

101 Things To Do in the Valley

JANUARY-FEBRUARY ISSUE

Subscribe for FREE to this list and get it every two months: 101things@travelourbackyard.com

Download this list at www.travelourbackyard.com



LAST MINUTE GIFT GUIDE

NUMBER 1

Easy Gift Buying

Looking for stocking stuffers or key gifts this Christmas? Visit Runge Stationers in Downtown Pembroke. Plenty of unique gifts for anyone on your list, or to brighten your holidays. Plus, see our line of Charlie Paige clothing and accessories. See us on Facebook.

243 Pembroke St. W., Pembroke
Phone: 613-735-6827

NUMBER 2

Homemade Gifts

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

NUMBER 3

A Night at Holiday Inn

Give the gift of a night off with a special deal at Holiday Inn Express in Pembroke. Perfect for an employee or business associate. Modern rooms, 42" flat TV, breakfast, pool, exercise room. Exceptional service.

Phone: 613-629-1990

www.hiexpembroke.com

NUMBER 4

Give The Gift of Healthy

Gift the gift of living pain-free! Integrated Health Centre offers chiropractic, physiotherapy, massage therapy, laser, orthotics, shockwave therapy, nutrition store, orthopaedics, the gym and personal training. Visit us in person or online. Gift cards too. 570 Nelson Street, Pembroke
www.integratedhealthcentre.ca

NUMBER 5

Radio Bingo

Valley Heritage Radio Arnprior Lions Club Bingo happens every Thursday at 7:00pm. A sheet of six cards is \$6. Purchase locations across Renfrew and Lanark Counties. See locations on our Facebook page. A great, low-cost Christmas gift.

Phone: 613-432-9873

www.facebook.com/valleyheritageradio

NUMBER 6

M&R Feeds

Festive savings at M&R Feeds and Farm Supply in Micksburg, Pembroke and Shawville. Rubber boots, heat socks, jackets, overalls, mitts and gloves, slippers, kids apparel, aviator hats, fleece jackets and more. Sale ends December 24th.
www.facebook.com/mrfeedsmpls
www.mandrfeeds.com

NUMBER 7

Banville Yamaha

We have great gift ideas for kids! Stihl toy chainsaws (the chains turn and make noise), YFZ 50 four-wheeler, kids monosuits (sizes 2-16). A great selection of t-shirts, hoodies and monosuits with great brands - Stihl, Yamaha and FXR for adults. Mon.-Fri. 9:00am-6:00pm; Sat. 9:00am-1:00pm. 3133 Petawawa Blvd, Petawawa
www.facebook.com/banvilleyamaha

NUMBER 8

Donate & Win

100% of donations to Columbus House go to programming costs: school, recreational and personal supplies, children's toys and equipment, transportation and food. Donate until December 20th and be entered in a draw for one of 24 prizes. Visit our website and click on the "donate now" button.
www.columbushouse.ca

NUMBER 9

Destig Virtual Fundraiser

December 16th is the final day to bid on items in the Destig Virtual Fundraising Auction in memory of Patrice Wren. Visit www.facebook.com/groups/804390203463083 and bid on a variety of items. Funds raised will go to the Robbie Dean Family Counselling Centre. A great opportunity for some unique Christmas gifts.

NUMBER 10

The Old Tin Shed

A primitive country and cottage style shop focusing on unique and unusual art and decor. Plus jewelry, ladies' clothing and accessories .and our ever-popular iron section! One of a kind pieces of art made from salvaged materials. Located in Bancroft and worth the drive for Christmas shopping.

25 Sherbourne Street, Bancroft
www.facebook.com/theoldtinshed

NUMBER 11

Valley Artisans

Choose a locally made Christmas gift from one of the many artists at Valley Artisans Co-Op in Deep River. Scarves, bracelets, pottery, artwork, photography, charcuterie boards and more. Open daily from 10:00am to 5:30pm. One-of-a-kind gifts for any occasion. 33373 Highway 17, Deep River
www.valleyartisans.com

NUMBER 12

Fulton's Maple Gifts

Choose one of our gift baskets for Christmas this season or select some individual items. Maple sugar candy, maple bath and body products, syrup, maple gifts, maple drinks, pantry staples, sugar and spice and sweets. Order on our website.
www.fultons.ca

NUMBER 13

5 Span Feed & Seed

Each time you visit us from December 1 to December 22 we will put your name in a draw which will be held December 23. 2020 has certainly been a challenging year and we are so grateful for our customer's patience and understanding during this time. 5 Span Feed & Seed in Pakenham.

