



## PEMBI'S PICKS

### **A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke**

Pembroke and Renfrew County remains a Green Zone as we finish off February this weekend. Enjoy these picks from Pembie on what to look ahead to this week as our community remains vigilant in the fight against COVID-19.

#### **1. Make the most of this week's snowfall and go sliding**

Winter saved the best for late February in the Ottawa Valley, dumping us with massive amounts of snow throughout the week.

Now that it's behind us, why not have some winter fun? Visit our sliding hill, located behind Carefor Mackay Centre at 700 Mackay Street. Relive childhood memories or create new family memories in the heart of the Ottawa Valley.

#### **2. Borrow a pair of snowshoes and hit the trails**

Another great way to take advantage of all the snow this week is on a pair of snowshoes! The City's snowshoes lending program allows you to borrow a pair for free for up to a week. To borrow a pair, call 613-735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca).

Proper sanitization and curbside pickup and drop off protocols will be followed. From there, explore one of Pembroke's outdoor areas like the Waterfront Park, Pansy Patch Park, or Riverside Park, or head to Laurentian Valley, where you can explore their snowshoeing trail next to their skating trail. Registration is required for the Laurentian Valley trails as space is limited, and [can be done here](#).

#### **3. Register for our Service Concierge Business Finance Workshops**

Join the City of Pembroke, Town of Petawawa and Township of Laurentian Valley virtually every Wednesday in March from 7:00-8:00 p.m. for business finance

workshops. Each week is a different topic to help you run or start your business from a financial perspective.

For our first workshop this Wednesday, March 3, we will discuss grant writing, what types of things you should have ready to apply for a grant, where to look for grants, and have a Q&A. Registration is \$10 and includes a delivered to your door swag bag and a treat from a local business thanks to [Valley Eats](#).

To register for the March 3 workshop, [click here](#).

To see a full listing of all workshops this March, [click here](#).

#### **4. Get active with a range of programs through the Parks and Recreation department**

The Parks and Recreation department has several programs restarted to help you stay active this winter.

[Public Skating](#): Monday & Fridays from 10:00-11:00 a.m. for adults/seniors and 11:00 a.m.-12:00 p.m. for families. See more info including the full [March schedule here](#).

[Chair Yoga](#): Free Chair Yoga will be available at the PMC on Tuesdays for the month of March. [AWE Yoga](#) will be running this seated gentle yoga for all! Chair Yoga will take place between 10:00-11:00 a.m. on the arena floor with COVID-19 safety measures put into place. See the [full info here](#).

[Walking at the PMC](#): Looking for a spot to get some exercise in this winter? Indoor walking is available at the PMC from 8:00 a.m.-2:00 p.m. Monday-Friday and 4:30-8:30 p.m. Monday-Thursday. [Find more info here](#).

To register for any of the programs above, call the Parks and Recreation department at 613-735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca).

[Kinsmen Pool Programs](#): The Kinsmen Pool has reopened and a number of programs are now available for you to make a splash this winter.

All swims & programs require pre-registration. Spaces are limited! Call the Kinsmen Pool at 613-735-6821 ext. 1506. All Renfrew County District Health Unit guidelines will be in place including, but not limited to, patron & staff screening on site, social distancing between lanes, extra sanitization and no access to lockers and showers.

[See full info on the pool's programs currently offered here](#).

#### **5. Register for the upcoming presentation on pandemic economic recovery**

For businesses interested in pandemic economic recovery, the [Upper Ottawa Valley Chamber of Commerce](#) and [Algonquin College Waterfront Campus](#) are hosting a free virtual presentation with Canadian Chamber of Commerce Chief Economist Trevin Stratton on Tuesday, March 9 at 9:00 a.m.

Dr. Stratton is an award-winning business economist, specializing in global and technological change. He will speak on the economic impact that COVID-19 has had on rural areas and what the future might look like from an economic perspective.

Register or find our more info [by clicking here](#).

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

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