

Township Times Publication

October to December 2025



Seeley's Bay Hall Visioning Project

The Seeley's Bay Fire Hall / Community Hall, at 151 Main Street in the Village of Seeley's Bay, has dutifully served the Township since its establishment in 1950.

Initially constructed through community fundraising efforts, the fire hall began as a single-bay facility. Over the years, it has undergone multiple expansions, including the addition of a community hall on the second level.

With the recent move of the fire department to a new facility, the Township has retained IDEA Inc. to act as the Primary Consultant to lead a visioning process for the adaptive reuse of the facility.

A Public Information Centre (PIC) is being held to introduce the Adaptive Re-Use project, and to obtain public and stakeholders' feedback on the information presented. The project team representatives will be available to answer questions and discuss next steps.

Public Information Centre Details

- Date: Thursday, October 16, 2025
- Time: 6:00 p.m. to 8:00 p.m.
- Location: Seeley's Bay Community Hall, 151 Main Street, Seeley's Bay, ON

2026 Municipal Election

Did you know that the 2026 Municipal Election is only a year away?

To ensure you are on the voting list, visit RegisterToVoteON.ca or call 1-866-242-3025. You can confirm your voter information, update your details and add your name to the Register if it is missing.



RegisterToVoteON.ca
1-866-242-3025

Website Refresh

We're excited to share that our Township website has been refreshed to make it easier to use on tablets and cell phones. With this update, you will notice some changes in how information is organized. If you previously bookmarked or relied on an old website link, it may no longer work.

To make navigation easier, we've added icons and image pods on the homepage to help guide you quickly to the most popular sections. We hope these improvements make it simpler for everyone to find the information they need.

Subscribe to the e-news feature, which sends out Township news notices to your email, at <https://www.leeds1000islands.ca/subscribe/>

Township Insight

Planning and Development

Questions about Building Permits.....

Building permits are required for all the following structures/construction.

- Accessory buildings over 10 sq m (108 sq ft), sheds, greenhouses and gazebos
- Accessory buildings, used for storage only on residential properties over 15 sq m, or 161 sq ft.
- All decks, attached to structures, regardless of size or height above grade.
- Detached decks over 10 sq m, 108 sq ft.
- Bunkies over 10 sq m, 108 sq ft. in size. Bunkies are considered bedrooms and require a septic review regardless of size.
- Access stairs to structure or properties (i.e. from the water to a cottage/house)
- In-ground and above-ground pools, hot tubs and swim spas.

All structures, whether they require a building permit or not, are required to comply with the Township Zoning By-law and obtain CRCA permits if they are to be located in an area regulated by the Conservation Authority.

As fall approaches, please note that adding insulation to the exterior or interior of your residence, or installing a solid fuel appliance (such as a woodstove), requires a building permit.

We would like to thank all the residents, contractors, and authorized agents who have obtained building permits for their current projects. We look forward to working with you through project completion and future projects.

Permit Application & Information Packages

There are several project specific Permit Application & Information Packages available to assist in applying for permits. The [Permit Application & Information Packages](#) are available on the Building Permits and Application page of the Township website and at the office. For other construction projects, please select the most appropriate package or contact the office with questions.

Complete Applications

When submitting an application for a building permit, it is important to ensure that your permit application is complete and that the information is sufficiently detailed to enable the design to be assessed for compliance with the Building Code. A detailed plot plan is required to ensure zoning compliance. Incomplete applications will result in delays in the review of applications. To assist in the completion of applications please refer to the [Guide to Building Permit Applications](#) on the Building Permits and Application page of the Township website.

Building Permit Renewals

A reminder to check the expiry date on your building permits. Permits have a one year expiry date, but can be renewed. The renewal request form is available at [Building Permit Application Renewal - Leeds and the Thousand Islands](#) on the Building Permits and Application page of the Township website.

Civic Addressing

All developed properties are required to have a civic blade and post installed at their driveway to assist emergency services with locating your property. The Township can issue civic addresses to vacant land and recommends a civic address for any property being farmed or with a recreational type use. An approved entrance permit from the applicable road authority is required prior to the issuance of a civic address.