2488 Cty. Rd. 29, Pakenham
www.5span.ca

NUMBER 14

Library Gifts

Do yo ustill have a few friends and family members on your Christmas gift list this year? Or maybe you just need to treat yourself to a nice gift! The Madawaska Valley Library has ideas! Reader's Theatre Audio CDs \$10. Book bags \$15. Library T-Shirts \$20.

19474 Opeongo Line, Barry's Bay
www.madawaskavalleylibrary.ca

NUMBER 15

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. Handcrafted. Joyce Layman Creations.

Phone: 613-687-2896
joyceml4566@gmail.com

NUMBER 16

Seniors Gift Certificate

Here is a Christmas idea for your mom, dad, grandparents or friend - a gift certificate for delicious locally produced frozen meals. You choose the amount you wish to give. Drop into the Renfrew Area Seniors' Home Support office or call to arrange a gift certificate.
Phone: 613-432-7691

NUMBER 17**Pete's Sales and Service**

Our 12 Days of Deals promotion is underway. Visit our Facebook page to like, share and comment to win. Plus, drop in to the showroom for stocking stuffers and great gifts for the outdoor enthusiast on your Christmas list. Not sure what to get? Gift certificates are available too. 2107 Petawawa Boulevard
www.facebook.com/petespembroke

NUMBER 18**Healthy Holiday Shopping**

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.
beyonddnutrition@nrtco.net

NUMBER 19**A Foot of Runway**

Do you have an aviation enthusiast on your Christmas list this year? Are you looking for a charitable initiative with plenty of impact in the community? Consider purchasing a foot of runway for \$250 and support the efforts to repave the runway at the Pembroke & Area Airport. Donation is 100% charitable receiptable.
marketing@flycyta.ca
www.flycyta.ca

NUMBER 20**Until December 21st**

Shop, Stamp and Win in Downtown Perth. Earn a stamp on your stamp card for every \$10 spent in Downtown Perth until December 21st. Win cash prizes or a stay at Best Western Perth Plus Parkside Inn & Spa. Shopping local feels so good - let's do it!
www.downtownperthbia.ca

NUMBER 21**Bruham Food Mart**

Gift the gift of a cookie tray from Bruham Food Mart. Small trays are \$10.99 and large trays are \$18.99. Visit our website for weekly specials, purchase a gift certificate for a stocking stuffer. Open Monday to Sunday, 8:00am-9:00pm.
613 Bruham Avenue, Pembroke
www.bruhamfoodmart.com

NUMBER 22**Downtown Gift Cards**

Not sure what to get someone for Christmas? Give them the gift of shopping in Downtown Pembroke! Gift cards for use throughout the downtown are available by contacting the PBJA office. For use in retail, restaurants and services.
Phone: 613-629-5555
pbja@downtownpembroke.ca

NUMBER 23**Health Matters Subscription**

Health Matters is a free magazine publishing four times a year, but for people who find it difficult to get a copy of each issue, or for those living out of the area, we do offer an annual (four-issue) subscription for \$25. A great stocking stuffer that lasts all year!
Phone: 613-732-7774
behealthy@ovhealth.ca

NUMBER 24**Deep River Library**

The Deep River Public Library is selling mugs for \$20 as a fundraiser for the library. We are open Tuesday to Saturday, 11:00am-3:00pm and Thursday evening from 7:00pm-9:00pm. 55 Ridge Road, Deep River
www.deepriverlibrary.ca

ALL SEASON**NUMBER 25****MPP John 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

NUMBER 26**Friendly Check-In**

Could you benefit from a daily call or check-in? Or do you know someone who could benefit from this service? Renfrew & Area Seniors' Home Support offers a telephone assurance program that provides regular phone calls to seniors and adults with disabilities who live alone to check on their health and safety.
Phone: 613-432-7691
susan@renfrewhomesupport.ca

