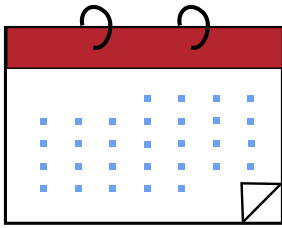


Township Times Publication

July to September 2026



Office Holiday Hours



The office will be closed on the following dates:
Monday, August 3 - Civic Holiday
Monday, September 7 - Labour Day
Wednesday, September 30 - National Day for Truth and Reconciliation

New Councillor for Ward 1

Applications were accepted for the position of Councillor - Ward 1 that was left vacant following the resignation of Councillor Lackie. We thank Councillor Lackie for his many years serving the community on Council. At the May 13th Council meeting, Todd Robertson was appointed as Councillor for Ward 1. We welcome Councillor Robertson and look forward to working with him.

2026 Municipal Elections are Underway

Are you interested in running for a seat on the council or the school board?

Make your voice heard! Nominations are now open from May 1st - August 21st 2026 at 2:00 p.m. to file Nomination Papers for the offices of Mayor, Councillor and School Board Trustees. For more information about the process of filing and becoming a candidate, visit the Township website: <https://www.leeds1000islands.ca/township-government/elections/> or contact the Clerk, clerk@townshipleeds.on.ca.



Final Tax Deadline

Final taxes are due September 18, 2026. Payments can be made by mail, in person, online banking, online through PayPal/credit card, or night deposit drop box. For more info visit, <https://www.leeds1000islands.ca/living-here/property-taxes/>

Congratulations TLTI Ontario Senior of the Year Award Recipient 2026



Pictured L-R M.P.P. Steve Clark, Wilhelmina Lacelle and Mayor Corinna Smith Gatcke

Congratulations to Wilhelmina Lacelle, the TLTI 2026 Ontario Senior of the Year Award recipient.

M.P.P. Steve Clark and Mayor Corinna Smith Gatcke handed out the award to Wilhelmina during the Seniors Month celebration event held on June 11, 2026, in Lansdowne.

Township Insight

Planning and Development

Building Division

The Building Division continues to actively promote safe and compliant construction practices throughout the Township. As part of our ongoing commitment to public safety and regulatory compliance, Building Officials are conducting weekly boat patrols to island properties and waterfront construction sites across the Township.

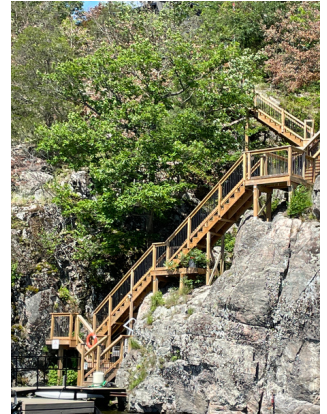
These inspections provide an opportunity for staff to:

- Monitor active construction projects and verify compliance with approved building permits.
- Ensure work is being completed in accordance with the Ontario Building Code and applicable municipal by-laws.
- Identify and address potential safety concerns before they become significant issues.
- Provide guidance and support to property owners, contractors, and builders.
- Maintain a visible presence throughout the Township's unique island and waterfront communities.

The weekly boat rides have proven to be an effective tool for reaching remote properties and ensuring that construction activity occurring on the islands meets the same safety and regulatory standards expected throughout the municipality.

The Building Division appreciates the cooperation of residents, contractors, and property owners who continue to work with staff to ensure safe and compliant development within the Township of Leeds and the Thousand Islands.

For questions regarding building permits, inspections, or construction requirements, please contact the Building Division, 613-659-2415 ext. 210.



Township Insight

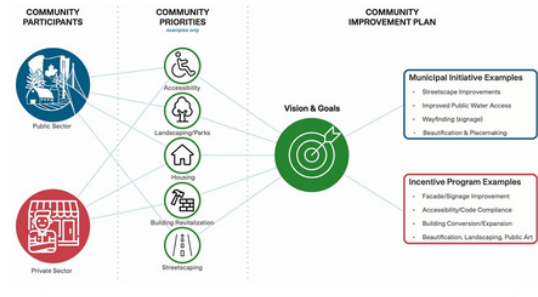
Planning and Development

Community Improvement Plan (CIP)

The CIP is a tool to help coordinate improvement efforts between the public sector (Township) and private sector (businesses, community organizations, developers, and landowners), through the administration of incentive programs and municipal initiatives.

