



PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Sept. 4, 2019

1. Breathe & Be Yoga

Breathe & Be Yoga with Kimberly & Paul Mayfield is back in September on Wednesday nights at 6 p.m. in the [Pembroke Public Library](#)'s boardroom! Gentle yoga classes with chair options available. Drop in; everyone welcome!

2. Downtown Pembroke Patio Party and Shop Hop

[The City of Pembroke](#) and [Downtown Pembroke](#) invite you to the [Downtown Pembroke Patio Party and Shop Hop](#) Thursday, Sept. 5 from 4-8 p.m.!

Tour through the shops and restaurants downtown taking advantage of Shop Hop exclusives at participating businesses. Then grab a seat and enjoy live music at five different "patios" downtown for the Patio Party. There is something for everyone right through from 4-8 p.m.!

3. Giant Garage Sale

Join the [Pembroke 50+ Active Living Centre](#) Sept. 6 and 7 from their [Giant Garage Sale](#).

Two days of bargains! *Please note, Victoria Street is under construction so follow directional signs to access the event in Victoria Hall.

4. Live Entertainment

Looking for some live entertainment this week? Check out these options!

- [Open Mic Jam Night](#) | [Janna & Kerry's Over Easy Bar & Grill](#) | Every Wednesday at 7 p.m.
- [Open Mic Night](#) | [The Nelson Street Pub](#) | Every Wednesday at 7 p.m.
- [Sirsy and Restless Soul](#) | [Lasso Live](#) | Sept. 6
- [First We Feast](#) | [The Nelson Street Pub](#) | Sept. 6
- [Sandi Sky](#) | [Lasso Live](#) | Sept. 7
- [Tony Lee Hypnotist](#) | [The Nelson Street Pub](#) | Sept. 7

5. Pembroke Outdoor Sports Club Open House

[Pembroke Outdoor Sports Club](#) is holding its [Annual Open House](#) Saturday, Sept. 7 from 9 a.m.-4 p.m.

Come check out what the club has to offer for shooting sports in your community.

Also enjoy the barbecue, silent auction, raffle and more.

The ranges will be open with Range Operators present. They will have some variants of firearms provided to use.

6. Rumble in the Valley

Come out Sept. 7 and enjoy a night of competitive boxing, craft beers, great food, live music, draws and prizes and help support injured and disabled veterans.

[Rumble in the Valley 2](#) is hosted by [Pembroke Boxing Club](#) at the [Petawawa Civic Centre](#). It starts at 6 p.m. and tickets are \$17 in advance (at the club) or \$20 at the door.

Support local athletes and watch Renfrew County's only combat sports event!

7. Inspired Wedding Show

All couples getting married are invited to the [Inspired Wedding Show](#) Sunday, Sept. 8 from 11 a.m.-3 p.m. at the [Clarion Hotel](#).

The show will host several local wedding professionals, ranging from expert consultants and photographers to decor and cake designers, providing engaged couples with all the essential planning tools in one place.

About the Show:

- Consultations with Lead Wedding Professionals
- Live Entertainment
- Hair & Makeup Trials
- Photo Booths for you and your friends
- Cake & Sweet Tastings
- Amazing Contests
- Show Specials & Discounts from vendors

8. Roast Beef Dinner

Enjoy the annual [Roast Beef Dinner](#) on Sunday, Sept. 8 from 4-6 p.m. at [Holy Trinity Anglican Church](#) (68 Renfrew St.). Roast Beef and gravy, mashed potatoes, vegetables, coleslaw, rolls, tea/coffee and homemade pie for dessert. Adults \$16. Elevator available.

9. Choir Registration

The [Pembroke Community Choir](#) is getting ready to practice for their two Christmas concerts. They are presenting "Christmas Through the Eyes of a Child": beautiful carols and songs and a special feature performance with the Renfrew Children's/Youth Chorus directed by Jessica Belanger.

[Registrations nights](#) are at 6:30 p.m. Sept. 9, 16 and 23 followed by practice at 7 p.m. New members can try the first three practices before they decide to join.

Join them at Wesley Community Church (210 Renfrew St.). For more information, call Joan Boucher at 819-689-5224.

10. Parents' Workshop: Talking to Your Kids About Sexual Health

The [Women's Sexual Assault Centre of Renfrew County](#) will be giving a [presentation for parents](#) regarding talking to your children about their bodies and sexual health. This presentation will take place at the [Pembroke Public Library](#) on Tuesday, Sept. 10 at 6 p.m. Light refreshments will be provided. For more information, please contact Erin or Erika at the Women's Sexual Assault Centre at 613-735-5551.

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