



## PEMBI'S PICKS

**A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Oct. 24, 2018**

### **1. Veteran's Voices - The Art of Healing**

Purvis Gallery and Framing invites you to their newest art exhibition, [Veteran's Voices - The Art of Healing](#).

This exhibition includes work that is experimental, directed, revealing, conceptual and concrete. Every piece here has its own story, its own time and place and reflects a personal part of the artist's life.

Here is a collection of art produced by 12 veterans, some of whom would never have considered themselves artists, and others whose artistic talents have been reawakened in the process.

Runs Oct. 24-Nov. 3 at [Purvis Gallery and Framing](#) (86 Pembroke St. W.).

### **2. Purple Ribbon Paint Nite**

[Family and Children's Services of Renfrew County](#) invites you to Janna and Kerry's Over Easy Bar and Grill Oct. 25 for a [Paint Nite](#) in support of their Purple Ribbon Campaign.

Cost is \$25, and you have the choice of two paintings. [Click here](#) to buy your ticket.

### **3. Fitness Friday in Downtown Pembroke**

[Downtown Pembroke](#) is kicking off a new initiative this week: [Fitness Friday!](#)

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

Things kick off Oct. 26 at [AWE Yoga](#) with two sessions of a 40-minute cat stretch/cat nap in the aerial silks. Cost is \$15, with all proceeds going directly to the Canadian Cancer Society for breast cancer awareness month.

Session 1: 12:10-12:50 p.m.

Session 2: 1:10-1:50 p.m.

[Contact AWE](#) to book your spot!

### **4. Zombie Thrill Run**

Get ghoulish Saturday, Oct. 27 during the annual Zombie Thrill Run!

Held in Downtown Pembroke at the waterfront, this family-fun run will support the [Robbie Dean Counselling Centre](#). Events include a 2-km family run, a 5-km run and a 10-km run.

[Click here](#) for more information, [and here](#) to register!

### **5. Pumpkin Treats in Downtown Pembroke**

Trick-or-treat your way through [Downtown Pembroke](#) this Saturday, Oct. 27 during their [Pumpkin Treats event!](#)

Visit participating businesses (marked with black and orange balloons) to enjoy some treats for Halloween.

Also enjoy free pumpkin painting inside Giant Tiger at GT Meets from 10 a.m.-1 p.m.

### **6. Pembroke Fire Hall Open House**

The [City of Pembroke](#) Fire Department has officially moved into its new home! Come out to the new fire hall this Saturday, Oct. 27 from 1-4 p.m. and tour through this beautiful new facility during the [open house](#).

The fire hall is located at 200 International Dr., at the corner of Upper Valley and International drives.

### **7. Night at the Museum**

The [Champlain Trail Museum and Pioneer Village](#) invites you to their [Night at the Museum](#) event Saturday, Oct. 27!

From 6-10 p.m., kids aged 5-12 are invited to enjoy games, pizza, popcorn and a movie inside the museum! This year's movie is A Nightmare Before Christmas.

Cost is \$20/child. Pre-register by calling 613-735-0517 or [emailing](#) the museum.

### **8. Halloween with the Pembroke Public Library**

Join the Pembroke Public Library for two Halloween events this week!

- [Halloween Party](#) - 2 p.m. Oct. 27

- [Story Time at the Giggling Goats](#) - 5 p.m. Oct. 29

*Have information you'd like to see shared in Pembri's Picks? Send it to us by emailing [tourism@pembroke.ca](mailto:tourism@pembroke.ca).*