The first step in the application process is to consult with Planning staff to review your proposed project and review eligibility requirements. Information can be found on the Township website, <https://www.leeds1000islands.ca/business-building-development/community-improvement-plan/>

If you have any questions regarding a project, please contact the Planning staff, 613-659-2415. The next application deadline is the first Friday in September.



Civic Addressing

All developed properties must have a civic blade and post at their driveway to help emergency services locate them. The Township issues civic addresses for vacant land and recommends them for properties used for farming or recreation. An entrance permit from the relevant road authority is required before receiving a civic address.

Please check that your blade and post are visible and undamaged. If you've not received one, or if yours is missing or damaged, contact the Planning Technician at planningtechnician@townshipleeds.on.ca or 613-659-2415 x 203. The fee for a blade is \$25, and for a post, it is \$20.

By-law Enforcement

Under the Townships' By-law Enforcement Policy, By-law 2025-013, an officer can address an issue only after a complaint has been filed. It then allows a By-law Officer to attend a property and address an issue (complaint).

All complaints are held in confidence. It is important when filing a complaint that you provide as much detailed information as possible, including a statement of the facts, dates and times of incidents, and can include photographs.

Complaints are triaged based on public safety.

Complaints should be submitted to the Township through the website at

<https://www.leeds1000islands.ca/living-here/ask-a-questionreport-a-concern/>, which is monitored Monday to Friday from 9:00 am to 4:30 pm.

If outside business hours, the Frontenac Municipal Law Enforcement is contracted to provide By-law enforcement.

For a list of frequently asked for Bylaws or more information on By-laws and Enforcement, visit the Townships webpage, <https://www.leeds1000islands.ca/township-government/bylaws-and-enforcement/>

Township Insight

From the Ground Up.....

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

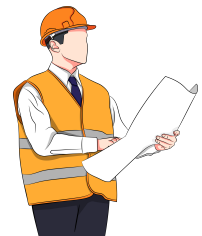
- Russel Road is undergoing drainage improvements, brushing and double surface treatment this summer. Crews and residents alike are eager to see this surface conversion completed.
- The anticipated start of the Black Rapids Bridge Replacement is after the July 15th closure of the fish spawning window. During the replacement, there will be minimal impacts on traffic flow.

Questions can be sent to: Aaron Hatton, Manager of Roads and Fleet,
managerroads@townshipleeds.on.ca | 613-561-8945 ext. 234.



Summer Staff

The Township employs 15 seasonal summer students in various roles. The students perform duties in grounds maintenance, horticulture, recreation, park operations, and public works engineering. These students provide essential support to the operation and maintenance of parks, facilities, and programming that enhance the quality of life for residents and visitors.



TLTI Park's

Kendricks Park (Lyndhurst)

- Canteen is open 7 days a week in July and August from 11 a.m. to 8 p.m.
Come out for a swim, some ice cream and a variety of treats.
- There are three Pavilions which can be rented for a birthday party or family reunion.
Booking a pavilion can be done through the Township website,



<https://www.leeds1000islands.ca/recreation-culture/facilities-and-park-rentals/pavilions-and-park-space/>

Township Insight

From the Ground Up...

TLTI Park's

Centennial Park (Seeley's Bay)

- Baseball diamond enhancements have been made.
- Canteen hours of operation, serving ice cream and treats in July and August, are from 11 a.m. to 8 p.m., Wednesday to Sunday.



Jerry Park (Lansdowne)

The Park has undergone some improvements

- Baseball diamond upgrades include a safety fence topper and pegged bases for both youth and adult play
- Construction of a gravel base layer in preparation for future paved pathways
- Completion of the playground and safety rubber surfaces
- Enhancements to the sports court



Think before you toss!

Why don't batteries belong in your curbside recycling or household garbage?

