



Photo: IPT Investments

October 2025



Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

Community Art and Handmade Showcase

Saturday, October 18 from 11 AM until 6 PM

Social Room

Please come by and connect. I'll be sharing my handmade candles and resin art, crafted with natural elements. Let's celebrate creativity, support each other, and bring a little more warmth and beauty into our community.

If you also create art or other handmade products and want to join, please email me at artistry7stellar@yahoo.com by Monday, October 13.

Artistry7Stellar

(This is an exhibition only. There will be no sales on site.)

IPTRA social and annual general meeting

Sunday, October 19 starting at 2 PM

Social Room

Join your neighbours at the Island Park Towers Residents' Association social on Sunday, October 19 for a couple of hours of mingling and chatting. All resident are welcome.

Finger food and drinks will be provided.

Consider bringing a contribution of non-perishable food, which will be donated to the [Westboro Region Food Bank](#). Please bring items in a bag that can be given away.

The association's **annual general meeting** follows at 4 PM and runs until around 5 PM.

✓ Volunteers on the IPTRA board of directors and volunteers who lead events help make our association so vibrant. Think about contributing as a participant in the AGM, a member of the board, or an event organizer.

All residents are welcome — and encouraged — to attend.

For more info on the AGM and board positions, see page 4.

Why so many daytime events

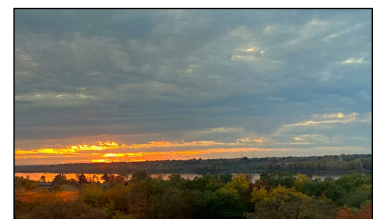


One of our members lamented that so many IPTRA activities are during the day when they're at work.

You might have noticed that our community has a somewhat skewed demographic — a large contingent of retired people live here.

Since retired people tend to have more leisure time than those who work, they're more likely to want to organize and run activities. And they'll want to hold them during the day.

If you're a member of IPTRA's non-retired segment, think about what sort of non-daytime activities would interest you and email newsletter@iptra.org. Upcoming newsletters will publish the suggestions, which might spur folks to lead.



Events are in the Social Room except as noted, plus:

Walk & Talk: stella.zapata@gmail.com

Weeknight Walkers: ambra01@yahoo.com

October Events

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

Details are on page 3.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	30 Canasta 1:30—4 PM	1 Walk & Talk 10—11:30 AM Brown Bag Lunch 12—1:30 PM Workout Wed. 2:30—3:30 PM Weeknight Walkers	2 Pub Night 4:30 PM Churchill's	3 Canasta 1:30—4 PM	4
5	6 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	7 Canasta 1:30—4 PM	8 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	9	10 Canasta 1:30—4 PM	11
12	13 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	14 Canasta 1:30—4 PM	15 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	16	17 Canasta 1:30—4 PM	18 Art Showcase 11 AM—6 PM
19 IPTRA Social 2—4 PM Annual general meeting 4—5 PM	20 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	21 Canasta 1:30—4 PM Dining Club 6 PM Trio Bistro (RSVP req'd)	22 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	23 Stuff Swap 2:30—7:30 PM Pub Night 4:30 PM Loc'n TBA	24 Canasta 1:30—4 PM	25
26	27 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	28 Canasta 1:30—4 PM	29 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	30	31 Canasta 1:30—4 PM Hallowe'en 5:30—7 PM All lobbies	1 As of September 26

Regular events in more detail

Monday

Mindful Meditation: **Mindful Meditation** can reduce stress, depression, and pain and can boost emotional well-being. Every Monday morning.



Knitting 101: If you don't know how to knit, someone will teach you. Bring any needle-work or just come to chat. Every Monday evening.



Weeknight Walkers: Monday and Wednesday evening walks of 30 to 60 minutes at a good, steady pace on smooth well-lit surfaces. In September, start times were around 6:30 PM and will get earlier as the days shorten. For info on start time and location, email ambra01@yahoo.com.

Tuesday



Canasta: For all levels. Don't know how to play? Someone will teach you. Every Tuesday afternoon.



Dining Club: Folks meet at nearby higher-end restaurants on the third Tuesday of each month. If you plan to come, email newsletter@iptra.org by the Sunday before.

Wednesday

Walk & Talk: Walk at a pace to encourage chatting. Of 90 minutes, around 60 will be walking, broken up by 30 minutes of resting/socializing breaks. Every Wednesday morning. To coordinate with participants and arrange carpooling, email Stella Zapata at stella.zapata@gmail.com.



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



Workout Wednesdays: Everyone's welcome at these mainly chair-based sessions that focus on stretching to maintain or regain mobility. Every Wednesday afternoon.