Please be proactive and check the blade and post for your property to ensure that it is not damaged and that you can clearly see it from both directions of the road or water. Remember, if you cannot see the blade, then others will not be able to see it either.

If you have not been issued a blade and post, or your blade or post has gone missing or is damaged, please contact the Planning Technician at planningtechnician@townshipleeds.on.ca or 613-659-2415 ext. 203. The fee for a blade is \$25, and the fee for the post is \$20.

By-law Enforcement

• How to Submit a Complaint

- Complaints can be submitted to the Township through the website, [Ask a Question Report a Concern](#) on the Township website, which is monitored Monday to Friday from 9:00 am to 4:30 pm.
- **Outside of Township Business Hours**
 - The Township contracts Frontenac Municipal Law Enforcement to provide By-law enforcement services outside of regular Township business hours. Please contact Frontenac Municipal Law Enforcement at 613-541-3213. This is an answering service only. Please leave specific details, including:
 1. Your name;
 2. The address of the property of concern; and
 3. Phone number of where you can be reached.
 - Once a complaint is received, Frontenac Municipal Law Enforcement or a staff member may reach out to the complainant if there are any questions or further clarification required.

Dog Tags

All dog owners in the Township are required to purchase a dog tag annually. You can purchase a dog tag, using cash, cheque or debit, at the Township office Monday to Friday from 9 a.m. to 4:30 p.m., or through the [Ask a Question/Report a Concern](#) on the Township website.

Township Insight

From the Ground Up.....

Want to know what Capital Projects are taking place this season?

Project Updates

- Escott Hall and Springfield House repairs and renovations - estimated completion October 2025.
- Jerry Park Playground Equipment installation - estimated completion December 2025.
- Seeley's Bay Hall HVAC and lighting upgrades have been completed.
- Kidd Road North = County Rd 34 to Fairfax Road upgrade completed.
- Old River Road and Burtch's Lane Rehabilitation - estimated completion October 2025.
- Washburn Road update - estimated completion October 2025.



Picture of the Playground equipment design to be installed at Jerry Park

Township Insight

From the Ground Up...

Looking Ahead

Township Day-Use Parks

Thanksgiving Monday signals the close of our seven, day-use parks; washroom facilities will be winterized and secured.

Splashpad

Weather permitting, the splashpad will remain open until Thanksgiving Monday, October 13, 2025.

Private Road Grant

Financial support is available to eligible road associations for grading, brushing and snow removal. The deadline for applications is October 31. Visit our [Private Roads Grant](#) page, <https://www.leeds1000islands.ca/living-here/roads-and-sidewalks/private-road-grants/> on our website for details.



Snowplowing and winter maintenance season is coming!

From November 1 to March 31, the Township performs daily road patrols to monitor conditions and prepare responses to winter weather. Crews use a snow clearing schedule that is based on a road priority system. Sanding/salting and plowing begin on high-use roadways and then move to residential streets.

Winter Parking By-law

From December 1 through April 1, there is no on-street parking permitted from 11:00 p.m. to 7:00 a.m. Vehicles may be ticketed or towed.

Village of Lansdowne - Welcome Emterra Environmental Inc. for curbside pickup of recycling and household waste in the village. Customers can reach out to Emterra with questions by calling 1-888-597-1541 or customercare@emterra.ca.

Township Insight

Fire Services

Fire Prevention Week | October 5 - 11, 2025

Fire Prevention Week is the ideal time to ensure your home is protected. Working smoke alarms and carbon monoxide (CO) alarms are required by law and provide life-saving early warning in the event of a fire or CO emergency.

Smoke alarm safety tips:

- You need at least one smoke alarm on every level of your home and outside sleeping areas.
- You must have a carbon monoxide alarm if you have fuel burning appliances in your home or an attached garage.
- Don't forget to test them monthly
- Replace batteries every 6 months
- Replace the alarms after 10 years

Township firefighters will be out in the community as part of Fire Prevention Week, reminding residents to check that alarms are installed, up to date, and in good working order. You can also book a free Fire and Life Safety Inspection by contacting our Fire Prevention Team at the Township Office by calling 613-659-2415 ext. 219 or emailing fireprevention@townshipleeds.on.ca. Keep up to date by following our social media channel, <https://www.facebook.com/Leeds1000IslandsFireServices> or find information on the "[Fire Service](#)" page on the Township website.