- Your recycling can become contaminated
- Batteries can spark fires
- Batteries put workers' lives at risk

Instead, ask the attendant to put them in the battery bin at the waste site or drop them off at your local library for proper disposal.

Township Insight

Fire Services

Smoke and Carbon Monoxide Alarms Save Lives

Whether you own a cottage, rent a seasonal property, or are staying in a short-term rental, working smoke and carbon monoxide alarms are essential.

Every cottage, seasonal dwelling, and short-term rental accommodation must be equipped with working smoke alarms on every storey and outside sleeping areas. Carbon monoxide alarms are also required where the building contains a fuel-burning appliance, fireplace, woodstove, generator connection, or attached garage.

Before welcoming guests this summer:

- Test all smoke and carbon monoxide alarms.
- Replace batteries as required.
- Ensure alarms are less than 10 years old or within the manufacturer's service life.
- Provide guests with information on emergency exits and the property's civic address.



Many cottage fires occur when occupants are unfamiliar with the building.

Water Access Properties – Can Responders Find You?

Many properties within the Township are accessible only by water. During an emergency, responders must be able to identify the correct shoreline location quickly.

Property owners should ensure:

- Their civic address is clearly visible from the water.
- The sign is located at the end of your main dock or main access point.
- Signs are maintained and unobstructed by vegetation.
- Dock and shoreline markers remain visible both day and night.
- Emergency access points are clearly identified for responding agencies.



Stay Safe Around the Water

With thousands of residents and visitors enjoying the St. Lawrence River and area lakes each summer, water safety remains an important responsibility.

Remember to:

- Wear a properly fitted lifejacket or personal flotation device while boating.
- Supervise children at all times near water.
- Avoid alcohol or drug use while operating watercraft.
- Check weather conditions before heading onto the water.
- Ensure boats are equipped with the required safety equipment.
- Let someone know your destination and expected return time.



Township Insight

Fire Services

Keep Cottage Laneways Emergency Vehicle Ready

Emergency vehicles are significantly larger and heavier than passenger vehicles. Narrow or poorly maintained laneways can delay emergency response or prevent apparatus from reaching a property.

Property owners should ensure:

- Laneways remain clear of parked vehicles and obstacles.
- Tree branches are trimmed to 5m(16ft) high and 6 m(20ft) wide) to allow emergency vehicle access.
- Gates can be opened quickly or are equipped with approved access systems.
- Bridges, culverts, and driveways can safely support the weight of emergency vehicles.
- The property's blue civic address sign is clearly visible from the roadway.

If firefighters cannot find your property or reach it safely, valuable time may be lost when every second counts.

Help us Help You!

Can our Trucks fit down your Driveway?

Is your Driveway clear 6 m wide and 5 m High and able to support the weight of a fully loaded Fire Truck? Is there room for a Fire Truck to turn around?



Property Identification

Make sure your 911 blade is visible from both directions and is clear of brush and snow

Burn Permits: Don't Forget to Renew

All residents of the Township of Leeds and the Thousand Islands (TLTI) are required to have a permit for open-air burning, and the good news is, permits are free.

To apply or renew, visit lti.burnpermits.com or stop by the Township Office during regular business hours.

Before You Burn

If you plan to burn brush or use a burn barrel/incinerator, you **must**:

- Call 613-704-1812 on the day you plan to burn
- Follow the pre-recorded message to activate your permit for 24 hours

If you are having a campfire (for cooking, warmth, or recreation):

- You do not need to call each time, but
- You still need to have a valid permit, and you must still check daily burn conditions

Burn conditions can be checked by:

- Calling the burn line
- Visiting the Township website
- Going to lti.burnpermits.com

Local Happenings

Lyndhurst & Area

Annual Turkey Fair

- When: September 19, 2026,
- Time: 10 a.m. – 4:30 p.m.
- Location: Village of Lyndhurst, ON
- Details:
 - Free entry and free parking. Come and enjoy live music and delicious food, explore the vendors' market, participate in a silent auction, and check out the vintage car show.
 - There are various activities for kids to enjoy in the kid zone. You can experience paddling a voyager canoe and meet the river mermaid.
- Volunteer opportunities exist, from as little as an hour up to 6 hours. Contact jdjolliffe@bmts.com to inquire or sign up.