Weeknight Walkers: Monday and Wednesday evening walks of 30 to 60 minutes at a good, steady pace on smooth well-lit surfaces. In September, start times were around 6:30 PM and will get earlier as the days shorten. For info on start time and location, email ambra01@yahoo.com.

Thursday

Free! Stuff Swaps: Bring items you don't want or come for something (free) you might need. Also bring items to be donated for reuse. Second-last Thursday afternoon/evening of every month



Pub Nights: Pub Nights are every third Thursday and rotate through a series of nearby venues. The latest info is on posters on the mailroom locked bulletin boards, the **Events tab** of the Island Park Towers R.A. Facebook group, or the iptra.org calendar.

Friday



Canasta: For all levels. Don't know how to play? Someone will teach you. Every Friday afternoon.

Dining Club

Tuesday, October 21 at 6 PM



The Dining Club meets at nearby higher-end restaurants on the third Tuesday of every month.

After the successful inaugural dinner at Gezellig, the next destination is **Trio Bistro, 307D Richmond Rd.**, a block east of Churchill. This is a small-plates restaurant, so it's easy to have a light, not too expensive meal.

If you plan to come, email newsletter@iptra.org by Sunday, October 19.

The next dinner will be Tuesday, November 18, location to be announced.

Hallowe'en at Island Park Towers

Friday, October 31, 5:30 to 7 PM

All lobbies

Homestead will decorate all the lobbies and supply candies. IPTRA volunteers will hand out the treats in the lobbies. If you want to help dispense goodies, simply come to one of the lobbies. Enjoy the fun!

Trick-or-treating isn't allowed in the buildings except in these lobbies.



Annual general meeting

Sunday, October 19 from 4 to around 5 PM



Attendees will discuss topics of interest to residents. IPTRA *members* will then elect the next board. As at previous AGMs, members will vote on whether to add an advocacy spokesperson and, if approved, elect one.

The board meets four times a year, when directors discuss IPTRA business and present their portfolio status.

Board position without incumbent: events planner

Coordinates with event organizers, researches new events, and relays event info to the newsletter editor and other directors.

Board positions with incumbents

These positions currently have incumbents, but positions might open up.

Co-presidents (2):

Chair board meetings and the AGM.

Address topics that arise between meetings. Respond to the Kitchissippi councillor when asked for opinions on city issues that affect IPT residents. One co-president represents IPTRA on the board of the Westboro Beach Association.

Treasurer: Collects member dues, reimburses board members for out-of-pocket expenses, pays bills, and keeps the accounting books. Is one of two signing authorities on the IPTRA bank account. Provides guidance on the budget.

Secretary: Takes minutes at board meetings and emails them to the board.

Membership coordinator: In conjunction with the online communications manager, maintains a spreadsheet of member info. Is one of two signing authorities on the IPTRA bank account.

Newsletter editor: Writes, lays out, and emails monthly newsletters. Prints copies for members without email access. Creates event-summary posters and posts in the mailrooms.

Online communications manager (online comms): Manages the IPTRA Facebook group and website. Helps the membership coordinator maintain the membership spreadsheet.

Building reps (3): Are the friendly faces of IPTRA for their buildings. Participate in events such as handing out Hallowe'en treats and decorating the lobbies for Christmas.

Advocacy spokesperson: If members vote for this position and elect someone, that person would choose duties in consultation with the co-presidents.

Become a member

If you receive newsletters, you're probably an IPTRA member. In case you're not and want to join, email your name, phone number, and apartment number to info@iptra.org

You can become a sustaining member and help offset expenses by e-Transferring the \$10 annual dues to finance@iptra.org (one payment per apartment) then emailing the same [email address](#) to give your name and apartment number.

Getting access to the Social Room

The Social Room is at 195 Clearview, past the lobby and elevators.

If you don't live at 195, to get access to the Social Room you need to have your fob programmed for entry to the building. You'll then have access to the Social Room.



To get your fob programmed, visit the office or call it at 613-729-4347.

Artists, artisans, crafters ...



If you're an artist, artisan, or crafter and would like to connect with like-minded IPT folks and perhaps host an exhibition of your work, please email newsletter@iptra.org and you'll be put on an email list so that the group can get in touch. Folks can proceed from there.



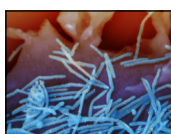
Seniors Helping Seniors

An IPTRA member suggested starting a group of seniors who help other seniors. She envisions a community of IPT neighbours who help with things like taking someone to an appointment, checking in if someone is sick, or visiting someone who's housebound.

