



# 101 Things To Do in the Valley

NOVEMBER-DECEMBER ISSUE

Subscribe for FREE to this list and get it every two months: [101things@travelourbackyard.com](mailto:101things@travelourbackyard.com)

## ALL SEASON

### NUMBER 1

#### Frozen Meals

Locally made frozen meals are available from Griffith Farm & Market. 24 meal choices from beef stew and cabbage rolls to soups and roast pork. Made with real ingredients and no fillers. Fully cooked and easy to reheat in the microwave or oven. Phone: 613-401-6956 [www.griffithfarm.ca](http://www.griffithfarm.ca)

### NUMBER 2

#### MPP Yakabuski

As your Member of Provincial Parliament (MPP), I'm here to assist you in matters concerning the provincial government. If I can be of assistance with something you need addressed, please call or drop into my office at 84 Isabella Street, Pembroke. Phone: 613-735-6627 [john.yakabuski@pc.ola.org](mailto:john.yakabuski@pc.ola.org)

### NUMBER 3

#### Cross Country Skiing

Join the Pembroke & Area Cross Country Ski Club this winter. \$80 per person with reduced rates for teens and youth. 12+ kilometres of groomed classic and skate trails-snowshoe trails plus 1.5km of lighted ski trails. Located at 1867 Forest Lea Road in Pembroke. [www.paxc.blogspot.com](http://www.paxc.blogspot.com)

### NUMBER 4

#### Integrated Health Centre

We offer chiropractic, physiotherapy, massage therapy, laser therapy, orthotics, nutrition, MedEx, a gym and more. Visit us to see how we can help you feel better and be more active. Also, we're great for gift certificates. 570 Nelson Street, Pembroke [www.integratedhealthcentre.ca](http://www.integratedhealthcentre.ca)

### NUMBER 5

#### Valley Artisans

The longest-running artisan cooperative in Ontario. Featuring a unique selection of locally handcrafted fine art and fun gifts from over 30 artists and crafters. Jewelry, woodworking, custom razors, books, drums, glasswork, greeting cards, silk, weaving, knitting, sewing, painting and drawing and cut paperwork, photography, pottery and skincare products. 33373 Highway 17, Deep River [www.ValleyArtisans.com](http://www.ValleyArtisans.com)

### NUMBER 6

#### Quebec Snowmobile Pass

Purchase your annual trail permit for Quebec's snowmobile trails on or before December 9th for \$340. After December 9th, the price is \$420. Permits can be purchased online. [www.fcmq.qc.ca/en/](http://www.fcmq.qc.ca/en/)

### NUMBER 7

#### Davidson Hearing Aids

We understand the added challenge of communicating with a mask. We are so confident in our solutions, that we are offering a 90-day satisfaction guarantee on all hearing aid purchases. Locations in Ottawa, Nepean, Arnprior, Renfrew, Pembroke and more. [info@davidsonhearingaids.com](mailto:info@davidsonhearingaids.com) [www.davidsonhearingaids.com](http://www.davidsonhearingaids.com)

### NUMBER 8

#### Call For Artists

The Pontiac Artists' Association is looking for artists and artisans to exhibit their works in 2021, either solo or in groups at the Galerie de l'ecole en pierre in Portage-du-Fort. Contact us for all the details or find out more about the gallery and exhibition guidelines. [info@artpontiac.com](mailto:info@artpontiac.com) [www.artpontiac.com](http://www.artpontiac.com)

### NUMBER 9

#### 20% Off For 2020

Beyond Nutrition in Petawawa is celebrating 20 years in business. Come in and receive 20% off all purchases for the remainder of 2020. Boost immunity, treat anxiety and more. Plenty of products to help keep you healthy this fall and winter. 3468 Petawawa Boulevard in Petawawa. [beyondnutrition@nrtco.net](mailto:beyondnutrition@nrtco.net)

### NUMBER 10

#### Visit Runge Stationers

2021 planners, stationery, calendars, office accessories, files, printer ink, paper, envelopes, recording books and more for your office. Visit Runge Stationers in Pembroke. 243 Pembroke St. W., Pembroke Phone: 613-735-6827

### NUMBER 11

#### It's Sew Fun

Christmas craft sales are hard to find these days, but we're still crafting at It's Sew Fun! Wallets for men and women, yoga mat bags, totes, casual bags and purses, quilts masks and more. Search Its-Sew-Fun on Facebook to see what we're making! Phone: 613-639-2763 [conniedaiken61@gmail.com](mailto:conniedaiken61@gmail.com)

