



Thursday, October 2, 2025

Sweet's Corners Food Bank Open

Date and Time: Thursday, October 2 3:45 pm - 5:00 pm

Address: 276 Lyndhurst Road

Community members are welcome to stop into Sweet's Corners School and visit the food bank once every 2 weeks.

Sunday, October 5, 2025

Open Mike

Date and Time: Sunday, October 5 1:00 pm - 5:00 pm

Address: 116 Bay St

The Seeley's Bay Legion presents an Open Mike afternoon from 1-5pm on Sunday October 5th.

All ages and talents welcome! Admission is free.

Monday, October 6, 2025

Fit and Fab 1

Date and Time: Monday, October 6 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Monday, October 6 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,
Mon Oct 6 to Fri Dec 19
No classes Mon Oct 13

Cost:

\$66.00 for once a week,
\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Line Dancing in Lansdowne

Date and Time: Monday, October 6 2:30 pm - 3:30 pm

Address: 1 Jessie Street

Line Dancing in Lansdowne

Line dancing is a great way to stay active and challenge your cognitive well-being. We learn and memorize patterns then dance what we've learned to a variety of music (including country, rock, blues and contemporary music). You need good balance, mobility and endurance. Regular attendance is important.

No class Oct. 20th or Nov. 17th.

This class is geared toward people with some previous line dancing experience.

Instructor Joan Green

Cost \$35.00 for 10 weeks

Register Online: <https://ltti.ebasefm.com/programs/welcome/browse>

More info or register by email recreation@townshipleeds.on.ca call 613-659-2415 ext 246

Must register to join (no drop in) Late registrations until full!

Please Bring Water & indoor shoes

Wednesday, October 8, 2025

Fit and Fab 1

Date and Time: Wednesday, October 8 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Wednesday, October 8 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Thursday, October 9, 2025

Fit and Fab 1

Date and Time: Thursday, October 9 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Sweet's Corners Food Bank Open

Date and Time: Thursday, October 9 3:45 pm - 5:00 pm

Address: 276 Lyndhurst Road

Community members are welcome to stop into Sweet's Corners School and visit the food bank once every 2 weeks.

Friday, October 10, 2025

Fit and Fab 2

Date and Time: Friday, October 10 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Monday, October 13, 2025

Line Dancing in Lansdowne

Date and Time: Monday, October 13 2:30 pm - 3:30 pm

Address: 1 Jessie Street

Line Dancing in Lansdowne

Line dancing is a great way to stay active and challenge your cognitive well-being.

We learn and memorize patterns then dance what we've learned to a variety of music (including country, rock, blues and contemporary music).

You need good balance, mobility and endurance. Regular attendance is important.

No class Oct. 20th or Nov. 17th.

This class is geared toward people with some previous line dancing experience.

Instructor Joan Green

Cost \$35.00 for 10 weeks

Register Online: <https://tlti.ebasefm.com/programs/welcome/browse>

More info or register by email recreation@townshipleeds.on.ca call 613-659-2415 ext 246

Must register to join (no drop in) Late registrations until full!

Please Bring Water & indoor shoes

Tuesday, October 14, 2025

Gananoque Youth Halloween Dance

Date and Time: Tuesday, October 14 5:00 pm - 6:00 pm

Address: 600 King St E

Halloween Themed Youth Dance for grades 4-9 at the Lou Jeffries Arena Friday Oct 17 7-10pm. \$5 entry and 1-2\$ Canteen Items

Wednesday, October 15, 2025

Fit and Fab 1

Date and Time: Wednesday, October 15 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Wednesday, October 15 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Join Jodi All Levels Yoga

Date and Time: Wednesday, October 15 1:00 pm - 2:00 pm

Address: 151 Main St

Join Jodi for All Levels Yoga

Returning Oct 15 – Dec 17, 2025

Wednesdays, 1:00pm - 2:00pm

BYO Mat & props, limited mats available

Seeley's Bay Hall Upstairs 151 Main St. Seeley's bay

\$100 for 10-week Session or \$15 per class – Drop-ins welcome

Join Jodi McIntyre for an afternoon yoga class at the Seeley's Bay Community Hall. This is an all-level class and no prior experience is required. Everyone is welcome!

Session Register: <https://tlti.ebasefm.com/programs/welcome>

Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

New Chair Yoga and Movement Class With Jodi

Date and Time: Wednesday, October 15 2:30 pm - 3:30 pm

Address: 151 Main St

New Chair Yoga and Movement Class With Jodi

Oct 15 - Dec 17, 2025

Wednesdays, 2:30 - 3:30pm

Seeley's Bay Hall, upstairs 151 Main St. Seeley's Bay

Foldable chairs provided, Bring your own props

\$100 for 10-week session or \$15 per class – Drop-ins welcome!