A quick inspection today could save a life tomorrow.



Burn Permits | Renew Today

As we head into the fall of 2025, don't forget to renew your Burn Permit! Burn permits expire at the end of each calendar year and need to be renewed after January 1st of each year. Residents of the Township of Leeds and the Thousand Islands (TLTI) are required to have a permit for all open-air burning—and the good news is, permits are free for all TLTI residents.

To apply for or renew your permit, visit <https://lti.burnpermits.com/> or stop by or call the Township office during business hours. Once your permit is active, you must call 613-704-1812 on the day you wish to burn to activate it for 24 hours and to hear the latest burn level conditions.

Using this system keeps you compliant with the by-law and helps our fire fighters stage and manage resources more effectively, ensuring a safer community for everyone.

What3words | A Simple Tool for Emergencies

Have you ever found yourself lost and struggled to give directions? The What3Words app can help!

This free app divides the world into 3m x 3m squares and assigns each one a unique three-word combination. If you're ever in an emergency, open the app and provide the three-word location to emergency responders.

By using What3Words, you can ensure that help finds you quickly, no matter where you are.

Download the app today: Visit www.what3words.com to learn more.



Fall Fire Safety | Clean your Chimney and Heating Appliances

As the colder months approach, many of us turn to fireplaces, woodstoves, and furnaces to keep our homes warm and comfortable. Before lighting that first fire of the season, it's essential to make sure your chimney and heating appliances are safe to use.

Why cleaning matters: Over time, smoke from wood-burning appliances leaves behind a substance called creosote. This sticky, highly flammable material can build up inside your chimney or flue. Even a small spark can ignite creosote, leading to a dangerous chimney fire that can spread rapidly through your home. Regular cleaning and inspection greatly reduce this risk.

What you should do: Schedule a professional inspection and cleaning of your chimney and flue every year. Certified chimney sweeps possess the necessary tools and expertise to identify issues that may be overlooked.

- Check your heating appliances—woodstoves, fireplaces, and furnaces—for cracks, loose fittings, or worn parts. Proper maintenance ensures safe and efficient operation.
- Practice safe ash disposal. Always place ashes in a metal container with a tight-fitting lid, and store it outside—well away from decks, garages, or anything that can burn.
- Test your smoke and carbon monoxide alarms. Heating appliances can produce deadly CO gas if not vented properly. Alarms provide your first line of defence.

The benefits: Taking these steps not only reduces your risk of fire but also helps your heating system run more efficiently—saving energy, money, and worry. A clean chimney and a well-maintained heating appliance mean peace of mind for you and safety for your family all winter long.

Local Happenings

Lyndhurst & Area

Legion Branch 504

306 Lyndhurst Rd., Lyndhurst

- Dances:
 - Sun., Oct. 19, 1 p.m. to 5 p.m. Top Shelf
 - Sun., Nov. 16, 1 p.m. to 5 p.m. 8th Line
 - Wed., Dec. 31, 8 p.m. – 12:30 a.m. Jeff Code
- Euchre:
 - Wednesday nights, 7 p.m.
- Super Euchre:
 - First Sunday of each month, 12 p.m.
- Bingo:
 - Oct. 7, 21, Nov. 4, 18 at 7 p.m.
 - Turkey Bingo Dec 2 at 7 p.m.

Lyndhurst Santa Parade

- When: Saturday, November 15
- Time: 3 p.m.
- Location: Village of Lyndhurst
- Lyndhurst Events Activities Fairs Inc. (LEAF) are planning the annual event. Volunteers are always needed and appreciated. If you are interested in volunteering or participating in the parade, reach out to secretarylyndhusrteaf@gmail.com.

Rockport and Area

Light Up Rockport for Christmas

- When: November 30, 2025
- Time: 7 p.m.
- Location: Rockport Entrance Gate
- Details: everyone is invited to meet at the Rockport Gates for carol singing, music, and the official lighting of the Gates. Everyone is then invited to walk to the Rockport Customs Park, where carolling and music will continue with the lighting of the giant tree, followed by refreshments.