### NUMBER 12

#### Opeongo Hills Ski Club

Book your winter activities at the Opeongo Hills Nordic Ski Club. Memberships are \$73 (adult), \$39 (youth) and \$85 plus \$18 per person (family). Or, \$10 per day or a booklet of five passes for \$35. Booklets at Grandma's Pantry in Killaloe and Mad Outdoors in Barry's bay. Snowshoeing also available. [ski@opeongonordic.com](mailto:ski@opeongonordic.com) [www.opeongonordic.com](http://www.opeongonordic.com)

### NUMBER 13

#### Christmas Gifts

Looking for a unique Christmas gift for this year? Consider purchasing a foot of runway for someone on your list. This is a fundraiser to repave the 5,000-foot runway at the Pembroke & Area Airport. \$250 per foot. 100% charitable receipt provided. Phone/Text: 613-312-7824 [marketing@flycyta.ca](mailto:marketing@flycyta.ca)

### NUMBER 14

#### Snowmobile Draw

Winter Snowmobile Package. Two demo 2020 Renegade 900 ACE Adrenaline Skidoos, one new 2021 ZT11 Triton covered trailer. Tickets are \$5 each. Draw date is December 17, 2020 at Carleton Place Chamber of Commerce. 15,000 tickets printed. Upper Canada Snowmobile Region draw. Phone: 613-543-0374 [www.uscr.ca/lottery](http://www.uscr.ca/lottery)

### NUMBER 15

#### Calling All Landlords

Community Living Upper Ottawa Valley would like to connect with property owners and manager about available rental units. We have clients looking to live independently as part of our commitment to inclusive housing. Talk to Tina Williams, Executive Director. Phone: 613-735-0659 [twilliams@cluov.ca](mailto:twilliams@cluov.ca)

### NUMBER 16

#### 1-833-617-4357

Community Support Services of Renfrew County offers a variety of services for local seniors. Essential transportation, meal delivery, telephone assurance and more. Call our toll-free number to connect with a local agency for assistance. 1-833-617-4357

**NUMBER 17****Embellish Your Self**

Take some time for yourself or someone on your Christmas list with women's clothing, jewellery and accessories from Embellish, inside Runge Stationers in Downtown Pembroke. Embellish Your Self this winter. Search us on Facebook!

243 Pembroke St. W., Pembroke

**NUMBER 18****Embellish Your Home**

Looking for some home decor for any room in your home? Need a unique gift or stocking stuffer for someone on your Christmas list? Drop into the Embellish store inside Runge Stationers in Downtown Pembroke. Embellish Your Home this winter. Search us on Facebook!

243 Pembroke St. W., Pembroke

**NUMBER 19****Embellish Your Office**

Working from a home office and need to dress it up? Drop into the Embellish store inside Runge Stationers in Downtown Pembroke. Plenty of home office options that work with your home. Embellish Your Office this winter. Search us on Facebook!

243 Pembroke St. W., Pembroke

**NUMBER 20****Nutrition & Supplements**

Integrated Health Centre is your source for nutrition information and a full range of supplements. Talk to our staff about what is right for you. Our approach is to look at the root causes of your concerns and find the best supplement to address that cause, instead of treating the symptoms.

570 Nelson Street, Pembroke  
Phone: 613-732-3333

**NUMBER 21****Pete's Sales & Service**

We are excited to announce we received our men's and women's CKX Mono suits. Great quality suits that feature YKK Aquagard zippers, fully seam, sealed, removable suspenders and more! CKX Yukon (insulated) \$499.99 + tax and CKX Elevation (non-insulated) \$599.99 + tax. Snowmobile gear is selling out already! Come in today.