NUMBER 27**Ottawa Valley Jobs**

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 28**LifeShare: What Is It?**

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

NUMBER 29**Grandma's Pantry**

Come visit us in our new location - 184 Queen Street in Killaloe. We are a health food store with organic grocery, shopping and retail. Come visit us - we are open Monday to Saturday from 9:00am to 6:00pm and Sunday from 10:00am to 4:00pm.
Phone: 613-757-0497
melissa@grandmaspantry.ca

NUMBER 30**Snow Removal Help**

The Arnprior McNab Braeside Seniors at Home Program has an urgent need for snow removal workers. You will be compensated for your time and you would be greatly helping seniors or adults with disabilities in your community. Contact Nikki for more information or to become a helper.
nikkirumbelow@cssagency.ca

NUMBER 31**Rowan's Pharmasave**

In addition to our pharmacy, we are a Northern Lights and a Do Terra Essential Oils dealer. We offer lamps, Bamboo Naturals, myDNA genetic tests, diabetic socks, Walden Farms products and the Ideal Protein weight loss program. Come in and see us. Located in Downtown Pembroke since 1924.
115 Pembroke Street West
www.rowanspharmasave.ca

NUMBER 32**RRRF Renfrew County**

Renfrew County businesses can apply to the Regional Relief Recovery Fund (RRRF) through Community Futures Development Corporation - Renfrew County. Funding available through federal programs. Visit our website for more details or give us a call. Phone: 613-431-3951
www.rccfdc.org/financing

NUMBER 33**Kingburger Delivery**

Kingburger Restaurant in Pembroke is now offering delivery to Pembroke and surrounding areas through Mulvihill's Delivery Service. Contact the restaurant for rates and more details.
Phone: 613-732-2395
www.facebook.com/kbpembroke

NUMBER 34**Don's Meat Market**

Locally owned and operated in Almonte, Don's Meat Market features AAA beef, Ontario select pork and poultry, local seasonal produce, and fine foods from local suppliers. We proudly offer large deli sandwiches, store-made salads, soups and fine deli and cheese selections.
www.facebook.com/donsmeat
marketalmonte
126 Mill Street, Almonte

NUMBER 35**St. John's Lutheran Church**

Looking for a way to be connected for Christmas and into 2021? 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 36**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

NUMBER 37**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/eojobs www.easternontariojobs.com

NUMBER 38**Frozen Meals**

Shop and pay online with Griffith Farm & Market's new Shopify website! More than 20 frozen meals to choose from including lasagna rolls, cabbage rolls, pork or roast beef dinner, smoked ham, meatballs and rice, hamburger soup, meatloaf, liver and onions and more. Gift certificates available. A gift for seniors, families and students. Golden Lake, Ontario www.griffithfarm.ca

NUMBER 39**Authentik Wellness Ranch**

Personal growth through horses. Team building, family deployment, youth anti-bullying, professional balance and a women's workshop. Horses have a unique characteristic that can contribute to an individual's well-being. Located in Isle-aux-Allumettes. Give us a call and see if we could be the right choice for you. Phone: 819-918-5000 www.authentikwellnessranch.ca

NUMBER 40**Maynooth Downtown**

Make your way down both sides of the street and enjoy Christmas shopping. Foxfire Gifts, Madawaska Art Shop, Maynooth General Store, Sun Run Cafe & Bakery, Memories Pizza and more. Easy on-street, free parking. Unique finds in a unique part of Eastern Ontario. www.facebook.com/maynoothdowntown

NUMBER 41**O'Brien Theatre**

Take in a great movie at the O'Brien Theatre in Renfrew or Arnprior. Movies are updated weekly on our website and Facebook pages @obrientheatre and @OBrienTheatreRenfrew. Admission fees are: adults \$11, seniors \$9, youth \$9, matinees \$8 and every Tuesday \$8. www.obrientheatre.com

NUMBER 42**Continuing Education**

Renfrew County District School Board continuing education options. Challenge for your high school diploma, English as a Second Language, literacy basic skills, improve your computer skills and aptitude testing. Flexible delivery. Locations across Renfrew County. Phone: 613-432-3156 friskem@rcdsb.on.ca