Seeley's Bay and Area

Legion Branch 491

116 Bay St., Seeley's Bay

- Open Mike
 - Sunday, Oct 5, 1 p.m. to 5 p.m.

Seeley's Bay Tree Lighting

- When: Date TBA. Keep up to date with the SBARA Facebook posts.

Festival of Small Halls Event - Tim Baker

- When: December 5, 7 p.m.
- Location: Seeley's Bay Community Hall, 151 Main St. Seeley's Bay
- Hosted by SBARA.
- Tickets available at:

<https://ontariosmallhalls.com/>

Community Events

Keep up to date on community events by subscribing to the [Event Calendar](#) in the Recreation and Culture section of the website, or scan the QR code to subscribe.



Leeds and 1000 Islands Historical Society

Upcoming Meeting

- October 20, 2025, 7 p.m.
- Lansdowne United Church
 - Brief AGM followed by Presentation
 - "Canadian Resorts Along the St. Lawrence." Kathleen Burtch, retired Parks Canada Interpreter, shares the stories of the many small tourist resorts and lodges that were once located all along the Canadian side of the St. Lawrence River between LaRue Mills and Gananoque.

Local Happenings

Lansdowne & Area

Lansdowne Craft Fair

- When: October 25, 2025
- Time: 9:30 a.m. to 3:30 p.m.
- Location: Lansdowne Community Hall, 1 Jessie St., Lansdowne
- Details: Many vendors, with something for everyone. Lunch is available for purchase; admission is \$2.00. Sponsored by the Leeds & Thousand Islands Historical Society.

Halloween Spooktacular

- When: October 31, 2025
- Time: 6 p.m.
- Location: 1186 Prince St., Lansdowne Fairgrounds
- Details: Creepy walk/run, photo booth, games and activities, snacks, treats and drinks. Stroll through the haunted Exhibit Hall and make sure to bring your best spooky costume. Hosted by the Lansdowne Agricultural Society.

Pumpkin Spectacular

- When: November 1, 2025
- Time: 7 p.m. to 8 p.m.
- Location: 1186 Prince St., Lansdowne Fairgrounds
- Details: Bring your carved pumpkin to the fairgrounds at 6 p.m., where on-site volunteers will accept them and record your name, or drop them off earlier at the office door. Stroll through the patch at 7 p.m. and see who the winners are. Hosted by the Lansdowne Agricultural Society.

Deck the Door

- When: Nov. 12 to Dec. 6, 2025
- Details: Facebook contest open to all in TLTI. Post a photo on the Lansdowne Fair Event Facebook page with the tag, #LASdeckthedoort25. Winners will be announced December 6.

Lansdowne & Area

Santa Claus Parade

- When: November 16, 2025
- Time: 5 p.m.
- Location: Village of Lansdowne.

Let's Light Up Lansdowne

- When: Friday, December 5, 2025
- Time: 6:30 p.m.
- Location: Lansdowne Community Centre, Corner of Jessie and Garden Street
- Details: Bring a friend and join LAFR with the lighting of the Christmas tree, followed by games, activities and treats. All are invited to attend to welcome in the Christmas Season.

Breakfast with Santa/Festival of Trees

- When: December 6, 2025
- Time: 9 a.m. to 11 a.m.
- Details:
 - Free pictures with Santa, games.
 - Breakfast: Kids 10 & under, 1 pancake/sausage/juice - free. Adults, 2 pancakes/sausage for \$5.
- Decorate and enter your tree or wreath for free. Pre-registration is required by November 28. You can find the form on the lansdownefair.ca website or visit the Lansdowne Library after November 12 to obtain a copy. The Festival of Trees event runs from 9 a.m. to 1 p.m.



Local Happenings

Leeds and the Thousand Islands Public Library

Pass Alert

Did you know that you can access passes to various Canadian Museums and Zoos, as well as seasonal passes to places like Upper Canada Village, Ontario Provincial Parks, Rock Dunder, and Fort Henry. Passes are now available for the ROM (Royal Ontario Museum) in Toronto at all our branches. Visit a branch to find out more.

LT IPL App

Download our new & improved LT IPL app for free through the Google Play or Apple App Stores!