A few people have said they're interested. If you're interested too, email newsletter@iptra.org and you'll be put on the email list so that the group can get in touch. Folks can then proceed from there.

Ontario RSV program expands

Ontario is expanding its publicly funded respiratory syncytial virus (RSV) prevention program to include everyone aged 75 years and older.



RSV is a common respiratory virus that infects the nose, throat, and lungs. Infection is most severe in young babies and older adults and can cause serious lung infections that may require hospitalization. RSV infection can also worsen chronic health problems.

The expansion adds to last year's, which included:

- certain high-risk adults aged 60 to 74
- infants up to eight months of age in their first RSV season
- high-risk children up to 24 months of age
- pregnant women

For more about the program, see the province of [Ontario website](#). For more about RSV in general, see the government of [Canada website](#).

(With info from a government of Ontario Facebook notice and the province's website. Photo of the virus is from Wikipedia.)



ChatGPT-generated art from a photo.

Getting the latest event info



Newsletters and calendar-format event summaries in the mail rooms come out monthly, so it's hard to include the latest for events that aren't always at the same place or time. For the latest, try:

- locked bulletin boards in the mailrooms
- [Events tab](#) of the Island Park Towers R.A. Facebook group
- calendar at iptra.org

Walk & Talk

stella.zapata@gmail.com

Weeknight Walkers

ambra01@yahoo.com

Calling musicians and singers



Rumour has it that Island Park Towers is home to some fine musicians and singers.

Would any of you musical people like to entertain your fellow residents — solo or in a group — in the Social Room?

If so, please email newsletter@iptra.org and something can be arranged.

If you're interested in connecting with other IPTRA musicians or singers, email newsletter@iptra.org and you'll be put on an email list so that the group can get in touch. Folks can proceed from there.

The Green Team scene

Green Team volunteers who manage the black-box program for recycling empty wine, beer, and spirits containers, implore people **NOT** to throw other recyclables or trash into the boxes. New signs will be installed soon to emphasize this request.



Photo by Sammy.

Volunteers empty the boxes almost daily in all three recycling rooms so they'd be happy to have more helpers. If you're interested in assisting with this program or any of the team's other projects, email newsletter@iptra.org

The "Keep it out of the Landfill" initiative continues to successfully work with the Stuff Swaps on the second-last Thursday of every month. Volunteers collect various items and take them to area organizations that distribute to in-need local people. To help deliver to the organizations, email newsletter@iptra.org.

Welcome items include shoes, egg cartons, plastic bottle caps, aluminum can tabs, eye glasses, jewellery, pill bottles, suitcases in good condition, washed milk bags, and batteries.

New here?

If you're new to Island Park Towers or IPTRA or are just now receiving newsletters, here's a repeat of some events folks are interested in starting up. If you're interested in participating in any of them, email newsletter@iptra.org.



Poker: Two people are interested in playing, preferably during the day but need at least two more. The type of poker is up to whatever the group decides. Stakes will be superlow — just enough to make the games more interesting.



Bridge: Join a group that's already going but would like more members.



Backgammon: Days or evenings.



Laundry machine issues?

If a machine doesn't work or the inside needs cleaning, contact Sparkle citing the machine ID:

- phone or text:
1-866-769-0680
- email:
service@sparklesolutions.ca
- enter a service request at the
their [website](#)

Westboro Beach closing party and bonfire

Saturday, September 27
6 to 8:30 PM

Don't miss this annual evening celebration with the kid-favourite Lumière Maze, a bonfire, marshmallows to roast, and hot chocolate, all courtesy of the Westboro Beach Community Association.



Please bring your own mug and, if you want to sit, chair.

Lanark Fitness Circuit

An outdoor fitness circuit has opened on Lanark Avenue, just west of 250 Lanark and a few steps south on the path that leads to the transitway. It's just 500 metres from IPT.

Equipment includes parallel bars, high bars, and a bench.

Signs suggest difficulty levels of bench exercises with illustrations. Scanning the QR code opens a video of the exercise.





Updates to previous articles

Here are updates on items from previous newsletters.

AGIs for 195 and 200 Clearview

The above-guideline rent-increase case management hearing for 195 Clearview was June 25, for 200 Clearview, August 27. The Landlord and Tenant Board *usually* sends its order (the decision from the hearing) to tenants in around a month from that date. Homestead then gives affected tenants info on their AGI, money owing or due, and the new rent.