2107 Petawawa Blvd., Petawawa  
www.facebook.com/petespembroke

**NUMBER 22****Audrey's Fashions**

Audrey's In Town Fashions is an exquisite gem located in historic downtown Arnprior, dedicated to providing women with stylish high-quality fashion. Joseph Ribkoff, Barbell, Jules, FDJ, Jag Jeans and more. Visit us in Downtown Arnprior. Search Audreys In Town Fashions on Facebook.

info@audreysfashions.com

**NUMBER 23****www.OVJobs.ca**

Find the jobs available locally on www.ovjobs.ca. Listings are current and from real employers who are invested in promoting good jobs to the right potential candidate. Opportunities posted daily and shared on our Facebook page.

www.facebook.com/ovjobs  
www.ovjobs.ca

**NUMBER 24****Thanks Golfers!**

Community Living Upper Ottawa Valley thanks golfers and sponsor for participating in their annual golf tournament. We appreciate that people came out to support our agency with funds raised to support the Outcomes Fund for individuals with intellectual disabilities.

www.cluov.ca

**NUMBER 25****St. John's Lutheran Church**

Looking for a way to be connected this fall? Join our congregation and be part of our church community. Services on Sundays plus committees and activities throughout the week. We enjoy being involved in the community and welcome anyone who would like to join us.

605 Black Bay Road, Petawawa  
pazstjohns@cogeco.net

**NUMBER 26****Youth Reporters**

The Canadian Forces Newspapers Youth Reporter Competition gives young people like you a unique chance to tell your story in print, online or on social media with the help of Canadian Forces Newspapers journalists, editors and photographers. Application deadline is December 31. On website, scroll to select Youth Reporter Competition for details.  
www.cafconnection.ca

**NUMBER 27****Boutique Shawville Shooz**

From fashion-forward handbags and accessories to shoes, boots and sandals, we are sure to have something for you. Mucks, Simon Chang, Propet, leather belts, scarves, gloves and more. Open Monday-Saturday. See our regular updates at

www.facebook.com/shawvilleshooz  
Phone: 819-647-5711  
387 Main Street, Shawville

**NUMBER 28****Business Planning**

Contact Forward Thinking for business plan writing assistance. Whether you are looking to start a business, buy a business or grow a business, knowing what you'll need to do that is helpful. Plus, if you're looking for financing, a business plan is often a necessary tool. Business-to-business assistance.

Phone: 613-732-7774

**NUMBER 29****Hike Oiseau Rock Trail**

5K hiking trail (10K round trip) through the forest, with natural lookouts on the Ottawa River. The trail leads to the summit of Oiseau Rock, 150 metres above the Ottawa River. \$12 entry fee per vehicle to be paid at the ZEC St-Patrice office.

Sheenboro, Quebec  
www.tourisme-pontiac.com

**NUMBER 30****Adaptive Clothing**

We are pleased to be carrying adaptive clothing - garments designed for easy access for standing and seated dressing. Multi-access openings for simplified wear and adaptive footwear. See us at Where Dragon's Fly in Downtown Perth.

61 Gore Street Eats, Perth  
www.wheredragonsflyperth.ca

**NUMBER 31****Rowan's Pharmasave**

Visit us for Northern Lights therapy lamps, Bamboo Naturals, roll-ons, deodorizers, DoTerra Essential Oils, diabetic socks, cannabis consults, Ideal Protein weight loss program and more. Plus, we're your local pharmacy since 1924. Located in Downtown Pembroke.  
115 Pembroke Street West, Pembroke  
www.rowanspharmasave.ca

**NUMBER 32****Live Pain-Free**

Come to Integrated Health Centre for chiropractic, physiotherapy, massage therapy, laser and shockwave therapy, orthotics, orthopaedics, nutrition store and consults, footwear, the gym and personal training. Visit us in person and online.

570 Nelson Street, Pembroke  
www.integratedhealthcentre.ca

**NUMBER 33****Christmas Catering**

Need some catering help over the holidays? Book Griffith Farm & Market for meal ideas that save you time and let you enjoy the holidays. Spend your time enjoying the season and let us do the cooking.

Phone: 613-401-6956  
www.griffithfarm.ca

**NUMBER 34****Public Skating - Almonte**

Public skating is now open in Almonte and Pakenham.