You can:

- review your account and family member accounts
- see library hours and locations
- search for books, ebooks, audiobooks
- place holds and renew items
- scan the ISBN to see if a book is in our system
- add your library card to your Apple or Google Wallet
- keep up to date with library events
- connect to our social media platforms



EarlyON Story Time

Thursdays, 10 a.m. to 11 a.m. | Lansdowne Branch

LT IPL Story Time | Seeley's Bay

Tuesdays, 10:30 a.m.

Thursdays, 2:30 p.m.

Celebrating with the Community

Look for us at several community events in the Township.



Leeds and the Thousand Islands Public Library

Fall Programs

Adults (18+)

- Knit & Crochet
 - Wednesdays 10:30 a.m. to 12 p.m.
 - Lansdowne
- News of the World
 - Thursdays, 3 p.m.
 - Seeley's Bay
- Passion Projects
 - 2nd Thursday of the month, 5:30 p.m.
 - Lansdowne
- Roots & Branches Genealogy - Social Genealogy Group
 - (LA Coming soon)
- Spice Club
 - All branches
- Gardener in Residence
 - Last Monday of the month, Lansdowne
 - 10 a.m. to 11 a.m.
 - Get all your plant and gardening questions answered.

Youth (13 - 20)

- Teen Advisory Group
 - Last Thursday of the month, 6 p.m.-7 p.m.
 - Lansdowne
- Youth After Hours
 - 4th Friday of the month 6 p.m. - 8 p.m.
 - Lansdowne

Children (5- 12)

- Kids' Club
 - Thursdays, 3:30 p.m. 4:30 p.m.
- Lab Rats
 - 1st Thursday of the month, 5:30 p.m. (LA)
 - 3rd Wednesday of the month, 5:30 p.m. (LY)
- Kids Puzzle Day
 - 1st Saturday of the month (LY)
- Dungeons & Dragons (9-12)
 - Tuesdays, 5:30 p.m. - 6:30 p.m. (LA)
 - Nov 4-Dec 9
- Art Hour
 - 1st Saturday of the month, 2 p.m. - 3 p.m. (SB)
 - 3rd Saturday of the month, 10 a.m. - 11 a.m. (LA)

TLTI Recreation and Leisure Programs

There's something for everyone in and around TLTI

Register: online – Scan QR code or go to

<https://tlti.ebasefm.com/programs/welcome> to login or create an account,

or contact: recreation@townshipleeds.on.ca | 613-659-2415 ext 246



Fit & Fab Fitness Classes with Wendy | Virtual Classes Available!

- Description: Designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination.
- What to Bring: Indoor shoes, water, an exercise mat, and an exercise ball.
- Dates: Mondays, Wednesdays and/or Fridays, October 6 to December 19, no class October 13.
- Times: Fit & Fab 1, 9:30 a.m. to 10:30 am or Fit & Fab 2 at 10:45 a.m. to 11:45 a.m.
- Location: Lansdowne Community Hall, 1 Jessie Street, lower level.
- Cost: Drop-in \$6.00 or, 11-week session: \$66.00 for once a week | \$121.00 for twice a week | \$160.00 for three times a week

Lansdowne Line-Dancing With Joan Green | Mondays, September 15 to Dec 8, 2025

- Description: Stay active and challenge your mind; memorize patterns of dance to a variety of music and have fun! Good balance, mobility, endurance and regular attendance are important. The class is geared toward individuals with some prior experience.
- What to Bring: Indoor shoes & water required
- Dates/Times: Mondays, 2:30 p.m. to 3:30 p.m., no class October 20 or November 17
- Location: Lansdowne Community Hall - 1 Jessie Street, lower level
- Cost: \$35 for an 11-week session. Register to join
- Notes: Late registrations accepted until full! No drop-in, please.

All Levels Yoga with Jodi | October – December 2025

- Description: Yoga class, all levels welcome, this class is meant to be accessible and welcoming for all.
- Dates/Times: Wednesdays 1:00 p.m. – 2:00 p.m., October 15 to December 17, 2025
- Location: Seeley's Bay Hall Upstairs – 151 Main St Seeley's Bay
- What to bring: Your own mat & props, limited mats available
- Cost: Drop in \$15.00 per class or \$100 for a 10-week Session.