Update: As of this writing, residents at 195 just days ago got letters from the LTB, but not yet from Homestead. AGI increases range from 0.2% to 1.3%, depending on rent-increase anniversary dates. Tenants have 90 days from the date of the *order* (dated September 5) to pay owed money, making the deadline December 4, 2025. If Homestead owes a tenant money, the amount is deducted from a following month's rent, details of which will be laid out in the info from Homestead.

Residents at 200 *should* get their letters in a few days.

Rent reduction

Starting in 2025, the city reduced property taxes paid by owners of multi-unit residential buildings built before 2001. The tax ratio was reduced from 1.4 to 1.0, to be phased in over four years. The ratio for 2025 was reduced from 1.4 to 1.3 (a 7.14% reduction).

According to [info](#) on the Landlord and Tenant Board website, a tax reduction of more than 2.49% automatically triggers a rent reduction. For buildings with seven or more units, rent is decreased by 20% of 7.14%, or 1.43%.

The city had until September 15 to notify Homestead and has from October 1 to December 15 to notify tenants. The reduction takes effect December 31.

Update: The city was unable to say whether Homestead has been notified, but the city still has until December 15 to notify tenants. Future newsletters will report.

Fourth tower, 210 Clearview

As reported in the September newsletter, the site plan control application for the new tower at 210 Clearview was approved in August. Homestead has to meet the numerous requirements listed in the [site plan approval report](#) before work can begin.

Update: Meeting the requirements could take many months. Future newsletters will report.

250 Lanark Avenue

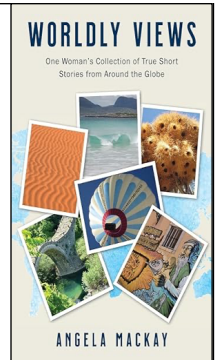
Use of [250 Lanark Avenue](#) as a temporary shelter has ended.

A published author is in our midst

IPTRA member Angela Mackay recently published a book of stories about her travels and stays

in 10 countries. Her interesting IPTRA talk some months ago was based on the book.

Worldly Views: One Woman's Collection of True Short Stories from Around the Globe is available on [Amazon](#).



Tunney's Pasture plan

[Development plans](#) for Tunney's Pasture have been published. To better read these diagrams, see [this document](#).



- Residential
- Mixed-Use
(Residential, Office, Retail, Community Use)
- Open Space
- Lab/Office/Utility
- Transit Station
- Public Right-of-Way



Fast & frugal fixin's

One of our members suggested publishing quick and inexpensive suitable-for-one recipes every so often. If you have one you'd like to

share, email it to newsletter@iptra.org.

Although this recipe makes two servings, leftovers can easily be reheated for a second meal.

Linguine with clam sauce

250 g linguine
2 tbsp extra-virgin olive oil
2 garlic cloves, thinly sliced
1/4 tsp red-pepper flakes
1/2 tsp dried oregano
1 can whole baby clams with the juice
1 tbsp extra-virgin olive oil
1 tsp lemon zest
4 tbsp chopped parsley, divided
extra-virgin olive oil
lemon wedges



1. Bring a large pot of salted water to a boil.
2. Add the pasta and cook until around 2 minutes short of al dente.
3. Reserve 1/2 cup of the pasta water, then drain the pasta.
4. Over medium heat, heat the oil in a deep-sided 30-cm skillet.
5. Add the next set of ingredients and cook, stirring, until the garlic is pale golden, 1 to 2 minutes.
7. Stir in the clams with the juice and cook, stirring, until just warmed through, around 2 minutes.
8. Taste and season with salt and pepper as needed.
9. Add the pasta along with the oil and lemon zest, then mix until the pasta is glossy with sauce.
10. If needed, add 1/4 cup of the reserved pasta water.
11. Stir in 2 tbsp of the parsley.
12. Divide into two heated bowls.
13. Top with a drizzle of olive oil and the remaining parsley.
14. Serve with lemon wedges.

Comments, suggestions, questions?

If you have suggestions for future newsletters or comments on anything to do with IPTRA, email newsletter@iptra.org.

No email access?



If you're one of our members who doesn't have email access and wants to respond to an article in a newsletter, feel free to phone me at the number attached to the front of your printed newsletter.

Leona Gray

Photo and image credits



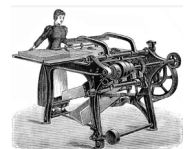
Unless otherwise noted, photos are by Leona Gray and graphics are stock images, open-source, or used with permission.

Thanks!

Thanks go out to those folks who post useful info and helpful tips in our Facebook group. This is an acknowledgement that newsletters often include that info.

November deadline

The November newsletter will be going out around October 29.



Please [submit input](#) by October 27.