Almonte Community Centre  
(Saturday 7:00pm-9:00pm,  
Sunday 2:00pm-4:00pm and  
Wednesday 1:00pm-3:00pm.)  
Maximum of 30 people in the facility at any one time.

www.facebook.com/mississippimills

**NUMBER 35****Public Skating - Pakenham**

Public skating is now open in Almonte and Pakenham. Stewart Community Centre in Pakenham  
(Friday 7:30pm-9:00pm,  
Saturday 6:00pm-8:00pm.)  
Maximum of 30 people in the facility at any one time.

www.facebook.com/mississippimills

**NUMBER 36****Christmas Crafts**

Labyrinth pillows, adult bibs, therapeutic magic bags, fidget quilts and busy books (for adults with dementia and children with ADHD), aprons, boot covers, kitchen towels, bowl cozies and more. Joyce Layman Creations.  
Phone: 613-687-2896

joyceml4566@gmail.com

**NUMBER 37****Golf For Christmas**

Looking for an easy Christmas gift? Consider a gift certificate for play or membership in 2021 at the Pembroke Golf Club or Island Brae Golf Club. Any denomination is available.  
pembrokegolf@bellnet.ca  
www.facebook.com/pembrokegolf

**NUMBER 38****Barron Canyon Trail**

Located in Algonquin Park, this 1.5km trail takes you to one of the most amazing sights in Renfrew County. Look down on a 10,000-year-old canyon. 50km to the Sand Lake Gate at the Park boundary. Buy a day-use permit and continue on to Algonquin Park.

**NUMBER 39****Sisterhood Papercrafts**

Get your papercrafts and supplies for crafting at home. Christmas stamp sets, stencils and papers - perfect for making cards. Plus we carry adhesives, die-cutting, inks, markers, pencils and chalks, quilling, sprays and accents, tools and more. Free shipping on orders over \$100.

Phone: 613-629-0029

[www.sisterhoodpapercrafts.ca](http://www.sisterhoodpapercrafts.ca)

**NUMBER 40****Fly Your Business At YTA**

The Pembroke & Area Airport has over 400 acres of land available for lease. Choose fenced (airside) or non-fenced (groundside) options. Low lease rates and excellent location.

Phone: 613-687-5300

[info@flycyta.ca](mailto:info@flycyta.ca)

**NUMBER 41****Health Matters Subscription**

Give someone a healthy Christmas gift with a 2021 subscription to Health Matters magazine. Four issues for \$25.

Phone: 613-732-7774

[behealthy@ovhealth.ca](mailto:behealthy@ovhealth.ca)

**NUMBER 42****Local Office Furniture Store**

Need some help setting up your office? We have adjustable tables, chairs, filing cabinets, bookshelves and storage solutions. For large and small offices. Quality office furniture in a variety of styles.

243 Pembroke Street West,

Pembroke

Phone: 613-735-6827

**NUMBER 43****Ontario Food Handler**

Take the course and become a certified Ontario food handler with an online course. \$34.95 plus HST. Valid for all Ontario food serving requirements.

Online course includes a certificate.

[www.ingoodhands.ca](http://www.ingoodhands.ca)

**NUMBER 44****Free Parking**

Did you know you can park for free all year long in Downtown Pembroke? You can! Free parking at all downtown metres for two hours. Come shop in Downtown Pembroke.

[www.facebook.com/downtownpembroke](http://www.facebook.com/downtownpembroke)

[www.downtownpembroke.ca](http://www.downtownpembroke.ca)

**NUMBER 45****Griffith Farm & Market**

Looking for a great stocking stuffer for someone on your list? Give them a gift certificate for Griffith Farm & Market. They can use it for frozen meals or beef box orders. Local food for local people. What we eat at our dinner table every day.

Phone: 613-401-6956

[www.griffithfarm.ca](http://www.griffithfarm.ca)

**NUMBER 46****Eastern Ontario Jobs**

If you're looking for a great lifestyle, room to roam and the opportunity to be part of a thriving business community, take a look at job opportunities at Eastern Ontario Jobs. One link to great careers in the region.

[www.facebook.com/ejobs](http://www.facebook.com/ejobs)

[www.easternontariojobs.com](http://www.easternontariojobs.com)

**NUMBER 47****COVID-19 Signage**

Do you need COVID-19 signage for your business, store or organization? Floor graphics, signs of all sizes, sneeze guards and more. Not sure what you need? Talk to us. We can help.

Phone: 613-732-7775

[marc@speedpropembroke.ca](mailto:marc@speedpropembroke.ca)

**NUMBER 48****LifeShare**

Do you have an extra room in your home? Community Living Upper Ottawa Valley has a LifeShare program where someone with an intellectual disability lives with a family as part of our efforts with inclusion. Supports available. Contact Tina Williams, Executive Director.

Phone: 613-735-0659

[twilliams@cluov.ca](mailto:twilliams@cluov.ca)

**NUMBER 49****Ottawa Valley Business**

Subscribe for free to Ottawa Valley Business, the region's business newsletter. Tenders, business news and information, events, marketing, HR and more.