St. Lawrence Parks Commission

Come out and visit the Browns Beach & Day Use Area at 1259 Thousand Islands Parkway, Mallorytown.

Open 9 a.m. to 9 p.m. daily through September 7, and on weekends through October 12, 2026.

For more information about the beach or Brown's Bay Campground, go to the website, <https://www.stlawrenceparks.com/to-do/camping/browns-bay-campground/>

Gananoque and Area Food Bank

Join the Gananoque and Area Food Bank

BBQ/Open House

- Date: September 26, 2026
- Time: 11:00 a.m. to 1:00 p.m.
- Location: 497 King Street, E, Gananoque

Rockport & Area

Thousand Islands Association (TIA) AGM

- When: Saturday, July 18, 2026, 8:00 a.m.
- Location: The Thousand Islands Playhouse, Gananoque
- Details: Registration starts at 8:00 a.m., breakfast at 8:30 a.m. AGM from 10:00 a.m. to 11:30 a.m., including a Featured Speaker.



Music on the River Series

- When: Wed., July 15, August 19, 2026
- Time: 6:30 p.m. – 9:30 p.m.
- Location: Rockport Customs Dock
- Details: Live music at the dock.

Leeds and 1000 Islands Historical Society

Upcoming Meetings

- Monday, September 21, 2026, 7 p.m.
 - Lansdowne United Church
 - Rev. Stephen Shay "Days Past, An Artisan's Representation"
- Saturday, October 17, 2026, 9 a.m. to 3 p.m.
 - Lansdowne Community Centre
 - LTIHS Craft Fair
- Monday, October 19, 2026, 7 p.m.
 - Lansdowne United Church
 - AGM & John Ronson, photographer, "Images of Leeds and the 1000 Islands"
- Monday, November 16, 2026, 7 p.m.
 - Lansdowne United Church
 - John Knighton (Home Children Canada), "The Almost Forgotten Children"

Go to - lthistoricalociety.org for more information, past newsletters, and photos.

Become a member today.

Help us keep our past and present to share with future generations.

Local Happenings

Lansdowne & Area

Lansdowne Fair

- When: July 16 – 19, 2026
- Location: Lansdowne Fair Grounds,
 - 1186 Prince Street, Lansdowne
- July 16 – Abby Stewart, 8 p.m. at the Grandstand following the opening ceremonies
- Country Fair with lots to share – heavy horse show, western show, canine circus, Baby Show and more.



Blueberry Social

- When: August 11, 2026
- Time: 11:00 a.m. to 2:00 p.m.
- Location: Lansdowne Fairgrounds,
 - 1186 Prince Street, Lansdowne
- Details: Hosted by the Lansdowne Agricultural Society

LAS Closet Used Clothing Sale

- Drop off item dates:
 - August 8, (9 a.m. to 10 a.m.)
 - August 11, (4 p.m. to 6 p.m.)
 - August 15, (9 a.m. to 10 a.m.)
 - August 18, (4 p.m. to 6 p.m.)
 - August 23, (9 a.m. to 10 a.m.)
- Sale Date
 - August 29 & 30
 - 10 a.m. to 2 p.m.
- Location: 1186 Prince St., Lansdowne Fairgrounds, Exhibit Hall

Fall Pie Orders

Watch the Lansdowne Agriculturals Society Facebook page for details.

Volunteer Opportunities

The Lansdown Fair is looking for volunteers to join the Lansdowne Agricultural Society to help with event, fundraising, etc. What's your talent? Why not put it to use. Contact lansdownefair@gmail.com to sign up.

Lansdowne & Area

Seniors Day in the Park

- When: September 24, 2026
- Time: 10:00 a.m. – 1:00 p.m.
- Location: Charleston Lake Provincial Park
- Details: We invite local seniors for a guided walk of the trails, a species at risk presentation, and a light lunch.

Registration required by registering online at <https://forms.leeds1000islands.ca/Event-Registration/Seniors-Day-in-the-Park> or by calling 613-6592415 ext. 207.