Chair Yoga & Movement Class with Jodi | October – December 2025

- Description: Improve and/or maintain mobility and flexibility. All levels are welcome; this class is designed to be accessible and inclusive for everyone.
- Dates/Times: Wednesdays, 2:30 p.m. – 3:30 p.m., October 15 – December 17, 2025
- Location: Seeley's Bay Hall Upstairs – 151 Main St, Seeley's Bay
- What to Bring: Foldable chairs provided, Bring your own props.
- Cost: Drop in \$15.00 per class or \$100 for 10-week Session.

TLTI Workshop Offerings

There's something for everyone in and around TLTI

Register: online – Scan QR code or go to

<https://tlti.ebasefm.com/programs/welcome> to login or create an account,
or contact: recreation@townshipleeds.on.ca | 613-659-2415 ext 246



Babysitting Course

- **Description:** Taught by Push for Life, a Canadian Red Cross training partner. The babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.
- **Age Requirements:** 11 to 15 years old. Parents' discretion if the child is within 6 months of age.
- **Date/Time:** November 1, 2025, 9:30 a.m. to 2:30 p.m.
- **Location:** Lansdowne Community Hall – 1 Jessie St
- **Cost:** \$95
- **Notes:** Minimum of 10 participants to run the course. Bring a nut-free lunch, snacks & water.

CPR C & Standard First Aid | 1 Day HYBRID COURSE

- **Description:** Standard First Aid & Level 'C' CPR Certification – Hybrid Course – Instructed by "Push For Life" a Red Cross Training Partner. Standard First Aid will now consist of 50% online training and 50% in-person (classroom) training.
 - Step 1: Register through the TLTI program portal for your in-class portion to get started!
 - Step 2: Red Cross will email you the online part of your course within 24 hours.
 - *** The online modules must be completed before the in-class session to attend.***
- **Date/Time:** Oct 19, 2026, 9:30 a.m. to 4:00 p.m.
- **Location:** Lansdowne Community Centre Meeting room – 1 Jessie St, 2nd Floor
- **Cost:** \$180
- **What to Bring:** Nut-free lunch, water, & snacks.
- **Notes:** Minimum of 10 people to run the course, minimum age is 14. Please ensure contact information is up to date to receive online portion of course.
- If you have any questions about any courses or need help registering, reach out to recreation@leedstownship.on.ca or call 613-659-2415 ext. 246.

Stay Safe Program

- **Description:** Offered through the Canadian Red Cross training partner, Push for Life. The program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety
- **Age requirement:** 9 to 13 years of age. Parents' discretion if the child is within 6 months of age
- **Date:** November 28, 2025, 9:00 a.m. to 3:00 p.m.
- **Location:** Seeley's Bay, 151 Main St.
- **Cost:** \$85
- **Notes:** Minimum of 10 participants to run the course. Bring a nut-free lunch, snacks & water.

Community Program Offerings

There's something for everyone in and around TLTI

C.A.R.E. Program

- Description: RNJ Youth Services & TLTI have partnered to bring C.A.R.E. (Consent and Relationship Education) Program for youth aged 12-17 years old, it's a free program for Teens looking to learn ore about communication, healthy relationships, boundaries and consent while learning new skills in a safe environment.
- Dates/Time: October 20 to December 15, 2025, 6:00 p.m. - 7:30 p.m.
- Location: Lansdowne Community Hall, Meeting room, 1 Jessie St.
- Cost: Free
- Register: Contact Sara at sarah@rnjyouth.com

COR Martial Arts

- Description: Offering sport kick boxing & self defense programs for Kids & Adults. Whether you're just starting out or you've been training for years, we are inclusive and welcoming of all experience and fitness levels.
- Dates/Times: Fridays based on age; 4:30 p.m. to 5:20 p.m. ages 4-7, 5:30 p.m. to 6:20 p.m. ages 8-12, 6:30 p.m. to 7:30 p.m. for ages 13 and up.
- Location: Lansdowne Community Hall, Lower room - 1 Jessie St.
- Register: Contact info@cormartialarts.ca | 613-345-2101 | <https://cormartialarts.ca/>

Urban Pole Walking Seniors Support Services (CPHC) | Sponsored by the SE LHIN & Ministry of Long-Term Care