Emailed twice a month  
[admin@ovbusiness.com](mailto:admin@ovbusiness.com)

**OCTOBER EVENTS****NUMBER 50****October 19-25, 2020**

Downtown Pembroke is hosting its first annual Poutine Crawl. Enjoy poutine and poutine-inspired food all week from a variety of eateries. Get your passport stamped for a chance to win prizes. Details online about participating eateries.

[www.facebook.com/downtownpembroke](http://www.facebook.com/downtownpembroke)

[www.downtownpembroke.ca](http://www.downtownpembroke.ca)

**NUMBER 51****October 22, 2020**

It's Fall Fest in Downtown Arnprior. Stores will be open until 8:00pm. Fall Fest runs from 4:00pm to 8:00pm. Presented by the Greater Arnprior Chamber of Commerce.

[www.facebook.com/greaterarnprior](http://www.facebook.com/greaterarnprior)

[www.gacc.ca](http://www.gacc.ca)

**NUMBER 52****October 23-24, 2020**

Skylight Drive-In presents The Lost Boys (6:15pm) and Nightmare on Elm Street (8:00pm). \$20 per carload.

199 Forest Lea Road, Pembroke

[www.skylightdrivein.com](http://www.skylightdrivein.com)

**NUMBER 53****October 24, 2020**

Trail clean up day for the Pembroke & Area Cross Country Ski Club. Help brush trails, tidy the cabin, prepare firewood and more. 9:00am-12:00pm.

[tmccarthy1028@gmail.com](mailto:tmccarthy1028@gmail.com)

**NUMBER 54****October 24, 2020**

Trail clearing dates for the Opeongo Hills Nordic Ski Club. Dates include October 24, November 21 and November 28 plus all weekends in December (until the snow falls). 10:00am-3:00pm. Help prepare the trails for the 2020-21 season.

[www.opeongonordic.com](http://www.opeongonordic.com)

**NUMBER 55****October 25, 2020**

Renfrew County ATV Club is hosting a certified CASI ATV Rider Course. Increase riding safety for recreational and work-related ATV use. Held on the Petawawa Civic Centre grounds. Intended for ages 16+. \$125 adults. \$85 youth. 45-minute lunch at own cost. Discount for RCATV members.

[pastpresident@renfrewcountyatv.ca](mailto:pastpresident@renfrewcountyatv.ca)

[www.atvquad.ca/en/ontario](http://www.atvquad.ca/en/ontario)

**NUMBER 56****October 25, 2020**

Deadline to participate in Starter Company Plus, a program that offers entrepreneurs a chance to learn or perfect their business skills in starting or expanding a business. Successful applicants may choose to move forward and compete for an award of up to \$4,000. Offered by Enterprise Renfrew County.

Phone: 613-735-8224

[www.enterpriserenfrewcounty.com](http://www.enterpriserenfrewcounty.com)

**NUMBER 57****October 25, 2020**

Barn Door Productions in Perth presents The Spooking Season: tales to chill and autumn night. Stories by Washington Irving, Charles Dickens, Shirley Jackson, Edgar Allan Poe and more. 2:00pm matinee. \$20 tickets. Students (\$10).

Reservation only. Face masks are required.

Phone: 613-267-1884

[www.barndoorproductions.ca](http://www.barndoorproductions.ca)

**NUMBER 58****October 25, 2020**

Whitewater Sno-goers annual general meeting. 4:00pm. 2272 Mine View Road. The meeting will be held outdoors with COVID-19 protocols in place. The club will be holding elections and allocating volunteer roles for the upcoming season. Open to the public.

[wwsno.goers@gmail.com](mailto:wwsno.goers@gmail.com)

**NUMBER 59****October 26, 2020**

Blood Donor Clinic at Bancroft Pentecostal Tabernacle, 311 Hastings Street North in Bancroft. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 60****October 27, 2020**

Dress Purple Day across Ontario raises awareness about the important role that individuals and communities play in supporting vulnerable children, youth, and families. The campaign is more important than ever since the COVID-19 pandemic has created additional stressors for families, and in some cases has increased risk for the well-being and safety of children and youth. Hosted by the Ontario Association of Children's Aid Societies. [www.oacas.org/dresspurpleday/](http://www.oacas.org/dresspurpleday/)

