

# INSTRUCTORS FOR TLTI

TLTI is looking for **instructors** to share their talent, skills and passion. **Recreation and leisure instructors** are paid competitively, and only have to worry about teaching their respective class. Our recreation department will work with instructors to assist with program registration and advertising. Seeking proposals for a variety of physical activity, creative, social and leisure selections, to offer programming year-round. If interested, contact [recreation@townshipleeds.on.ca](mailto:recreation@townshipleeds.on.ca) with your qualifications and proposal.

## SENIOR MOMENTS

Marilyn and Richard from the **Lansdowne Seniors** are hoping to reconvene in April. This will be for euchre only. Those who have expressed interest to join us along with members will be called. The **Seeley's Bay Seniors Club** are meeting on every 3rd Wednesday of the month at the Legion. Brown bag **picnic lunches** or a hot meal will be provided for all who show!

CPHC's **Senior Centre Without Walls** is a phone program where seniors can participate in **trivia, bingo** and other **fun activities** during the week. Each session lasts 45 – 60 minutes. All programs begin at 2:00 p.m, each day. To participate, call at 613-342-3693 or 1-800-465-7646 ext. 2311.

## YOUTH ZONE

May 1-7 is **Youth Week!** TLTI Council will be awarding Youth Bursaries to the three successful applicants of the Youth Bursary Program.

## DID YOU KNOW...

- The **Stone Bridge Quilters** are meeting at the Lyndhurst Legion every Tuesday from 9 a.m. to 12 p.m. New members are always welcome to help make cancer and comfort quilts for local residents who are in need of help. Contact Marilyn Crawford at 613-928-2563.
- The Gananoque & District Humane Society is always looking for **volunteers, donations and business partners** to help save more animals!
- The Volunteer Centre "**Community Volunteer Income Tax Program**" runs until April 30. Free personal income tax preparation for low to moderate income earners. Drop-off locations are located in Gananoque, Brockville, and Elgin or files can also be submitted electronically. Visit their [www.volunteercentre.ca](http://www.volunteercentre.ca) or telephone 613-499-9393 ext. 20 for details.
- The Lyndhurst, Seeley's Bay & District **Bulletin Board** was mounted on February 23, 2022 at the Seeley's Bay Post Office. A big thank you to Kevin Steacy at Gan Sign Works and to member Heiner Kammann for spearheading this initiative on behalf of the chamber and the community. This poster box bulletin board is unlocked for all to add their poster or notice.
- Keep an eye out for our perennial gardens popping up at our village entrance signs. These plantings at the welcome signs have been transitioned to pollinator-friendly native perennials.
- Download the Driftscape App! Driftscape is an app that allows you to tour, explore and discover hidden gems in TLTI and FOY. These hidden gems are in the form of places, events or self-guided tours. Scan the QR code to download the app!



Come. Join Us...

# THE TOWNSHIP TIMES

## April and May 2022

### News & Updates

- A **change in seasons** affects our **road network**. Weight restrictions, also known as Half Loads, are in effect until April 30.
- Street **sweeping** of our Township villages, sidewalks and intersections is scheduled for completion by the end of May.
- In May and June, we **welcome back our secondary and post-secondary summer employees** who help maintain our parks, cemeteries, open green spaces and gardens.
- **Boating season** is around the corner. Access the water from our boat ramps (suggested donation of \$5) at Rockport, Seeley's Bay, Lyndhurst, and Ivy Lea.

### Municipal Election Important Dates

#### Run in the Election

- Nomination Period  
*May 2 to August 18, 2022*  
*(9:00 a.m. to 4:30 p.m.)*
- Nomination Day  
*August 19, 2022*  
*(9:00 a.m. to 2:00 p.m.)*



#### Vote in the Election

- Voting Period  
*October 17 to October 24, 2022*  
*(9:00 a.m. to 8:00 p.m.)*
- Voting Day  
*October 24, 2022*

#### Term of New Council

- November 15, 2022 - November 14, 2026

#### Ending of Campaigns Period

- January 3, 2023

### 2022 Municipal Election

Visit [www.leeds1000islands.ca/election](http://www.leeds1000islands.ca/election) for candidate and voter information.

Are you registered to vote in the **2022 Ontario Municipal and School Board Elections** on Monday, October 24? To make sure you're on the **voters list** and that all your information is accurate, visit [voterlookup.ca](http://voterlookup.ca).

### Upcoming Meetings

Tune into the following **Committees** and **Council meetings on YouTube**. The Township's channel is "Township Leeds".

#### April 2022

- Committee of the Whole  
*April 4 at 6:30 p.m.*
- Council Meeting  
*April 4 at 6:30 p.m.*
- Heritage Committee  
*April 8 at 1:00 p.m.*
- Public Meeting - Planning Act  
*April 12 at 6:00 p.m.*
- PEER Committee  
*April 20 at 8:30 a.m.*
- Committee of Adjustment  
*April 26 at 1:00 p.m.*
- Economic Development Committee  
*April 27 at 4:00 p.m.*

#### May 2022

- Committee of the Whole  
*May 2 at 6:30 p.m.*
- Council Meeting  
*May 9 at 6:30 p.m.*
- Economic Development Committee  
*May 25 at 4:00 p.m.*
- Committee of Adjustment  
*May 31 at 1:00 p.m.*



To submit information, email [businessadmin@townshipleeds.on.ca](mailto:businessadmin@townshipleeds.on.ca) or call 613-659-2415 ext.228



# COMMUNITY EVENTS

Sunday, April 3

**Bread and Bowl Luncheon** at St. Patricks Church Hall, Lansdowne at 10:30 a.m. to 1 p.m. Hosted by St. Patricks Catholic Women's League.

Friday, April 15

The Township Office, LTIPL and Waste Sites are closed for **Good Friday**. Waste Sites will be open regular hours Saturday, April 16.

Monday, April 18

The Township Office, LTIPL and Waste Sites are closed for **Easter Monday**.

Friday, April 22

The **5th Annual Canadian Tire 1000 Islands Gananoque Business Showcase** is on April 22 & 23 at the Lou Jeffries, Gananoque and TLTI Arena. Businesses can register at [www.gananoquenow.ca/5th-annual-business-showcase](http://www.gananoquenow.ca/5th-annual-business-showcase)

## Pitch-In Community Clean Ups!

Help keep our communities clean and litter-free! Bags, gloves and waste disposal available to volunteers. Collections happening in Lansdowne, Lyndhurst, Rockport, and Seeley's Bay. Supplies available at the Township Office from April 18-29.

Sunday, April 24

**National Volunteer Week** is April 24 to 30. TLTI is grateful for the many volunteers who make our communities a better place to live, work and play.

Friday, April 29

UCDSB and CDSBEO secondary student **midterm report cards** go home.

Saturday, April 30

**Bull Head Fish Fry** in Lansdowne at Station 1 starts at 4 p.m. \$15 per plate includes fish, salads, beans, bun and pie.

Sunday, May 1

**It's Youth Week!** Watch for the announcement of our Youth Bursary Winners as the Township celebrates outstanding youth and recognizes their contributions to their communities.

Sunday, May 8

**Mother's Day!** Be sure to shop local for some chocolates or flowers for the person you call mom!

Monday, May 16

It's **Public Works Week!** Let's celebrate our dedicated TLTI Public Works crew and highlight their efforts to the community.

Tuesday, May 17

Join us at 4 p.m. for a **Touch-A-Truck event** at the Township Complex (1233 Price Street, Lansdowne) as part of Public Works Week.

Saturday, May 21

Our 7 **TLTI Day-Use Parks** open for the season. Please be considerate and carry out what you carried in. Find a list of parks at [www.leeds1000islands.ca/Parks](http://www.leeds1000islands.ca/Parks)

## Splash Pad at Jerry Park

(1 Jessie St., Lansdowne) opens for the season.

The Lansdowne Association for Revitalization (LAFR) is hosting their **Annual Plant Sale** at the Lansdowne Fairgrounds from 10 a.m. to 2 p.m. For more information, check out the LAFR Facebook page or [www.lansdowneontario.ca](http://www.lansdowneontario.ca).

**Big Bay Day** in Seeley's Bay is a yard sale of crafters and vendors. Enjoy a day of shopping on the main street. Visit @mainstreetseeleysbay on Facebook for more information.

Monday, May 23

The Township Office, LTIPL and Waste Sites are closed for **Victoria Day**.

Friday, May 27

**Professional Activity Day** (P.A. Day) for all UCDSB and CDSBEO students.

Saturday, May 28

The **Gananoque and District Humane Society** is proud to present local favourite, Ambush! Concert to be held at Lou Jeffries, Gananoque & TLTI Recreation Centre Arena, 19+ event! For more information, email [humanesociety@bellnet.ca](mailto:humanesociety@bellnet.ca) or call 613-382-1512.

Sunday, May 29

Seeley's Bay **Red CanoeFest** returns for 2022! Please watch for information on Facebook @SupportSeeleysBayOnt or visit [www.seeleysbay.com](http://www.seeleysbay.com).

# TLTI RECREATION PROGRAMS

- **Adult Badminton** - Competitive and recreational play - committed to continually improving our skills and challenging our fitness levels. Feather birds are provided and rackets are available. Indoor shoes are required. Whether you are competitive or just out for exercise, badminton is a great way to spend your time! Spring Session runs until June 22. Thousand Islands Elementary School (Lansdowne). Monday, Wednesday, Friday - 7 p.m. to 10 p.m. Fee: \$5 drop-in or season membership. [badminton@activeislanders.ca](mailto:badminton@activeislanders.ca).
- **Body Blast** - Challenge yourself with instructor Lori Higgs in this group class working intensely on muscle conditioning and cardio. Workouts may include using hand weights, bands, medicine balls, your own body weight and step platforms. Bring a towel, water, mat and hand weights. All levels are welcome! Tuesdays, April 19 - June 21 from 6-7 p.m. at Lansdowne Community Building. Cost: \$60/session or \$50 if bundled with Cardio Box Fit on Thursday.
- **Cardio Box Fit** - Are you ready for a high-intensity workout? Join instructor Lori Higgs for this class combining martial arts, cardiovascular and resistance work to improve strength, agility and balance, followed by a toning segment. All levels are welcome! Thursdays, April 21 - June 25 from 6-7 p.m. at Lansdowne Community Building. Cost: \$60/session, \$100 if bundled with Body Blast on Tuesday.
- **CPHC Free Seniors Exercise** - Senior Support Services (CPHC) offers a free drop-in regular exercise classes geared to personal functional ability. Thursdays from 9:30 -10:30 a.m. at the Lansdowne Community Building. Free drop-in. Bring indoor shoes and water. Contact: 1-800-465-7646, ext. 2303.
- **Fit and Fabulous 1** - designed for adults to help improve aerobic capacity, strength, flexibility, balance and coordination. Progressions are provided to challenge individual fitness levels. Wendy Desrocher is a certified fitness instructor specializing in fitness for the older population. Great music, great fun! Please bring your own fitness ball, mat and water. Monday, Wednesday, and/or Friday from 9:30 - 10:30 a.m. In-Person at Lansdowne Community Building and also offered virtually via Zoom. Spring Session: 11 weeks, April 11 - June 24 (no classes April 15 or May 24). Fees: \$66/once a week, \$121/twice a week, \$155/all classes three days per week.
- **Fit and Fabulous 2** - This class is designed for older adults and is slower-paced than Fit and Fab I. Emphasis is on endurance, strength, range of motion, balance, posture and coordination. Modifications are provided for all fitness levels. Monday, Wednesday, and/or Friday. In-Person at Lansdowne Community Building and also offered virtually via Zoom. Spring Session: 11 weeks, April 11 - June 24 (no classes April 15 or May 24). Fees: \$66/once a week, \$121/twice a week, \$155/all classes three days per week.
- **Power Hour** - Stability Ball Class - Challenge your body and use muscles you didn't know existed! Fitness Instructor Lori Higgs will be combining exercises using the stability ball, your body weight and free weights while touching on both cardio and resistance training. All fitness levels are welcome. This is a co-ed class. Participants must bring their own stability ball, hand weights and mat. Classes are Saturday mornings from 9 to 10 a.m. at the Lansdowne Community Hall. 5 Week Session (5 Saturdays in April) \$30 or \$7 drop-in rate.
- **Seeley's Bay Fitness** - Circuit style classes offering a fun, strength training and cardio workout, suitable for all fitness levels. Equipment not required but you can bring a yoga mat and small hand weights if you have them. Tuesdays, March 22 - May 24, 6:30 p.m. - 7:30 p.m. at the Seeley's Bay Hall. Session fee: \$60. Join fitness instructor Karen Lowry to sweat it out!

**For more information contact:** [recreation@townshipleeds.on.ca](mailto:recreation@townshipleeds.on.ca) | 613-659-2415 ext. 228.