United Way Leeds & Grenville

6th Annual Gord Brown Memorial Tournament
Day Schedule on Thursday, August 13 at
Smugglers Glen Golf Course:

- Registration Opens 10:30 AM
- Shotgun Start 12:00 PM
- Dinner to follow when play concludes
- Registration fees are \$900 for a foursome or \$450 for a twosome with a \$50 gift receipt to each golfer, or \$200 receipted per team. Dinner only is also available at \$75 per person. Registration is available online: <https://unitedwayleedsgrenville.ticketspice.com/gord-brown-memorial-golf-tournament->
- Sponsorships available range from hole sponsors – major (\$500 – \$7,500)

For more information, please contact melissa.hindman@uwlg.org or visit <http://www.uwlg.org/gord-brown-memorial-golf-tournament>

Hope Starts with You Campaign Launch September 19 – Save the Date

Nearly 1,500 people who live in Leeds and the Thousand Islands were supported by programs and services funded by United Way Leeds & Grenville last year.



Local Happenings

Leeds and the Thousand Islands Public Library

Dive into TD Summer Reading Club

Join the free TD Summer Reading Club this year for fun and adventure throughout the summer. Prizes, Storytimes with Special Guests, Crafts, Activities, Storywalk, The Great Duck-oration Contest, Library in the Park and more!

Library in the Park

- Sat. June 20, 1 – 3 p.m. | Jerry Park
- Sat. July 25, 1 – 3 p.m. | Kendrick's Park
- Sat. August 22, 12 – 2 p.m. | Centennial Park

Storytimes with Special Guests*

- Mondays 10 a.m. in Lyndhurst
- Tuesdays 10 a.m. in Seeley's Bay
- Wednesdays 10 a.m. in Lansdowne
- Thursdays 4 p.m. in Seeley's Bay

Weekly Staff-led Activities*

- Mondays 10:30 a.m. in Lyndhurst
- Wednesdays 10:30 a.m. in Lansdowne
- Thursdays 4:30 p.m. in Seeley's Bay

*No programs on July 1, July 8, and August 3; visit our website for alternate dates



EarlyON Story Time is **pausing for the summer** and will resume on Thursday, September 3rd.

Free

Pop-Up Play, Thursday, July 9, 9:30 – 11:30 a.m.
Jerry Park

Outdoor playgroup for parents, caregivers and their children, birth to 6 years. Children are encouraged to explore, create, play and engage in various experiences. Older siblings welcome
For more info, email: earlyon@uclg.on.ca or call 1-866-433-8933, ext. 2351

Leeds and the Thousand Islands Public Library

Ongoing Programs

- Teen Dungeons & Dragons | Lansdowne
 - Pre-Registration required
 - When: Thursdays
 - Time: 5:30 p.m.
- Adult Passion Projects | Craft & Social group
 - Lansdowne Branch
 - When: August 9 – August 16
- Knit & Crochet | Lansdowne
 - When: Wednesdays at 10:30 a.m.
- Rock Dunder Guided Hike
 - Date to be confirmed
- Lansdowne Book Club | Lansdowne Branch
 - When: Third Thursday of the month
 - Time: 3:00 p.m.
- Gentle Reader's Book Club | Lyndhurst Area
 - When: Third Tuesday of the month
 - Time: 2:00 p.m.
- Seeley's Bay Book Club | Seeley's Bay Branch
 - If you are interested in joining this new book club, call the branch at 613-387-3909.
- Books & Beers (Cornwall's Pub, Rockport)

Drop in anytime for:

- Take & Make Craft Kits
- Drop in Crafts/Activities
- Search & Finds
- Spin to Win Prizes

For more information visit www.ltipl.net, call 613-659-3885, email staff@ltipl.net or visit us at your local library.

Youth Camps and Programs

There's something for everyone in and around TLTI

FAB Summer Nature Camp

June 29 to August 21, 8:30 a.m. to 4:30 p.m., with late pick up at 5:30 p.m. for an additional fee.