**NUMBER 61****October 28, 2020**

North Hastings Children's Services is hosting virtual kitchen connections - interactive at-home nutrition and cooking experience for children and families. Free six-week program started October 21st. Upcoming dates include October 28, November 4, 11, 19 and 25. [register@nhcs.ca](mailto:register@nhcs.ca)

**NUMBER 62****October 28-30, 2020**

Perth Ghost Walk. 7:00pm-8:30pm all days. Begins and ends at the Perth Museum. 20 tickets per night. \$10 tickets at the museum or [www.ticketsplease.ca](http://www.ticketsplease.ca) 11 Gore Street East, Perth

**NUMBER 63****October 29, 2020**

Online Seminar. COVID-19 Return to Work: Human Resource, Labour, and Occupational Health & Safety Related Issues. 10:00am-11:00am. Hosted by the Small Business Advisory Centre (Smiths Falls). Wage relief and regulatory frameworks. Phone: 613-283-7002 ext. 109 [smallbusiness@smallbizcentre.ca](mailto:smallbusiness@smallbizcentre.ca)

**NUMBER 64****October 29, 2020**

Bancroft BIA Annual General Meeting. 7:00pm. Virtual meeting held via Zoom. Pre-register by October 26. [bancroftbia@gmail.com](mailto:bancroftbia@gmail.com) [www.facebook.com/bancroftbia](http://www.facebook.com/bancroftbia)

**NUMBER 65****October 29-31, 2020**

Barn Door Productions in Perth presents The Spooking Season: tales to chill and autumn night. Stories by Washington Irving, Charles Dickens, Shirley Jackson, Edgar Allan Poe and more. 7:30pm all nights. \$20 tickets. Students (\$10). Reservation only. Face masks required.

Phone: 613-267-1884

[www.barndoorproductions.ca](http://www.barndoorproductions.ca)**NUMBER 66****October 30, 2020**

Ham & Bean Supper with scalloped potatoes. Hosted by Chalk River & Area Lion's Club. Includes dinner rolls, tea/coffee and dessert. Two sittings: 4:30pm and 6:00pm. \$15 per adult. \$5 per child. Call Charlene to book. Phone: 613-589-2131

**NUMBER 67****October 30, 2020**

Today is the official start of the Royal Canadian Legion poppy campaign. Pick up your poppy in support veterans and active Canadian Forces members. While Remembrance Day events may be changed this year, wearing a poppy is something everyone can do to show support.

**NUMBER 68****October 30-31, 2020**

Skylight Drive-In Halloween Triple Feature. Hotel Transylvania (6:15pm), Monster House 97:40pm)and Goosebumps 99:15pm). \$20 per carload for all three movies. This is the final weekend of the 2020 season.

199 Forest Lea Road, Pembroke [www.skylightdrivein.com](http://www.skylightdrivein.com)**NUMBER 69****October 31, 2020**

Nosferatu: An iconic 1922 silent German expressionist film based on the novel "Dracula" by Bram Stoker. 6:30pm and 9:00pm showings. Fundraiser in support of Studio Theatre. \$25 per ticket by reservation only. 63 Gore Street East in Perth.

Phone: 613-485-6434

[tickets@ticketsplease.ca](mailto:tickets@ticketsplease.ca)**NUMBER 70****October 31, 2020**

Petawawa Heritage Village is having its first Haunted Trail this Halloween from 5:00pm to 8:00pm. All of your favourite villagers will be there, from the blacksmith to the school teacher. This event will get spookier as the night goes on. If you have young ones please come between 5:00pm and 6:00pm. Admission is by donation. All COVID-19 protocols will be followed. Located at 176 Civic Centre Road in Petawawa.

[www.petawawaheritagevillage.com](http://www.petawawaheritagevillage.com)**NUMBER 71****October 31, 2020**

Today is the deadline to apply for a Deep River municipal community grant for 2021.

Grants are intended to provide modest levels of support and assistance to community, non-profit organizations in the Town of Deep River. Visit our website for more details.

