IPTRA News

December 2026

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



Tree decorating

Monday, November 30
5:45 PM in the Social Room
6:30 PM in all lobbies

You're invited to help decorate and get the atmosphere ready for the holiday season.

December holiday party



Sunday, December 6
2:30 – 5:30 PM
Social Room

Refreshments will be served, but if you'd like to contribute baking, that would be great.

IPTRA member Ken Holman will provide live music to lead two sets of carol singing.

This is a chance to mingle and to meet new people. Children and guests of *all* IPT residents are welcome.

Please bring a non-perishable food item for donation to a local food bank.

Bites & Banter

Sunday, November 29
11:30 AM – 1:30 PM
Newport Restaurant

New!

Start the festive season with brunch/lunch and good eats and lively conversation.

The **Newport Restaurant** at **322 Churchill Avenue North** is a 1-km walk from IPT. If you drive, you won't need to pay for parking because it's free on Sunday.

If there's enough interest, this might become a monthly event.

Want to come? Email **events@iptra.org** by **Friday, November 27**.

Green Team's fall Earth Day

Thursday, December 3
11 AM – 1 PM
4 – 6 PM
All lobbies



See page 4.



Holiday sock drive continues

Ends Sunday, December 13

Please consider donating *new* socks for men, women, or children in aid of local shelters.

Drop them in the decorated box in your lobby.

Bridge starts in the new year



If you're interested in playing bridge one afternoon a week (possibly Tuesdays from 1:30 to 4), contact Elizabeth Hay (**elizabeth.Hay@uottawa.ca**, **613-218-8728**). If enough people are interested, they'll meet to discuss how to organize, with a view to start in January.

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

Dining Club: Meets at nearby higher-end restaurants on the third Tuesday of every month. Singles or couples. RSVP is required.

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.

Tuesday canasta ends Change

After several years leading Tuesday afternoon canasta games, Christine Sampson has stepped down from the role, and the Tuesday canasta games have ended. She will continue to lead the Friday games.

Thank you, Christine, for all your hard work.

Tech Corner sessions end Change

Tetsuro Ide won't be offering Tech Corner sessions anymore. More info is on page 5.

Thank you, Tetsuro, for having offered these valuable sessions.

Scrabble to start in the new year



Some members are organizing a Scrabble group to start in the new year, day and time to be decided. Interested? Email events@iptra.org and indicate your preferred day or evening and which day and time.

Thursdays

Winter Trail Walkers: Brisk walks along the Kichi Sibi Winter Trail. Wear well-treaded footwear and, if the trail might be icy, use pull-on ice cleats and poles. Thursday afternoons.

Stuff Swaps: Bring items you don't want or come to score a freebie. For what *not* to bring, see an entry in the IPTRA website calendar for a particular month. Third Thursday afternoon and evening of every month.

Keeping it out of the Landfill: In conjunction with Stuff Swaps. Bring items to be recycled or reused. For what to donate, see an entry in the IPTRA website calendar for a particular month. Third Thursday afternoon and evening of every month.

Pub Nights: Events rotate through a series of nearby venues. Everyone's welcome. Every third Thursday evening.

Fridays

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

Some events are cancelled over the holiday season

Check the calendar on page 3 to see which events are cancelled over the holiday season. The website calendar has also been updated.

Dining Club

Tuesday, December 15 at 6 PM
Caffé Mio
1379 Wellington St.

Although this charming Italian bistro looks quite small, it can handle fairly large groups with enough notice.

Singles and couples are always welcome.

Want to join us? Email newsletter@iptra.org before **5 PM Saturday, December 12**.