Session Register: <https://tlti.ebasefm.com/programs/welcome>

Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

Thursday, October 16, 2025

Fit and Fab 1

Date and Time: Thursday, October 16 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

FREE Business Workshop | Featuring Jennifer Baker (JBC Pushing Digital Boundaries)

Date and Time: Thursday, October 16 10:00 am - 12:00 pm

Address: 100 Park Street

Join us for an engaging morning with Jennifer Baker as she shares practical, hands-on digital strategies to help you and your business succeed.

Date: October 16

Time: 10:00 a.m. – 12:00 p.m.

Location: Gananoque Public Library

Reserve your spot today by emailing McKenna Modler at tourismcommunications@gananoque.ca.

Have questions for Jennifer or about social media? Please indicate in your email registration!

This free business workshop is sponsored by the Town of Gananoque and the Business Support Network (KEY S Gananoque, Township of Leeds and the Thousand Islands, Eastern Workforce Innovation Board, 1000 Islands Gananoque Chamber of Commerce, the 1000 Islands Community Development Corporation and Downtown Gananoque BIA).

Sweet's Corners Food Bank Open

Date and Time: Thursday, October 16 3:45 pm - 5:00 pm

Address: 276 Lyndhurst Road

Community members are welcome to stop into Sweet's Corners School and visit the food bank once every 2 weeks.

Public Information Centre | Seeley's Bay Community Hall

Date and Time: Thursday, October 16 6:00 pm - 8:00 pm

Address: 151 Main Street

A Public Information Centre (PIC) is being held to introduce the Adaptive Re-Use project, review survey results, and solicit public and stakeholders' feedback on the information presented. The project team will be available to answer questions and discuss next steps

Friday, October 17, 2025

Fit and Fab 2

Date and Time: Friday, October 17 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,
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No classes Mon Oct 13

Cost:

\$66.00 for once a week,
\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Sunday, October 19, 2025

Standard First Aid and CPR level C - One Day Hybrid Course

Date and Time: Sunday, October 19 9:30 am - 5:00 pm

Address: 1233 Prince Street

Date/Timing: Oct 19th at 9:30-5:00pm

Location: Lansdowne Community Centre Meeting room - 1 Jessie St, 2nd Floor

Cost: \$180.00

What to Bring: Bottle of water, nut-free lunch & Snacks.

Register: online [Programs - Township of Leeds and Thousand Islands](#) to log in or create an account - if you have an account but forget the login info please Alex Below

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

Step 1: Register through the TLTI program portal for your in-class portion to get started!

Step 2: Red Cross will email you the online part of your course within 24 hours.

*** The online modules must be completed before the in-class session to attend.***

Please Note:

- Minimum of 10 people to run the course, maximum of 18
- Minimum age to take the course is 14
- Please ensure contact information is accurate to receive online portions

• Course Topics Include:

- **Responding to Emergencies**– Preparedness, First Aid Kits, Chain of Survival, Lowering the risk of infection.
- **Check, Call, Care**– How to prioritize your actions when responding
- **Choking Procedures**- Adults, Children and Infants
- **Circulation Emergencies**– Angina, Heart Attack, Stroke, Life threatening bleeding, Tourniquets.
- **CPR & Defibrillator (AED) Use**- Adults, Children, and Infants
- **Breathing Emergencies**– Asthma, Anaphylaxis
- **Wound Care**– Cuts and Scrapes, Nose Bleeds, Impaled objects, Amputations, Chest Injuries, etc
- **Head, Neck & Spinal Injuries**– Spinal precautions, Concussions
- **Sudden Medical Emergencies**– Diabetes, Seizures, Mental Health Crisis, Child Birth
- **Environmental Illness**– Heat illness, Hypothermia, Frostbite
- **Poisons**– Carbon Monoxide Poisoning, Poisonous plants, Alcohol/Drugs, Insect stings
- **Animal bites**– including Tick bites/Lyme disease, etc

Monday, October 20, 2025

Fit and Fab 1

Date and Time: Monday, October 20 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Monday, October 20 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Spencerville Agricultural Society, October Meeting

Date and Time: Monday, October 20 7:00 pm - 9:00 pm

Address: 22 Ryan Street

Spencerville Agricultural Society, October Meeting

Next Meeting: Monday, October 20, 2025

Meeting: 7:00 pm

Address: 22 Ryan Street, Spencerville Ontario

If you are interested in joining our committee, please email info@spencervillefair.ca to receive all of the meeting details.