NUMBER 43**Be A Donor**

In just two minutes, you can register to be an organ donor in Ontario. Organ and tissue donors give the gift of life and second chances. One organ donor can save 8 lives. Read about how to become a donor or complete the registration process online. www.beadonor.ca

NUMBER 44**Mount Pakenham**

Our ski hill is now open. Visit our website for season pass options (full, almost anytime, nights, seniors, youth, family and more) details on lessons (private, parent and tot) and activities (snow tubing, snowshoeing and more) available at Mount Pakenham. Gift cards available. Be active this winter with us! ski@mountpakenham.com www.shop.mountpakenham.com

NUMBER 45**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 www.artpontiac.com

NUMBER 46**Come Walk at Shaw Woods**

Multiple trails await at Shaw Woods! Trail maps allow you to choose your own route starting at less than 1km. A walk through the bush, an old-growth forest, scenic lookouts and more. Admission is free and donations are welcomed. Pets are welcome on a leash please. 2065 Bulger Road, Eganville www.shawwoods.ca

NUMBER 47**Story Walk**

Pembroke Public Library invites families to enjoy their Story Walk, an innovative and fun way to enjoy reading and the outdoors at the same time. Eight participating establishments in the Downtown. See the map on our Facebook page. www.facebook.com/pembrokepubliclibrary

NUMBER 48**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

NUMBER 49**Smart Serve Certification**

Take your Smart Serve certification or re-certification online. \$34.95 for training and \$29.95 for recertification. The online program is fully translated and available in six different languages: English, French, Chinese, Korean, Punjabi, and Spanish. www.smartserve.ca

DECEMBER EVENTS**NUMBER 50****December 14-20, 2020**

Holiday Lights Tour. Pick up your tour map at the municipal office in Madawaska Valley or download it online, visit the holiday lights locations and vote for your favourite. Win prizes! www.facebook.com/madawaskavalley www.madawaskavalley.ca

NUMBER 51**December 15, 2020**

Community Flu Shot Clinic at the West Champlain Family Health Team's Pembroke site. Receive your flu vaccine - you do not need to be a patient. 315 Pembroke Street West in Pembroke. Call 613-585-3530 to book your appointment

NUMBER 52**December 17, 2020**

Late Night Shopping in Downtown Arnprior. 4:00pm-8:00pm. Join the downtown businesses for late-night shopping and activities on the third Thursday of every month. Various businesses participating.

NUMBER 53**December 17, 2020**

Community Flu Shot Clinic at the West Champlain Family Health Team's Pembroke site. Receive your flu vaccine - you do not need to be a patient. 315 Pembroke Street West in Pembroke. Call 613-585-3530 to book your appointment.

NUMBER 54**December 17-24, 2020**

Shop local this holiday season at The Village Market, Burnstown. Our pop-up market is open until Christmas Eve. We're in the log store beside Blackbird Cafe. Hosted by Julie's Village Treats. 1694 Burnstown Road www.facebook.com/juliesvillagetreats

NUMBER 55**December 18, 2020**

Last day to participate in the holiday toiletries drive for the Deep River Food Bank. Looking for shampoo, conditioner, body wash, soap, floss, toothbrushes, toothpaste, tampons, sanitary products and shaving supplies. Drop off at the library. 55 Ridge Road, Deep River www.deepriverlibrary.ca

NUMBER 56**December 18, 2020**

A Valley Walkthrough Christmas. Calvary Baptist Church in Pembroke. A guided walking tour through five iconic scenes of life in the Ottawa Valley. 5:00pm-8:00pm. This is an outdoor event, so dress warmly for the weather. 567 Melton Street, Pembroke www.calvarypembroke.com

NUMBER 57**December 19, 2020**

Santa Claus is coming to Smiths Falls at the Celebration of Lights. 5:00pm-7:00pm. Drive by Centennial Park, see Santa and then tour the holiday light displays for a festive outing.