Each week offers a different, fun, engaging theme for your child to explore. Nature Explorers: 5 to 11 years old, and Leaders in Training: 12 to 13 years old. Volunteers 14 years+ must apply.

4 FABulous locations: Elgin, Lyndhurst, Brockville and Lansdowne.

\$250 per child/per week (\$200 for the four-day weeks).

<https://frontenacarchbiosphere.ca/summer-camps/>

Questions about Summer Nature Camp details, logistics, confirmation of a child's registration, etc., can be sent to education@fabn.ca.

Girls Inc. Summer Camp

Join us for hands-on STEM activities, movement and outdoor play, leadership and teamwork challenges, and meaningful friendships at 6 locations across Leeds & Grenville this summer.

Locations: Lansdowne (full), Brockville, Athens, Gananoque (full)

Register at <https://girlsinc-uppercanada.org/current-offerings>, or contact 613-345-3295 for further assistance.

Challenger Soccer Camp

Challenger Sports is Coming to Lansdowne. July 27 to July 31

Challenger Sports is teaming up with The Township of Leeds and Thousand Islands to deliver an exciting soccer camp this summer. Players will develop skills, confidence, and a love for the game in a fun, supportive environment. Coached by International coaches from the UK and Ireland, your players will learn top-level techniques and training methods used around the world.

Camp Details

- Half Day, Full Day and Tiny Tykes programming
- 2 -14 years old
- Jerry Park, 1 Jessie Street, Lansdowne

Register Now: <https://challenger.configio.com/pd/269362/township-of-leeds>



Swimming Rideau Lakes Township

Life Saving Society swimming lessons in July & August at Sand Lake Park, Westport Lion's Club Beach and Lower Beverley Lake Park. Lessons offered on a weekly sign-up. For more info, contact Lelia Stafford, Recreation and Volunteer Coordinator, 1-800-928-2250 ext. 238, swim@rideaulakes.ca.

Swimming Elizabethtown-Kitley

Registration is now open for swimming lessons at Lyn Pit (9 Lyn Valley Road).

Three sessions July 6 – July 17 | July 20 – July 31 | August 10 – August 21

More info/registration: ektwpswim@gmail.com, recreation@ektwp.ca, or 613-345-7480 ext. #238.

Youth Camps and Programs

There's something for everyone in and around TLTI

Babysitters Course

Taught by a Certified Red Cross Trained Instructor, who covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

Date: July 9

Time: 9:30 a.m. - 2:30 p.m.

Location: Lansdowne Community Centre, Meeting Room, 1 Jessie Street, Lansdowne

Ages: 11 - 14 years, (parents' discretion if within 6 months of age)

Cost: \$91.00 (tax included)

Bring: Nut-free lunch, snacks & water – All materials provided

Register: Scan QR code to program registration page: <https://tlti.ebasefm.com/programs/welcome>

Contact: recreation@townshipleeds.on.ca | 613-659-2415 ext. 246 to register.



RNJ & TLTI partnered for Youth Drop In

Starting July 7th, join RNJ & TLTI in the park 1:00 p.m. to 5:00 p.m.

- Tuesdays, July 7 to August 25, Centennial Park, Seeley's Bay
- Thursdays July 9 - 27 Jerry Park, Lansdowne

Free for youth ages 10 and up.

Sports, games, crafts, snacks and fun!



COR Martial Arts Kickboxing

Offering sport kick boxing programs for Kids & Adults.

- Weekly Classes on Fridays for ages 4-7, 8-12 and 13 - adult
- Summer Camps July 24-29, August 17-21

Contact info@cormartialarts.ca | 613-345-2101 | <https://cormartialarts.ca/>



Subsidy Programs

Summer Camp & Recreation Funding Opportunities :

- Fee Subsidy Eligibility Includes Recreation Camp Programs - Leeds & Grenville County,
 - <https://www.leedsgrenville.com/services/child-and-youth-programs/summer-camps/>
- Ontario Camps Association
 - <https://ontariocampsassociation.ca/resources/campers/subsidies-and-funding/>
- Canadian Tire Jump Start
 - <https://ontariocampsassociation.ca/resources/campers/subsidies-and-funding/>
- Champions for Kids Upper Canada
 - <https://championsforkids.ucdsb.on.ca/>, call, 1-800-267-7131
- KidsSport call, 204-925-5914

Community Program Offerings

There's something for everyone in and around TLTI

Fit & Fab Fitness Classes with Wendy – Summer Session 12 weeks

Designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Bring your own mat and exercise ball.