December 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 (195 Clearview) except as noted.
Bites & Banter brunch/lunch: RSVP by Fri., Nov. 27: events@iptra.org
Dining Club: RSVP by 5 PM Sat., Dec. 12: newsletter@iptra.org
Winter Trail Walkers: Info: newsletter@iptra.org. Just show up.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 **Bites & Banter brunch/lunch Newport 11:30 AM–1:30 PM** **Sock drive** Continues All lobbies	30 **Mindful Meditation** 10–10:45 AM **Tree decorating 5:45 PM Social Room 6:30 PM All lobbies** **Knitting 101** 6:30–8 PM	1 **Canasta** 1:30–4 PM All Tuesday canasta games have ended	2 **Workout Wed.** 10:15–11 AM **Brown Bag Lunch** 12–1:30 PM	3 **Earth Day All lobbies 11 AM–1 PM** **Winter Trail Wkrs** 1:30–2:30+ PM 185 Clearview **Earth Day All lobbies 4–6 PM**	4 **Canasta** 1:30–4 PM	5
6 **Dec. holiday party 2:30–5:30 PM**	7 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	8	9 **Workout Wed.** 10:15–11 AM	10 **Winter Trail Walkers** 1:30–2:30+ PM 185 Clearview	11	12 **Dining Club RSVP deadline 5 PM**
13 **Sock drive** Ends All lobbies	14 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	15 **Dining Club** 6 PM **Caffé Mio 1379 Wellington** **RSVP required by 5 PM Sat., Dec. 12**	16 **Workout Wed.** 10:15–11 AM **Tech Corner** 11 AM–1 PM All Tech Corner sessions have ended	17 **Winter Trail Walkers** 1:30–2:30+ PM **Stuff Swap: Keeping it out of the Landfill** **Pub Night,** 4:30 **House of Pizza 160 Richmond**	18 **Canasta** 1:30–4 PM	19
20	21 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	22	23 **Workout Wed.** 10:15–11 AM	24 **Winter Trail Walkers** 1:30–2:30+ PM 185 Clearview	25 **Canasta** 1:30–4 PM	26
27	28 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	29	30 **Workout Wed.** 10:15–11 AM	31 **Winter Trail Walkers** 1:30–2:30+ PM 185 Clearview	1 **Canasta** 1:30–4 PM	**Add event to your calendar**: Go to the iptra.org **calendar**, click the event, and click "Copy to my calendar."

Details are as of 2026-11-24.

Green Team scene

Fall Earth Day



Thursday, December 3
11 AM – 1 PM
4 – 6 PM
All lobbies

Stop by your lobby to chat with the Green Team about the new green bin program for recycling organic kitchen waste.

Reduce food waste: understand best-before dates

The following is based on the Love Food Hate Waste **website**.

Misunderstanding best-before (BB) dates causes almost 25% of avoidable food waste in Canada.

A BB date refers to quality — how long an unopened and properly stored food product keeps its freshness, taste, and nutritional value.

BB dates are required only on food products that have a shelf life of less than 90 days. To get the most out of those foods, consume them before their BB dates.

Though they're not required to, manufacturers put BB dates on almost all food products that have a shelf life of 90 days or more. This includes canned, dry, and frozen foods. This can confuse consumers and cause avoidable food waste.

When shopping, if you think you won't use a food by its BB date, perhaps don't buy it, thereby saving yourself the effort of determining whether its quality will be diminished for you.

BB dates on a food item already in your kitchen save you having to write the date you bought or opened it. If a bottle of, say, salad dressing, has a BB date a year in the past, perhaps it's not at its best freshness and taste.

NOTE: If a food item has an *expiration* date, that date is the last day the item can be safely consumed. Expiration dates are on only a few foods, for example, infant formula and meal replacements.



At a November Green Team meeting.

L to r: Barb, John, Tetsuro, Sammy, Leticia. Missing: Lisa (photographer), Leona.



Green bin program starts

By the end of November, Green Team members will have accompanied city outreach workers as they deliver kitchen catchers to apartments and provide info on recycling organic kitchen waste.



If you don't have a kitchen catcher by December 1, contact the office to get yours.

Keeping it out of the Landfill

There's no December Keeping it out of the Landfill collection. Save your items for the collection on Thursday, January 21.

From the city

Repair and Mending Fair
Sat., Nov. 28
9:30 AM – 12:30 PM
Heartwood House
404 McArthur Ave.
The city is hosting this event in collaboration with **EcoEquitable** whose skilled sewists will offer free clothing repairs to help extend the life of your garments. EcoEquitable staff will also repair sewing machines.

Long-term waste management survey
Last day Mon., Dec. 14
Consider taking this city of Ottawa **survey** on waste to energy and landfilling.

Education on waste reduction
Check out the city's educational **info** on waste reduction.

IPTRA has a new portfolio on the board

At the annual general meeting on October 25, in addition to reelecting all incumbents, members elected a member to the new position of senior support services coordinator (Laura Evans), a new events planner (Margie Shapcott), and a new building rep for 200 Clearview (Tetsuro Ide).

News!

However, Tetsuro will be leaving the IPTRA board because he will be working for Homestead as the superintendent for 200 Clearview. All the best, Tetsuro, in your new position!

Kathy Pelletier has offered to take the position. Thank you, Kathy, and welcome to the board.

Last month's IPTRA News introduced Margie. This month introduces Laura. Welcome, Laura!

Laura Evans — senior support services coordinator

Laura writes:



I look forward to being the IPTRA representative for senior support. Our buildings have been designated by the city as a naturally occurring retirement community. At least 30% of our residents are seniors.