NUMBER 58**December 19, 2020**

Pembroke Symphony Orchestra Strings Christmas Concert. Held at Pine Ridge Family Church. 2:00pm-3:00pm. Featuring Corelli's Christmas Concerto, Vaughn Williams' Fantasia on Greensleeves, music from Handel's Messiah and more. Concert is under an hour. 27 Brumm Road, Pembroke Phone: 613-735-1241

NUMBER 59**December 19, 2020**

Take a walk through Algonquin College's Pembroke Waterfront Campus with Sachin Sethi, our Student Recruitment Officer. Get a glimpse into the many services and departments that are here to support you. Plus, get all your questions answered in our live Q&A. 1:00pm tour. Register in advance.

www.algonquincollege.com/pembrok/

NUMBER 60**December 23, 2020**

Renfrew Food Bank Take-Out Christmas Dinner. Register for your free dinner in advance. Pick up from 4:00pm to 6:00pm at 8 Argyle Street in Renfrew.

www.facebook.com/RenfrewFoodBank

NUMBER 61**December 24, 2020**

Christmas Eve service at Pembroke Pentecostal Tabernacle. 4:00pm or 7:00pm. Pre-register online to save your seat for the service.

www.pptchurch.com/christmaseve

NUMBER 62**December 25, 2020**

It's a different kind of Christmas this year, but the spirit lives on regardless of the circumstances. Let's choose to remember the good in the world, continue to be charitable and do what we can to make our communities better places. Thanks for supporting the businesses and organizations that make this list possible every issue. Best wishes for 2021 from 101 Things to Do in the Valley.

NUMBER 63**December 28, 2020**

Be a blood donor at the Civitan Club of Perth. Highway 43 (Craig Street). Book your appointment online at www.blood.ca

NUMBER 64**December 31, 2020**

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

JANUARY EVENTS**NUMBER 65****January Radio Bingo**

Valley Heritage Radio Arnprior Lions Club Bingo happens every Thursday at 7:00pm. January 7th, 14th, 21st and 28th. A sheet of six cards is \$6. Multiple purchase locations across Renfrew and Lanark Counties. See locations on Facebook.

Phone: 613-432-9873

www.facebook.com/valleyheritageradio

NUMBER 66**January 5, 2021**

The first issue of the year for Ottawa Valley Business. A free twice-monthly newsletter delivered by email. Stay current on business news, attend business events, bid on tenders, get marketing advice and more.

jenn@ovbusiness.com

www.ovbusiness.com

NUMBER 67**January 10, 2021**

Enter the Annual Cobden Civitan Muskrat Lake Ice Fishing Derby before today and you are entered to win two early bird draws of a STIHL chainsaw, valued at \$350. Details on our website (or see the listing further in this list for February 6-13, 2021. Over \$20,000 in cash and prizes. Register today.

www.cobdencivitanclub.ca

NUMBER 68**January 11, 2021**

Health Matters starts distributing this week for the Winter 2021 edition. Filled with helpful local health information from services and organizations that are in your community. Follow our Facebook page for updates.

www.facebook.com/healthmattersmag

www.healthmattersmag.ca

NUMBER 69**January 11-March 7, 2021**

Winter swimming lessons at the Deep River Community Pool. New, eight-week program. Private lessons, family lessons, stand-up paddleboard yoga, lifeguarding and more.

Phone: 613-584-2000 ext.182

NUMBER 70**January 12, 2021**

Be a blood donor at the Petawawa Civic Centre in Petawawa. 16 Civic Centre Road. Book your appointment online at www.blood.ca

NUMBER 71**January 13, 2021**

Make a Carpenters Star Quilt at Algonquin Sewing Center in one day! Yes, you really can make this 84" star quilt in one day. 10:00am-4:00pm. \$35 plus taxes and supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 72**January 19, 2021**

Beginner Quilting Class at Algonquin Sewing. Ready to learn how to quilt? Or maybe you already know but realize how much fun it is to be with like-minded people? Tuesdays starting January 19, Wednesdays starting January 27 or Thursdays starting January 28. 10:00am-1:00pm. \$95 plus tax/supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 73**January 19, 2021**

Instead of waiting for symptoms to bring on a disease diagnosis, Thermography gives you an early look at inflammation in your body. Book today. Hosted by Pura Vida Nutrition Store, Renfrew. Other dates in April. 267 Stewart Street, Renfrew

www.thermographymedicalclinic.com

NUMBER 74**January 21, 2021**

Late Night Shopping in Downtown Arnprior. 4:00pm-8:00pm. Join the downtown businesses for late-night shopping and activities on the third Thursday of every month.