Fit & Fab 1 held, Monday, Wednesday, Friday, 9:30 a.m. to 10:30 a.m.

Fit & Fab 2 held, Monday, Wednesday, Friday, 10:45-11:45 a.m.

Cost:

- Drop in any day \$7.00/session
- \$72.00 for once a week,
- \$132.00 for twice a week
- \$170 for three times a week

To join, drop in or contact recreation@townshipleeds.on.ca | 613-659-2415 ext. 246

Seeley's Bay Yoga

Yoga is paused for the summer. Join us in the fall

All-level yoga and chair yoga.

To join this fall, please contact recreation@townshipleeds.on.ca | 613-659-2415 ext. 246

TLTI Cornhole & Big Games in the Park

Come join our summer student, Danielle, for friendly cornhole and other games and activities in the Park. Free for all ages, no experience needed.

- Tuesdays, Centennial Park 07 Haskins Point, Seeley's Bay, 10:00 a.m. – 12:00 p.m.
- Thursdays, Jerry Park, 1 Jessie St., Lansdowne, 10:00 a.m. – 12:00 p.m.

TLTI Exercise & Socialize

Come join our summer student, Danielle, for a casual walk through the parks accessible paths. All ages and abilities welcome. Go at your own pace. Bring a friend, or meet one, and get your steps in.

- Lyndhurst, Mondays at 8:00 a.m. – Meet at Jonas Park, 181 Jonas St, Lyndhurst
- Lansdowne, Wednesdays 8:00 am – Meet at Jerry Park, 1 Jessie St, Lansdowne
- Seeley's Bay Fridays 8:00 am – Meet at Centennial Park 107 Haskins Point Rd, Seeley's Bay

Senior Support Services – Urban Pole Walking Classes – Gananoque

Enjoy the outdoors, improve strength, build balance and posture.

To register contact: kducharme@seniorsupportllg.ca | 613.342.3693 Ext: 2303

Senior Support Services – Senior Fitness Instructors needed

Looking for volunteers interested in facilitating seniors' exercise classes. Canadian Centre of Activity Aging (CCAA) Instructors, equivalent or willing to be trained.

For more info contact: kducharme@seniorsupportllg.ca | 613.342.3693 Ext: 2303

Community Offerings

There's something for everyone in and around TLTI

Learn to Play Pickleball

TLTI is partnering with Pickleball Authority, a certified pickleball instructor. Discover Pickleball with the Pros. Join us for an outdoor pickleball session designed to get you moving, learning, and playing pickleball

- Expert Coaching: Every session is led by a certified teaching professional.
- All-Inclusive: No gear? No problem. All paddles and balls are provided.
- Social & Active: Meet fellow new players while getting a fantastic, moderate outdoor workout.
- Walk Away a Player: You will wrap up the session with a basic understanding of the game, scoring, and rules.
- Ages 8+; anyone under 18 requires a parent onsite.

To join, please contact: recreation@townshipleeds.on.ca | 613-659-2415 ext. 246

Learn How classes:

- Learn to Sew, and Fibre Arts such as crochet, knitting, felting or even how to use a Cricut? Would you be interested in learning? Contact recreation@townshipleeds.on.ca | 613-659-2415 ext. 246
- Youth & Adult Badminton at Lansdowne Hall this fall. Would you be interested in some casual play? Contact recreation@townshipleeds.on.ca | 613-659-2415 ext. 246

Lansdowne Yoga

Yoga With Kim - Paused for the summer, see you in the fall.

Flow Yoga: Sunday Mornings in Lansdowne, 9:30 a.m. -10:30 a.m.; all levels welcome. Contact instructor Kim Willis for more info: kimorih@hotmail.com.

Canadian Tai Chi Academy - Lansdowne

Tai Chi is a gentle, complete whole-body exercise that can help improve one's health and well-being.