[www.facebook.com/deepriveron](http://www.facebook.com/deepriveron) [www.deepriver.ca](http://www.deepriver.ca)**NOVEMBER EVENTS****NUMBER 72****November-December**

Renew your mind and mood. Free online sessions offered by the Whitewater Bromley Community Health Centre. Coping skills for managing negative through patterns. Coach Kristy Dahms, Registered Psychotherapist. Register in advance. Thursdays, Nov. 12-Dec. 10. 2:30pm and 6:30pm. Phone: 613-582-3685

**NUMBER 73****November-December**

Exploring Woodcut Printmaking with Robert Hinchley. This 30-hour course will be given in 2 parts: 12 hours of remote classes and 18 hours of studio time at the Stone School. Remote classes: November 16, 23, 30 and December 7, 14, 21, Studio time March 2021 (dates to come). [www.artpontiac.com](http://www.artpontiac.com)

**NUMBER 74****November 1, 2020**

Get your OFSC trail permit on or before November 1st for only \$190. This is a 30% savings off the regular price. Trail passes are required on Ontario snowmobile trails. For information visit our website at [www.ofsc.on.ca](http://www.ofsc.on.ca). Phone: 705-739-7669 <https://permits.ofsc.on.ca/>

**NUMBER 75****November 1, 2020**

Daylight Savings Time ends today. Remember to turn your clock back one hour.

**NUMBER 76****November 1, 2020**

Nosferatu: An iconic 1922 silent German expressionist film based on the novel "Dracula" by Bram Stoker. 2:00pm showings. Fundraiser in support of Studio Theatre. \$25/Ticket. Reservation only. 63 Gore Street East, Perth. Phone: 613-485-6434 [tickets@ticketsplease.ca](mailto:tickets@ticketsplease.ca)

**NUMBER 77****November 4, 2020**

Ontario College Virtual Fair. 4:00pm-8:00pm. Learn about careers available and which college programs will best prepare you for those careers, funding, application processes, campus life and more. Free to attend. [www.ontariocollegefair.ca](http://www.ontariocollegefair.ca)

**NUMBER 78****November 5, 2020**

Ontario College Virtual Fair. 9:00am-1:00pm. Learn about careers available and which college programs will best prepare you for those careers, funding, application processes, campus life and more. Free. [www.ontariocollegefair.ca](http://www.ontariocollegefair.ca)

**NUMBER 79****November 5, 2020**

Opportunity Shop Coat Sale Held at the Arnprior Museum, get a great bargain on a warm coat for the winter while supporting the Arnprior Hospital. 10:00am-7:00pm. 35 Madawaska Street, Arnprior Phone: 613-623-6934

**NUMBER 80****November 6, 2020**

Deadline for nominations for the Renfrew & Area Chamber of Commerce community awards. Nominate a business, individual or organization. Deadline is 3:00pm. Awards to be presented December 3, 2020 at the Mat-e-way Activity Centre. [www.renfrewareachamber.ca](http://www.renfrewareachamber.ca)

**NUMBER 81****November 7, 2020**

Brudenell, Lyndoch and Raglan Christmas Craft & Bake Sale. 9:00am-2:00pm. Refreshments will be available. COVID-19 protocols in place. Book your table before November 1 by calling 613-758-2061. 22 Burnt Bridge Road, Palmer Rapids

**NUMBER 82****November 10, 2020**

Blood Donor Clinic at Petawawa Civic Centre, 16 Civic Centre Road in Petawawa. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 83****November 11, 2020**

Blood Donor Clinic at Seniors Activity Building, 61 Cornelia Street West in Smiths Falls. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 84****November 11, 2020**

Watch the National Remembrance Day ceremony live on Facebook. This year is the 75th anniversary of the end of the Second World War. 10:45am. Two minutes of silence will be held at 11:00am. [www.facebook.com/canadianlegion](http://www.facebook.com/canadianlegion) [www.legion.ca](http://www.legion.ca)

**NUMBER 88**

**November 12, 2020**

Deadline to order frozen meals as part of the Community Living Upper Ottawa Valley frozen meals fundraiser. Choose from 23 different meals. Great for seniors, individuals with travel issues, students and busy families. In partnership with Griffith Farm & Market. Phone: 613-735-0659 ext. 101 pleclair@cluov.ca

**NUMBER 86**

**November 15, 2020**

Chalk River Christmas Craft Fair. 10:00am-3:00pm. Free to attend. Visit local crafters and artisans in one of the Valley's only craft fairs this year. Mask is required. Held at the Chalk River & Area Lions Club. 11 Kellett Street, Chalk River

**NUMBER 87**

**November 18-19, 2020**

2020 Municipal Agriculture Economic Development & Planning Forum. Two half-days of sessions for planning, economic development or any aspect of the agricultural sector. \$60 early bird registration. Held virtually. Phone: 613-634-8569 www.ontarioeast.ca