NUMBER 75**January 27, 2021**

Beginner Garment Sewing at Algonquin Sewing Center. A 6-week class for beginners and more advanced seamstresses. Create a garment sized and tailored. Wednesdays starting January 27 or Sundays starting January 31. 1:00pm-4:00pm. \$125 plus taxes and supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 76**January 30, 2021**

Quilt from a panel at Algonquin Sewing Center. Turn a quilt panel into a full, dynamic quilt. Saturday, January 30. 10:00am-4:00pm. \$35 plus taxes/supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

FEBRUARY EVENTS**NUMBER 77****February Radio Bingo**

Valley Heritage Radio Arnprior Lions Club Bingo happens every Thursday at 7:00pm. February 4th, 11th, 18th and 25th. A sheet of six cards is \$6. Multiple purchase locations across Renfrew and Lanark Counties.

See locations on Facebook.

Phone: 613-432-9873

www.facebook.com/valleyheritageradio

NUMBER 78**February 6, 2021**

Machine Embroidery class at Algonquin Sewing Center. Bring your own project, something you might be nervous to try at home, and Helen with guide you through. Held Tuesdays: February 6, March 9, April 13 and May 11. 10:00am-4:00pm. \$25 plus taxes/supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 79**February 6, 2021**

Geraldine Quilt at Algonquin Sewing Center. This pattern is so cute! Whether you make Geraldine and her family as a wall hanging, a baby blanket or a lap quilt, it will definitely put a smile on your face! Saturday, February 6. 10:00am-4:00pm. \$35 plus taxes and supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 80**February 6-13, 2021**

Annual Cobden Civitan Muskrat Lake Ice Fishing Derby. Over \$20,000 in cash and prizes. \$25 admission. Early bird draws and 10 grand prizes. 50-50 tickets \$5 each or 5 for \$20. Tickets at various locations in Cobden, Pembroke, Petawawa and Renfrew. See our website at www.cobdencivitanclub.ca for more details and registration. Makes a great gift idea!

Brad: 613-299-98880

John: 613-646-7876

NUMBER 81**February 8, 2021**

Paper Piecing at Algonquin Sewing Center. Learn how to paper-piece. 1:00pm-4:00pm. \$35 per class plus taxes and supplies.

Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

NUMBER 82**February 9, 2021**

Be a blood donor at the Germania Club in Pembroke. 15 Bennett Street. Book your appointment online at www.blood.ca

NUMBER 83**February 14, 2021**

The perfect gift for Valentine's Day is at Runge Stationers in Downtown Pembroke. Home decor, furniture and accessories, art, jewelry, Charlie Paige clothing and all your office needs. See us on Facebook. (We're not open on the 14th to be sure to shop in advance!) 243 Pembroke St. W., Pembroke Phone: 613-735-6827

NUMBER 84**February 19, 2021**

Do you have an event or message to the public you wish to share in March and April? Publish it here! Today is the deadline for the March-April edition of 101 Things to Do in the Valley. Just \$25 plus HST for your listing or book five listings for \$100 plus HST. 101things@travelourbackyard.com

NUMBER 85**February 20, 2021**

Bra Making Class at Algonquin Sewing Center. Learn how to construct a bra that fits! Take measurements and learn the basic technique of bra making and go anywhere from there. Adding lace, changing strap width, adding underwires. 10:00am-4:00pm. \$35 plus taxes and supplies. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

NUMBER 86**February 22, 2021**

Be a blood donor at the Civitan Club of Perth. Highway 43 (Craig Street). Book your appointment online at www.blood.ca