The city already provides a fitness instructor once a week. I would like to know what else we can do to support ourselves and our neighbours to age in place, without having to move.

I have lived at IPT for six years. I have an Algonquin College certificate in gerontology and worked for a couple of years at the Good Companions Seniors' Centre. My working years took me to live in countries around the world, three years at a time, always returning to Ottawa.

I am a photographer and a quilter and am involved in various volunteer activities. ❦

No December Stuff Swap

As in previous years, there's no Stuff Swap in December.

The event restarts January 21, 2:30 to 7 PM. Start the year right and donate items you no longer need or pick up free treasures. You don't have to donate to get something.

Please don't bring items after 4. If you can't bring items between 2:30 and 4, leave them in the room earlier in the day.

To know what Stuff Swaps *don't* accept, see a Stuff Swap **entry** in the IPTRA website calendar for a particular month.

Check the website calendar

You can always see the latest info on what events are on and when — and their details — by going to the **calendar** at **iptra.org**.

If you're on a phone, turn it sideways to see the calendar better.



Show respect in the Exercise Room

If you use the weights in the Exercise Room, please don't drop them — especially at night.

The sound reverberates through the concrete and disrupts your neighbours — especially at night.

It's simply bad form, and you'll look like a newbie.

If dropping weights is the only way you can put them down, you're lifting too much.

Memories of summer



Roses in the patio garden. IPTRA member Bruce Scott, Photographer.

Westboro Beach Community Santa Claus parade & food drive

Saturday, December 5

Starts at 2 PM

This popular parade starts a few blocks east of Island Park Towers (at **Remic and Premier avenues**) and should be going right past our buildings around 2:12. The parade will turn onto Ellendale Crescent, head west on Lanark Avenue, and then wind west through neighbourhood streets, ending at **Paul Dewar Field House** on Van Lang Private.

The parade is collecting gift cards, cash, and non-perishable food, which will benefit the **Westboro Food Bank**. Please consider donating.



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 receive monthly issues of IPTRA News.

To help cover expenses (such as printing, refreshments at events, bank charges, and internet fees), you can pay the voluntary $10 dues and become a sustaining (voting) member. Make an e-Transfer to **finance@iptra.org**. Include your full name and apartment number in the e-Transfer message area.

The dues are per apartment and are good for 12 months.

Join the IPTRA Facebook group

Join the Facebook group and get event reminders and updates and connect with IPTRA members.

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

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

You *must* follow the instruction to email **info@iptra.org** with your apartment number and full name. IPTRA needs this info to be sure you're a resident.

If you don't follow this step, an admin will ask you to repeat the process — go to the Facebook group, click Join, and email **info@iptra.org**. A Facebook oddity means your clicking Join is the only way an admin can add you to the group. If you're not an IPTRA member when you join the Facebook group, you become one and are added to the mailing list.

Lapsing dues reminder

Can't remember when the 12-month period expires for your IPTRA dues? Starting in the new year, if your optional $10 dues have lapsed or will soon, you'll get a reminder that you can act on as you want.

A farewell to oaks



One of the two large oaks in the parking lot of 200 Clearview that's slated for removal when 210 Clearview construction starts. Photo: Carl Frissel.

From the editor

Comments, suggestions, questions

Email **newsletter@iptra.org**.

Credits

Photos and graphics are stock, open source, or used with permission. The IPTRA logo is by Claude AI after I provided numerous prompts.

Thanks

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

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 errors.

Next deadline

Please **submit input** by 5 PM on Tuesday, December 22 for the January newsletter, which will be mailed around Sunday, December 27.

Leona Gray



Previous info

Topic	Location	Page
210 Clearview docs	**Documents**	
City 2027 rent decrease	**Info, Info**	
Homestead contact info	**Jun., 2026**	8
Resident info	**Jun., 2026**	9
Tenant rights help	**Jun., 2026**	5

IPTRA News archive: At iptra.org (**website**)

Contacts



Use these email addresses to contact 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

Winter Trail Walkers
newsletter@iptra.org

Membership, general, or anything else
info@iptra.org

IPTRA board

Co-presidents
Kathryn Holman (195), Bernetta Starkey (195)
Secretary
Marnie Campbell (195)
Treasurer
Betty Rogers (200)
Membership coordinator
Ed Ellis (185)
Events planner
Margie Shapcott (200)
Newsletter editor
Leona Gray (185)
Online communications manager
Leona Gray (185)
Senior support services coordinator
Laura Evans (195)
Building representatives
Nancy Hamnes (185)
Janice Pereira (195)
Kathy Pelletier (200) New

Happy Holidays!