- Description: Learn to Pole walk while enjoying the outdoors, improving strength, balance and posture.
- Dates: October 7 to November 25 (weather permitting)
- Location: Varies, please register
- Register: Kim Ducharme: 613.342.3693 Ext: 2303 or email, ducharme@cphcare.ca
- Cost: Free

Sunday Bootcamp | Health Through Mobility

- Description: Kick off your Sunday with an energizing full-body workout designed to build strength, improve endurance, and boost your mood. This dynamic class combines bodyweight exercises, resistance training, and cardio bursts for a fun and challenging session that's suitable for all fitness levels. Whether you're looking to push yourself, increase your energy, or just enjoy moving with a supportive group, Sunday Bootcamp will leave you feeling strong and accomplished.
- Dates/Times: Sundays October 19 to December 7, 9:00 a.m. - 10:00 a.m.
- Location: Lansdowne Community Hall, 1 Jessie St
- Cost: \$15 per class or \$120 for the 8 week session
- Register: Jessica Parkinson, 613-315-6583 or info@healththroughmobility.ca

Community Offerings

There's something for everyone in and around TLTI

Tai Chi Continuing Class | Canadian Tai Chi Academy

- Description: Tai Chi is a gentle, complete whole-body exercise that can help improve one's health and well-being.
- Dates/Times: Tuesdays, starting September 9, 9:15 a.m. to 10:30 a.m.
- Location: Lansdowne Hall, Lower room - 1 Jessie St.
- Register: Contact lansdowne@canadiantaichiacademy.org to join. Ongoing registrations accepted, please reach out to join!
- Visit: www.canadiantaichiacademy.org

Tai Chi for Beginners and Continuing Practice | Canadian Tai Chi Academy

- Dates/Times: Thursdays, starting September 11, 2025, 9:15 a.m. to 10:30 a.m.
- Location: Lansdowne Hall, Lower room - 1 Jessie St.
- Contact: lansdowne@canadiantaichiacademy.org On-going registrations accepted, please reach out to join!
- Visit: www.canadiantaichiacademy.org

Yoga with Michelle Millar

- Description: A Seasonal Yoga Series for the Nervous System. Mindful movement, gentle core and nourishing breathwork to ground your body. Soothe your system. Align with the season.
- Dates/Times: Tuesdays, September 16 to October 21 | 6:00 p.m. to 7:00 p.m.
- Location: Seeley's Bay Community Hall (Upstairs) - 151 Main St.
- Cost: \$100 for the full series, Drop-ins (limited if space allows) is \$18 per class.
- What to Bring: Please bring a yoga mat
- Register: LittleMagicLife@gmail.com or text: 343-363-9483

Wildcats for Girls

- Dates/Times: Wednesdays, Oct 1 - Dec 3, 6:30 p.m. - 7:30 p.m.
- Location: Rideau District Highschool Lions' Den
- Cost: \$40
- To Register for for more info contact: Will French (william.french@ucdsb.on.ca / 613.803.4684) or Tim Simpson (tim.simpson@ucdsb.on.ca / 613.213.2263)