NUMBER 87**February 23, 2021**

Today is National Aviation Day which celebrates the first flight which took place in Canada, and it happened in Petawawa - the Silver Dart! Consider marking the occasion with a donation to Project Runway, the Pembroke & Area Airport's campaign to repave the runway. \$250 for a foot of runway and a 100% charitable receipt. marketing@flycyta.ca www.flycyta.ca

NUMBER 88**February 24, 2021**

Get out your pink for Pink Shirt Day in support of the anti-bullying message. One in five kids are affected by bullying. www.pinkshirtday.ca

NUMBER 89**February 25, 2021**

Be a blood donor at the Civitan Club in Almonte. 500 Almonte Street. Book your appointment online at www.blood.ca

NUMBER 90**February 27, 2021**

One Block Wonder. Something new: one fabric, one shape, one-of-a-kind quilt. Made from one fabric cut randomly and pieced together. Algonquin Sewing Center. 10:00am-4:00pm. \$35 plus taxes/ supplies. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

MARCH EVENTS**NUMBER 91****March Radio Bingo**

Valley Heritage Radio Arnprior Lions Club Bingo happens every Thursday at 7:00pm. March 4th, 11th, 18th and 25th. A sheet of six cards is \$6. Multiple purchase locations across Renfrew and Lanark Counties. See locations on Facebook. Phone: 613-432-9873 www.facebook.com/valleyheritageradio

NUMBER 92**March is Nutrition Month**

It's Nutrition Month so visit Integrated Health Centre for nutrition consults, supplements and a bio-electrical impedance analysis (BIA). We can help you sort through product information and find what is best for you. 570 Nelson Street, Pembroke www.integratedhealthcentre.ca

NUMBER 93**March 1, 2021**

Be a blood donor at the Bancroft Pentecostal Tabernacle. 311 Hastings Street North. Book your appointment online at www.blood.ca

NUMBER 94**March 3, 2021**

Be a blood donor at the Royal Canadian Legion Renfrew Branch 148. 30 Raglan Street South. Book your appointment online at www.blood.ca

NUMBER 95**March 6, 2021**

Landscape Quilt at Algonquin Sewing Center. This is stained glass look landscape wall-hanging. An easy design and you'll love the finished look. 10:00am-4:00pm. \$35 plus taxes and supplies. Call or email to register for this class. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

NUMBER 96**March 8, 2021**

Paper Piecing at Algonquin Sewing Center. Learn how to paper-piece. 1:00pm-4:00pm. \$35 per class plus taxes and supplies. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

NUMBER 97**March 9, 2021**

Be a blood donor at the Petawawa Civic Centre in Petawawa. 16 Civic Centre Road. Book your appointment online at www.blood.ca

NUMBER 98**March 10, 2021**

Be a blood donor at the Nick Smith Centre in Arnprior. 77 James Street. Book your appointment online at www.blood.ca

NUMBER 99**March 13, 2021**

Advanced Free-Motion Quilting at Algonquin Sewing Center. Designed for students familiar with free-motion quilting who want to expand their skill level. Pick up the supply list when you sign up! 10:00am-4:00pm. \$35 plus taxes and supplies. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

NUMBER 100**March 19, 2021**

Today is the deadline to book into the Spring 2021 edition of Health Matters Magazine. If you offer a product or service that helps improve the health of local people, you should be part of this magazine. Issue distributes the week of April 12th. Rate card and more details online. behealthy@ovhealth.ca www.healthmattersmag.ca

NUMBER 101**March 27, 2021**

Wanting to decorate your home with a handmade rug? Pick your own jelly roll and make your own rug at Algonquin Sewing Center. 10:00am-4:00pm. \$35 plus taxes and supplies. Phone: 613-732-4789 cyndi@algonquinsewingcenter.ca

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!

101 Things to Do in the Valley - 2021 Publishing Schedule.

March-April 2021 Edition | Publishes February 23, 2021 | Deadline: February 19, 2021

May-June 2021 Edition | Publishes April 20, 2021 | Deadline: April 16, 2021

July-August 2021 Edition | Publishes June 15, 2021 | Deadline: June 11, 2021

September-October 2021 Edition | Publishes August 17, 2021 | Deadline: August 13, 2021

November-December 2021 Edition | Publishes October 19, 2021 | Deadline: October 15, 2021

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