Valley Cycling and Active Transportation Alliance](#) invite you to get involved with the [Silver Chain Challenge!](#)

This friendly competition with [Lanark County](#) invites residents to compete for the highest number of kilometres biked or walked throughout the month of June.

[Register online](#), track your kilometres and join in the fun!

9. Play Rugby this Summer

The [Petawawa-Pembroke & Valley Rugby Football Club](#) is preparing to begin their 2018 season and they are always looking for new players to join the club.

If you're interested in playing rugby or just learning the game, they invite you to come practice with them Tuesdays and Thursdays, 6-8 p.m., at [Bishop Smith High School](#) in Pembroke.

The club is currently registered for senior men's and potentially some women's exhibition games if they have the interest and sufficient players. They hope to see you on the pitch!

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 Pembi's Picks? Send it to us by emailing tourism@pembroke.ca.