News and Events

Remembrance Day Services

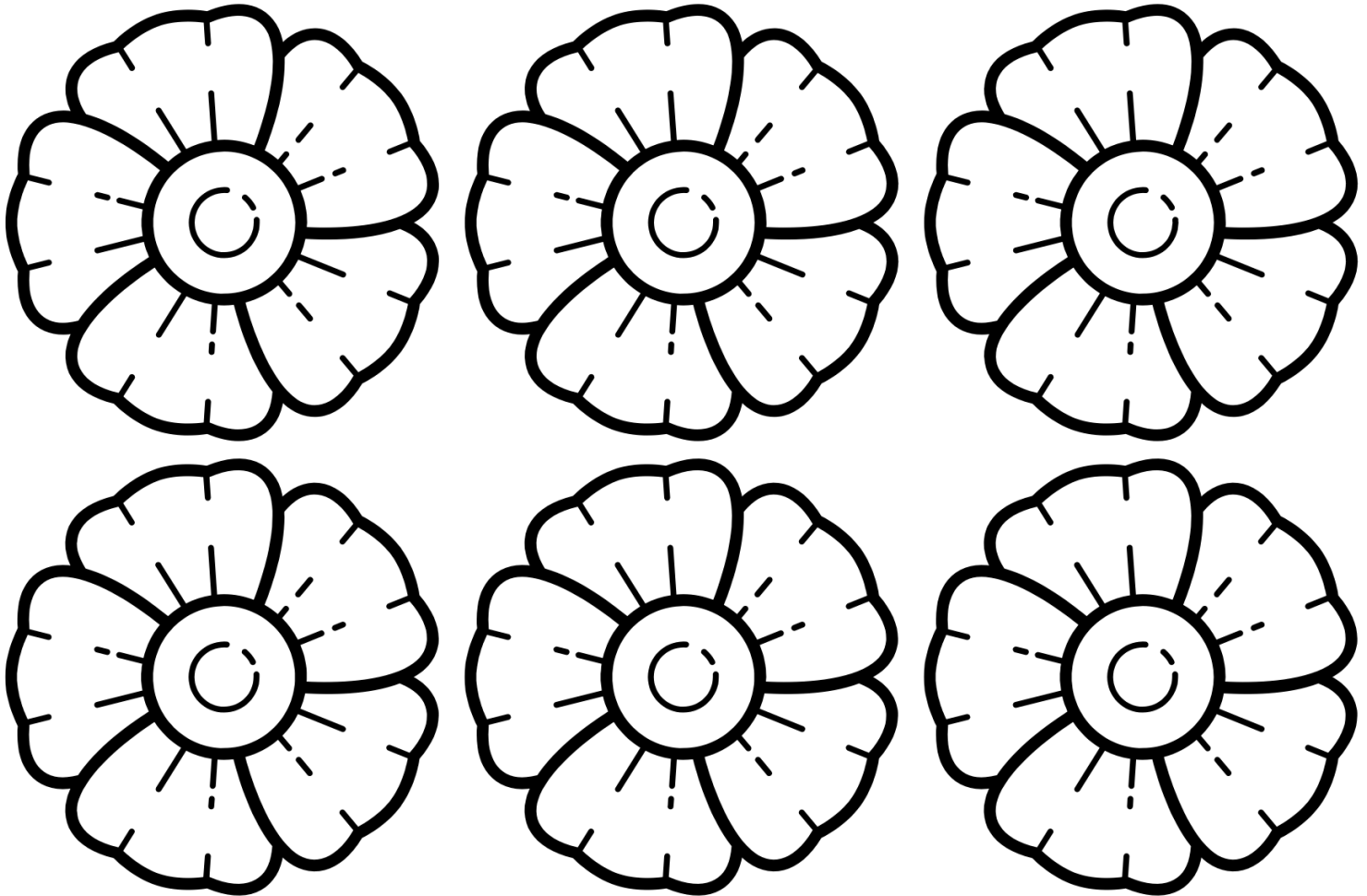
Remembrance Day is a day to remember and acknowledge the immense bravery and sacrifice of those who served our country. Together, we honour those who gave their lives to serve our country, and we thank them for their service.

Please take a moment on this day to join one of the community services and remember the Canadian military members who have served and continue to serve our country.

Ceremony locations:

- Lansdowne Community Veterans Memorial, 101 King St. West
- Lyndhurst Legion Cenotaph, 204 Lyndhurst Road
- Rockport War Memorial, 20 Front Street
- Seeley's Bay Legion Cenotaph, 116 Bay Street

Poppy Coloring Activity



Seniors Expo

Information sessions every hour
starting at 1:30 p.m., Lansdowne
Community Meeting Room

- Health and Wellness
- Safety and Security
- Supports and Services
- Retirement Planning

Explore more than 30 Exhibitors

- Service clubs
- Health
- Travel & Tourism
- Recreation & Leisure
- Government Services

Get Your Flu Shot!



Township of
Leeds and the
Thousand Islands



Tuesday, November 18, 2025
1:00 P.M. to 6:00 P.M.



Lansdowne Community Hall,
1 Jessie St., Lansdowne, ON.

- Free Admission
- Free Parking
- Door Prizes
- Light Refreshments and snacks