**NUMBER 88**

**November 19, 2020**

Pick up your frozen meals order as part of the Community Living Upper Ottawa Valley frozen food fundraiser. Pick up is at the West End Mall in Pembroke. 11:30am-1:00pm and 4:30pm-6:00pm. Phone: 613-735-0659 ext.101 pleclair@cluov.ca

**NUMBER 89**

**November 26, 2020**

Blood Donor Clinic at Civitan Club, 500 Almonte Street in Almonte. Book online at www.blood.ca

**NUMBER 90**

**November 30, 2020**

Deadline to complete a survey for the Brudenell, Lyndoch & Raglan, Killaloe, Hagarty & Richards, Madawaska Valley and South Algonquin regional community safety and well-being plan. Online or paper copies available. Survey takes 15 minutes. Contact Meara Sullivan for details. www.facebook.com/madawaskavalley mearasullivan@hotmail.com

**DECEMBER EVENTS**

**NUMBER 91**

**December Wing Nights**

Wing Night at the Cobden Legion Branch 550. December 11. 4:00pm-7:00pm. You must call in your order by 2:30pm. Debit and credit available. There will be seats inside the lounge. Time limit of 45 minutes to eat inside. To see full menu, go to Cobden Legion Facebook page. Phone: 613-646-7914 Phone: 613-570-1920

**NUMBER 92**

**December 8, 2020**

Deadline to book into the January-February 2021 edition of 101 Things to Do in the Valley. Promote your organization, business, event or fundraising initiative for just \$25 plus HST. 101things@travellourbackyard.com

**NUMBER 93**

**December 8, 2020**

Blood Donor Clinic at Royal Canadian Legion Branch 148, 30 Raglan Street South in Renfrew. Book online at www.blood.ca

**NUMBER 94**

**December 9, 2020**

Blood Donor Clinic at Nick Smith Centre, 77 James Street in Arnprior. Book online at www.blood.ca

**NUMBER 95**

**December 10, 2020**

Looking for things to do in January and February? Download the first issue of 101 Things to Do in the Valley today from our website. Or, subscribe (for free) and receive it by email. 101things@travellourbackyard.com

**NUMBER 96**

**December 11, 2020**

Deadline to book into the Winter 2021 edition of Health Matters magazine. If you offer a health service, winter activity or healthy living option, this is the place for you! 15,000 copies circulated throughout Renfrew and Lanark Counties, Bancroft and Mattawa. behealthy@ovhealth.ca www.ovhealth.ca

**NUMBER 97**

**December 15, 2020**

Blood Donor Clinic at Germania Club, 15 Bennett Street in Pembroke. Book online at www.blood.ca

**NUMBER 98**

**December 23, 2020**

Blood Donor Clinic at Royal Canadian Legion, 57 Veterans Way in Eganville. Book online at www.blood.ca

**NUMBER 99**

**December 24, 2020**

For Arnprior residents, join us for the Annual Community Christmas Dinner. There will be no eating inside the Nick Smith Centre this year. Instead, free pick-up and delivery of your meal (Arnprior only). 3:00pm-8:00pm. 77 James Street, Arnprior Phone: 613-266-7001

**NUMBER 100**

**December 28, 2020**

Blood Donor Clinic at Civitan Club of Perth, Highway 43 (Craig Street) in Perth. Book online at www.blood.ca

**JANUARY EVENTS**

**NUMBER 101**

**January 11, 2021**

The Winter 2021 edition of Health Matters is being distributed! Find it at local health businesses and organizations and around the region. Check our Facebook page for delivery locations. www.facebook.com/healthmattersmag www.ovhealth.ca

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*Every listing in 101 Things to Do in the Valley includes up to 50 words plus two points of contact information.*

*Not sure what to list or how to write it? Talk to us - we are happy to help you!*

*Feel free to share this list with people new to the area, members of your organization, friends and family and visitors.*



**Pick up your free copy of Health Matters at local businesses and organizations**

**Employers: Do something awesome for your employees and book copies of Health Matters for them every issue. Minimum order: 25 copies. Delivered to your workplace when we publish. No charge.**

**For 2021, we are publishing in January, April, July and October.**

Phone: 613-732-7774 | behealthy@ovhealth.ca | www.facebook.com/healthmattersmag