- Offering continuing classes and beginner classes in September
- Lansdowne Hall, Lower room - 1 Jessie St., Lansdowne

Ongoing registrations accepted, contact: lansdowne@canadiantaichiacademy.org to join.

Visit www.canadiantaichiacademy.org

Women Matters - Creativity, Empowerment, Support & Laughter through Fibre Arts

Anyone who is interested in exploring a variety of fibre arts, such as rug hooking and punching, embroidery, knitting and crochet, among others, is invited to join our weekly drop-in gatherings.

There is no prerequisite level of accomplishment necessary, and the social interaction is as stimulating as the exchange of creative ideas and the sharing of new techniques.

Come join us, Mondays, from 10:00 am - 1:00 pm in the Upper Level Meeting Room at the Lansdowne Community Building, 1 Jessie St., Lansdowne, ON.

Community Offerings

There's something for everyone in and around TLTI

Ontario Senior Games Association

The Ontario Senior Games Association is welcoming and inclusive of all Ontarians 55+. Join the Ontario Senior Games Association if you're looking for friendly local competition with the opportunity to progress to Provincial and National competitions in the sport or activity of your choice! Looking for volunteers to start a committee to get Leeds, Grenville & Lanark back on the map! Contact Dana by email at admin@osga55plus.ca. Website: <https://osga55plus.ca/>

Something new is coming to TLTI.



Feed Your Mind Series

TLTI will be offering a series of Lunch and Learn Workshops for older adults (55+) over the next several months in and around the Township of Leeds and the Thousand Islands. These workshops will enable participants to learn, ask questions, gather resources and build support and confidence in navigating services that support independence, safety and overall well-being. The program will bring in expert service providers for discussions. While in attendance, you will have an opportunity to visit with others, meet new people, and enjoy a light lunch. The series will include a one-day Seniors Expo, similar to past events, and a fun out-of-town trip.

Stay tuned, by

- subscribing to our events calendar, <https://events.leeds1000islands.ca/>
- following our Facebook page
- reading the Township Times Publications
- tuning in to our website page, <https://www.leeds1000islands.ca/recreation-culture/recreation-sports-and-leisure-programs/>
- listening to MyFM radio
- reading the local papers
- and watching for posters and flyers

This Feed Your Mind workshop series supports the recommendations of the TLTI Age-Friendly Plan of 2018. If you are interested in volunteering to assist with this project, reach out to Tracy Holland at 613-659-2415 ext. 207



Local Events

2026 ANNUAL TURKEY FAIR
 SATURDAY, 19 SEPTEMBER
 Fun day for the Family!
VILLAGE OF LYNDBURST ONTARIO
 10:00 to 4:30
 Free entry & parking

ENJOY LIVE MUSIC AND DELICIOUS FOOD
 EXPLORE THE VENDOR MARKET, SILENT AUCTION AND VINTAGE CAR SHOW
 ENGAGE IN VARIOUS KID ZONE ACTIVITIES
 EXPERIENCE PADDLING A VOYAGER CANOE
 MEET THE RIVER MERMAID!

 Like and follow us on Facebook for updates
www.facebook.com/turkeyfair





Charleston Lake Park
Presents

Seniors Day in the Park

10:00 a.m. to 1:00 p.m.

Thursday, September 24, 2026

We invite local seniors for a guided walk of the trails, a species at risk presentation, and a light lunch.



Charleston Lake Provincial Park

(148 Woodvale Rd, Lansdowne)

Transportation is provided and there is no fee to participate!

		Pick-Up	Return
North Bus	Seeley's Bay Retirement Home	9:45 a.m.	2:00 p.m.
	Lyndhurst Library	10:00 a.m.	1:45 p.m.
South Bus	Fox Run by the River	9:30 a.m.	2:15 p.m.
	Lansdowne Community Building	9:45 a.m.	2:00 p.m.

Register Early - Deadline September 21, 2026

<https://forms.leeds1000islands.ca/Event-Registration/Seniors-Day-in-the-Park>
 call 613-659-2415 ext. 207



Supported By:

