

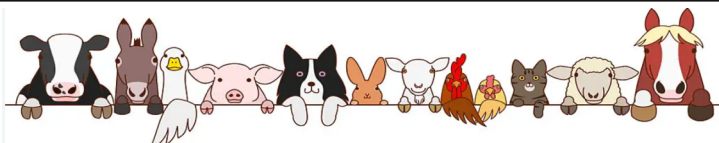


IPTRA News

September 2026



*Island Park Towers Residents' Association —
Building friendships within
the Island Park Towers community*



Barnyard Races and BBQ

Saturday, September 19

Races: 4 – 5 PM

BBQ: 5 PM

Patio east of 195 Clearview

(Race and eat in the Social Room if it's raining)

The races: At the popular Barnyard Races, your chosen animal advances down the track with the roll of dice. Bring a handful of quarters so that you can place bets and up the excitement. All bets go to the winners.

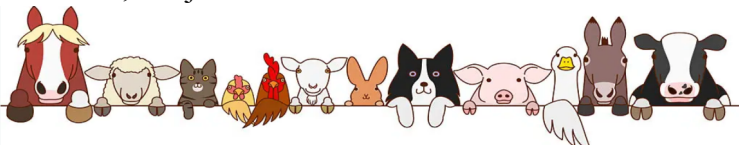
The BBQ: After the races, stay to enjoy a neighbourly bring-your-own-food BBQ. Perhaps bring some food to share with your neighbours.



Come for one or both events.

Both are fun for adults and kids alike.

All Island Park Towers residents and their families are welcome, not just IPTRA members.



Let's Draw! **New!**

There are still a few spots left for the Let's Draw! pair of drawing sessions in early October.

See page 5 for a repeat of the August article.

The deadline for registering is Friday, October 2.



Tech Corner

Wednesday, September 23

11 AM – 1 PM

Friday, September 25

6 – 8 PM

IPTRA member Tetsuro is offering free drop-in sessions in the Social Room to help neighbours with quick-to-fix tech issues.

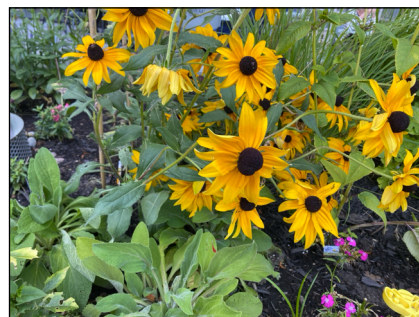


Sessions can include help with laptop and desktop repairs, phone and tablet support, software updates, Wi-Fi and network setup, smart-home device setup, and general troubleshooting.

If possible, bring your devices to a session.

After September, Tetsuro will offer sessions in the same time slots, but on the *third* Wednesday and Friday each month.

Questions? Email Tetsuro at TetsuroTechCorner@gmail.com.



Drop by the gardens east of 195 Clearview to view the late summer blooms.



Details of ongoing IPTRA events. Times and locations are on the next page.

Mondays



Mindful Meditation: [Mindful Meditation](#) can reduce stress, depression, and pain and can boost well-being. Monday mornings.



Knitting 101: Don't know how? Someone will teach you. Bring any needlework or come just to chat. Monday evenings.

Tuesdays



Walk 'n' Talk: One-hour leisurely walks leaving from in front of 200 Clearview. **New!** Tuesday mornings.



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.



Dining Club: Meet at nearby higher-end restaurants on the third Tuesday evening of every month. Singles or couples. RSVP to newsletter@iptra.org by the Sunday before.

Wednesdays



Workout Wednesdays: Everyone's welcome at these mainly chair-based sessions focusing on stretching to maintain or regain mobility. Wednesday mornings.



Brown Bag Lunches: Bring lunch to these casual get-togethers and catch up on the news. First Wednesday of every month.



Walk 'n' Talk has a new day **New!**
Tuesday mornings at 10:30

A new organizer — Margie — has taken over the Walk 'n' Talk events.

The leisurely one-hour walks are now every Tuesday morning leaving from 200 Clearview.

To confirm attendance, email Margie at margie.shapcott@gmail.com. If you're a member of [Island Park Towers R.A.](#) Facebook group, you can confirm by responding to the event posted on the Event tab.

Thank you, Stella, for having organized the previous walks.

Thursdays



Stuff Swaps: Bring items you don't want or come for a freebie you might need. For what *not* to bring, see an [entry](#) for the event in the IPTRA website calendar for the month you're interested in. Third Thursday afternoon and evening of every month.



Keeping it out of the Landfill: In conjunction with Stuff Swaps. Bring items for recycling or reuse. For what to donate, see an [entry](#) for the event in the IPTRA website calendar for the month you're interested in. Third Thursday afternoon and evening of every month.



Pub Nights: Events rotate through a series of nearby venues. Everyone is welcome. Every third Thursday evening. Pausing until Thursday, October 15. **Change!**

Fridays



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.

Activities resuming after the summer pause



Canasta: These afternoon games resume on Tuesday, September 8 and Friday, September 11.



Keeping it out of the Landfill: Collections resume at the Stuff Swap on Thursday, September 17.



Dining Club

Tuesday, September 15 at 6 PM
Hô Guôm, 334 Richmond Road

This Vietnamese restaurant is a recent addition to the Churchill Avenue and Richmond Road scene.

Singles and couples are always welcome.

If you want to attend, please email newsletter@iptra.org by Sunday, September 13.

September IPTRA events

Events new or changed this month are in **red**.

Details are on the previous page.

All residents are welcome, not just IPTRA members.

Events are in the Social Room except as noted.

Walk 'n' Talk: In front of 200. Confirm attendance:
margie.shapcott@gmail.com.

Dining Club: RSVP by Sun., Sep. 13.

newsletter@iptra.org.

Pub Nights: Questions? Email events@iptra.org.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	1 Walk 'n' Talk 10:30–11:30 AM	2 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM Brn Bag Lunch 12–1:30 PM	3 Pub Night 4:30 Resumes Oct. 15	4	5
6	7 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	8 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM Resumes today	9 Workout Wed. 10–11 AM	10	11 Canasta 1:30–4 PM Resumes today	12
13	14 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	15 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM Dining Club 6 PM Ho Guom 334 Richmond Rd. RSVP required	16 Workout Wed. 10–11 AM	17 Stuff Swap 2:30–7 PM Keeping it out of the Landfill Resumes today at 2:30 PM	18 Canasta 1:30–4 PM	19 Barnyard Races 4–5 PM BBQ 5 PM Rain/shine
20	21 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	22 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM	23 Workout Wed. 10–11 AM Tech Corner 11 AM–1 PM	24	25 Canasta 1:30–4 PM Tech Corner 6–8 PM	26
27	28 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	29 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM	30 Workout Wed. 10–11 AM	1	2 Canasta 1:30–4 PM	3

Details are as of 2026-08-25.



Green Team scene

What is money from empty alcohol containers used for?

The money redeemed at the Beer Store from the deposits on alcohol cans and bottles is used for various IPTRA Green Team initiatives.

One example is the brand-new Green Team bulletin boards that have recently been hung in all three recycling rooms. The accompanying not-so-pretty photo is of the bulletin board on the far (east) wall of the 185 recycling room. Stay tuned for info on how the Green Team will be using the bulletin boards.



More initiatives are in the works. Stay tuned!



Not sure what items Keeping it out of the Landfill events accept?

If you ever need to be reminded of what items Keeping it out of the Landfill events accept at the monthly Stuff Swaps, see an [entry](#) for the event in the IPTRA website calendar for the month you're interested in.

Annual general meeting

Sunday, October 25

Social: 2 – 4 PM

Meeting: 4 – 5 PM

Social Room



The IPTRA annual general meeting is coming up.

The social: Drop by for the social get-together so that you can meet and chat with current board members.

The AGM: Consider staying for the actual meeting. The AGM is your chance to learn more about IPTRA, ask questions, and make suggestions. After the discussion, the board of directors is elected.

Who can vote or run for office: Any IPT resident (not just IPTRA members) can attend the social and AGM, but to vote or run for office you need to be a sustaining member. That is, you must be an IPTRA member who lives in an apartment where you or someone else in the apartment has paid the \$10 dues within the preceding 12 months. If you want to join IPTRA or pay or renew dues, you can do so before the meeting starts. Or you can follow the instruction at iptra.org.

Consider running: Perhaps consider running for a board position. At the moment, all incumbents but one are running for office again. The position of building representative for 200 Clearview will be open. If you think you'd like to get involved, building rep is a rewarding starting point.

More info is to come: The October IPTRA News will include descriptions for the various director positions. If you want details before that, email info@iptra.org.

Board of directors



Co-presidents

Kathryn Holman (195)

Bernetta Starkey (195)

Secretary

Marnie Campbell (195)

Treasurer

Betty Rogers (200)

Membership coordinator

Ed Ellis (185)

Events planner

Lynda Danford (185)

Newsletter editor

Leona Gray (185)

Online communications manager

Leona Gray (185)

Building representatives

Nancy Hamnes (185)

Janice Pereira (195)

Larry Cunningham (200)



Let's Draw!

Tuesday, October 6 and Tuesday, October 13

7 – 8:30 PM

Social Room

Note: Since there's still room for more participants to register for this two-session event, the article from the August IPTRA News is repeated here.

If you're a budding artist or you've always wanted to draw but don't know where to begin, this pair of drawing sessions might be for you.

Manju* — an IPTRA member and accomplished artist — has generously offered to lead a pair of drawing sessions on consecutive Tuesday evenings (7 to 8:30) in early October in the Social Room.



The first session: Manju will hold the first session on the first Tuesday evening in October (October 6). She'll help you work from a still life arrangement of simple objects and guide you as you draw with charcoal pencil on newsprint.

The assignment: At the end of the first session, she'll give you an assignment to assemble your own still life and then draw it.

The followup session: On the following Tuesday evening (October 13), Manju will offer helpful comments on your assignment, and you'll continue to draw under her guidance during the rest of the session.

What you need in order to participate: To participate, you need a set of charcoal pencils and accessories. Bring them to the first session. Details of suggested sets are in the sidebar.

Newsprint will be supplied.

How to register: So that the organizers know how much newsprint to buy and how best to set up the Social Room, register by emailing events@iptra.org by Friday, October 2.

The maximum number of participants is 16.

What's next? If interest warrants, the event might be repeated on the first two Tuesdays in November and December.

***About the facilitator:** Manju has been a longtime participant in the West End Studio Tour, which is one of the longest-running studio tours in the region and which takes in the area that includes Island Park Towers.

The accompanying sketch is by Manju.

New!



Recommended pencil sets for Let's Draw!

Manju recommends any one of these three sets.

- Windsor & Newton Studio Collection **sketching set** from a Michaels store. (\$19.99)



- Faber-Castell 9000 **art set** also from Michaels. (\$12)



- Set of 14 **drawing accessories** by Nobel from DeSerres. (\$12.99)



Note: **Michaels** stores offer frequent in-store and online discount coupons at the Savings section of their website and more coupons if you sign up there to become a member.



Smart Aging workshops

Mondays from September 14 until November 9

Except October 12

1 – 3 PM

Parkdale United Church, upper room



Parkdale United Church at **429 Parkdale Avenue** is hosting **Smart Aging**, which is a series of eight weekly workshops covering topics facing seniors or families of seniors.

The workshops provide the information you need — before you need it — to make smart decisions at key transition points in your life or the life of a loved one.

Topics include understanding your age, staying socially connected, taking steps to a healthier lifestyle, preparing for a health crisis, getting where you need to go (driving), exploring housing options, addressing common financial concerns, and engaging in your aging.

Participants should plan to attend all eight workshops.

Everyone in the community is welcome to join. The cost for the series is just \$69.

Info: Contact Hugh Nelson at hughnelson@rogers.com or 613- 864-8628.

Registration: Contact Jo-Anne, the church administrator, at emailing pdale@trytel.com or 613-728-8656.

Join the IPTRA Facebook group



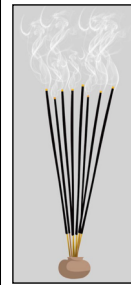
Get info about new events or ones that might have changed and connect with other IPTRA members by joining the **Island Park Towers R.A. Facebook group**.

It's a private group for IPT residents. Only group members can see who's in the group or see posts, and only group members can post or comment.

To join, go to **Island Park Towers R.A.**, click/tap Join, and follow the instructions.

When you follow the instructions, don't forget to email info@iptra.org with your apartment number and full name if it's different than your Facebook name.

Using scented products



To summarize a recent notice posted in 185:

Homestead has received complaints about strong scents coming from apartments. These odours

can cause discomfort for people with allergies, asthma, or other sensitivities.

The notice is a reminder to use scented products responsibly and to take steps to ensure fragrances remain in your apartment.

Be especially mindful if you use these or similar products:

- incense
- air fresheners
- essential-oil diffusers
- scented candles

Check out the mailroom bulletin boards



There are two bulletin boards in each mailroom. The locked one is for IPTRA events.

The other one is a community board that anyone can post on. In addition to general posts of interest, a calendar-format summary of IPTRA events is posted there every month.

Mahjong group starts

A few people have formed a mahjong group. If you'd like to get more info or join as they hone their skills at this fascinating game, email newsletter@iptra.org.





From the editor

Comments, suggestions, questions



Email newsletter@iptra.org.

Credits



Photos and graphics are by me, stock, open source, or used with permission.

Thanks for input and suggestions



Thanks go to those who post useful info in our Facebook group and offer in-person and email suggestions.

Errors



I do my best to get things right, but sometimes I make mistakes or details change. Feel free to let me know so that I can correct them.

Next deadline



Please **submit input** by Wednesday, September 23 for the October newsletter, which will be mailed around Saturday, September 26.

Deena Gray



Archived topics

Rather than repeat info on the following topics, IPTRA News will include this list and update it as new info is available or more topics are warranted.

Topic	Newsletter	Page
4th tower (210 Clearview)		
site plan control app'n	Dec., 2025	6
site plan approval report	Jan., 2026	6
Bike theft protection	Jun., 2026	8
Guideline rent increase for 2027	Jul., 2026	1
Homestead contact info	Jun., 2026	8
Resident info	Jun., 2026	9
Tenant rights help	Jun., 2026	5

IPTRA contacts

Use these addresses to contact various IPTRA people or groups.

Events

events@iptra.org

Green Team

greenteam@iptra.org

Music used in IPT public spaces

music@iptra.org

Newsletter, Facebook group, website

newsletter@iptra.org

Walk & Talk

stella.zapata@gmail.com

Weeknight Walkers

weeknight.walkers@yahoo.com

General or anything else

info@iptra.org



Archived newsletters

If you want to read past issues of IPTRA News, you can do so on the IPTRA [website](http://iptra.org).



Join us!

If you want to join IPTRA, email info@iptra.org with your apartment number and full name.

You'll be put on the IPTRA mailing list and get monthly issues of IPTRA News.