



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Sept. 26, 2018

1. Dr. Kim Armstrong Turkey Trot

This Saturday, Sept. 29 marks the return of the [Turkey Trot](#) to Downtown Pembroke! Come out and enjoy a 5- or 10-kilometre run, the family obstacle course, silent auction and more! All in support of the [Pembroke Regional Hospital Foundation](#).

2. Celebrate One Year with The Giggling Goats

[The Giggling Goats](#) Retro Sweets and Treats is [celebrating its first anniversary](#) Saturday, Sept. 29! Join them at their Downtown Pembroke location (across from National Bank) from 10 a.m.-6 p.m. for \$1 hotdogs and \$1 regular ice cream cones. Try out the jukebox while you're there!

3. Fall Craft and Vendor Show

Head to the [Knights of Columbus](#) Hall this Sunday, Sept. 30 from 10 a.m.-4 p.m. for the [Pumpkin Spice and Everything Nice Fall Craft and Vendor Show!](#)

Check out the 50+ crafters and vendors, live entertainment and food trucks. Don't forget to bring your donation for the food bank.

4. 50/50 Trivia Night - Purple Ribbon Campaign Kickoff

[The City of Pembroke](#) invites you to an [evening of general trivia](#) Monday, Oct. 1 at 7 p.m. at [Lasso Live!](#) Admission is \$5/person with the winning team taking home 50% of the pot! The other 50% will go into a fund to be donated to local charities.

In partnership with [Family and Children's Services of Renfrew County](#), this night will also be the kickoff of their 2018 [Purple Ribbon Campaign](#). Come check that out as well!

To register, email recreation@pembroke.ca or call 613-735-6821 ext. 1502.

5. New Drawing and Sketching Social Club

If you like to draw (beginner or pro), come out to the new [Drawing and Sketching Social Club](#) hosted at [Janna and Kerry's Over Easy Bar and Grill](#) Monday evenings.

Join Kerry Fortin and Mike Mirault, bring in your pencils and sketch pads and enjoy art and good company. Runs from 7-8 p.m. every Monday evening, for people 16+.

No charge - just grab a drink or a snack!

6. Tai Chi Open House

Tai Chi is a Chinese martial art form that promotes brain health, movement, memory and relaxation. Join Sifu Janna Clarke for her [open house and class trial](#) Wednesday, Oct. 3 from 6:30-8 p.m. Find her inside [LEAP Health Hub](#) at 23 Pembroke St. W. in Downtown Pembroke.

7. Her Network October Meeting

Are you an ambitious business woman looking for networking opportunities? Check out the [Her Network](#) at their upcoming [October meeting](#).

This Oct. 3 meeting will feature a presentation on connecting with nature and yoga.

8. Fall Open House

Join [Algonquin College Waterfront Campus](#) Thursday, Oct. 4 from 9 a.m.-12 p.m. for their [fall open house](#). Learn about their programs, meet current students and find out more about supports for students.

9. Small Business Access Seminar

[The Upper Ottawa Valley Chamber of Commerce](#) invites you to join them Thursday, Oct. 4 to [learn about Small Business Access](#) and the programs and resources available to help Ontario small businesses. Hear from guest speaker Jason Chang of the Ontario Chamber of Commerce.

Runs from 5:30-8 p.m. at [Pembroke City Hall](#). Free for Chamber members and \$10 for non members. [Click here](#) to register!

10. Public Skating at the Pembroke Memorial Centre

Enjoy time on the ice with your family and friends at the [Pembroke Memorial Centre](#) during public skating hours this fall. Public skating runs Mondays, Wednesdays, Fridays and Sundays.

[Click here](#) for the October schedule.

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