Leeds & Thousand Islands Historical Society Presentation - Canadian Resorts Along the St Lawrence

Date and Time: Monday, October 20 7:30 pm - 9:00 pm

Address: 25 Millar St

Join Kathleen Burtch, retired Parks Canada Interpreter as she shares the stories of the many small tourist resorts and lodges that were once located all along the Canadian side of the St. Lawrence River between LaRue Mills and Gananoque. A brief Annual General Meeting to start, followed by the presentation. All are welcome to attend.

Lansdowne United Church

25 Millar St, Lansdowne

Wednesday, October 22, 2025

Fit and Fab 1

Date and Time: Wednesday, October 22 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Wednesday, October 22 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Join Jodi All Levels Yoga

Date and Time: Wednesday, October 22 1:00 pm - 2:00 pm

Address: 151 Main St

Join Jodi for All Levels Yoga

Returning Oct 15 – Dec 17, 2025

Wednesdays, 1:00pm - 2:00pm

BYO Mat & props, limited mats available

Seeley's Bay Hall Upstairs 151 Main St. Seeley's bay

\$100 for 10-week Session or \$15 per class – Drop-ins welcome

Join Jodi McIntyre for an afternoon yoga class at the Seeley's Bay Community Hall. This is an all-level class and no prior experience is required. Everyone is welcome!

Session Register: <https://tlti.ebasefm.com/programs/welcome>

Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

New Chair Yoga and Movement Class With Jodi

Date and Time: Wednesday, October 22 2:30 pm - 3:30 pm

Address: 151 Main St

New Chair Yoga and Movement Class With Jodi

Oct 15 - Dec 17, 2025

Wednesdays, 2:30 - 3:30pm

Seeley's Bay Hall, upstairs 151 Main St. Seeley's Bay

Foldable chairs provided, Bring your own props

\$100 for 10-week session or \$15 per class – Drop-ins welcome!

Session Register: <https://tlti.ebasefm.com/programs/welcome>

Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

Thursday, October 23, 2025

Fit and Fab 1

Date and Time: Thursday, October 23 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Sweet's Corners Food Bank Open

Date and Time: Thursday, October 23 3:45 pm - 5:00 pm

Address: 276 Lyndhurst Road

Community members are welcome to stop into Sweet's Corners School and visit the food bank once every 2 weeks.

Friday, October 24, 2025

Fit and Fab 2

Date and Time: Friday, October 24 10:45 am - 11:45 am

Address: 1 Jessie Street

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Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

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\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Saturday, October 25, 2025

Lansdowne Craft Fair - 2025

Date and Time: Saturday, October 25 9:30 am - 3:30 pm

Address: 1 Jessie St

Lansdowne Craft Fair

Sat Oct 25 – 9:30am to 3:30pm

Lansdowne Community Centre,

1 Jessie St, Lansdowne, ON

Many vendors with something for everyone!

Admission \$2.00

Lunch is available for purchase.

Sponsored by the Leeds & Thousand Islands Historical Society

Monday, October 27, 2025

Fit and Fab 1

Date and Time: Monday, October 27 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Monday, October 27 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,
Mon Oct 6 to Fri Dec 19
No classes Mon Oct 13

Cost:

\$66.00 for once a week,
\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Line Dancing in Lansdowne

Date and Time: Monday, October 27 2:30 pm - 3:30 pm

Address: 1 Jessie Street

Line Dancing in Lansdowne

Line dancing is a great way to stay active and challenge your cognitive well-being. We learn and memorize patterns then dance what we've learned to a variety of music (including country, rock, blues and contemporary music). You need good balance, mobility and endurance. Regular attendance is important.

No class Oct. 20th or Nov. 17th.

This class is geared toward people with some previous line dancing experience.

Instructor Joan Green

Cost \$35.00 for 10 weeks

Register Online: <https://tlti.ebasefm.com/programs/welcome/browse>

More info or register by email recreation@townshipleeds.on.ca call 613-659-2415 ext 246

Must register to join (no drop in) Late registrations until full!

Please Bring Water & indoor shoes

Wednesday, October 29, 2025

Fit and Fab 1

Date and Time: Wednesday, October 29 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Fit and Fab 2

Date and Time: Wednesday, October 29 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,
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No classes Mon Oct 13

Cost:

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\$121.00 for twice a week,
\$160.00 for three times a week
\$6.00 Drop-in per class

Join Jodi All Levels Yoga

Date and Time: Wednesday, October 29 1:00 pm - 2:00 pm

Address: 151 Main St

Join Jodi for All Levels Yoga

Returning Oct 15 – Dec 17, 2025

Wednesdays, 1:00pm - 2:00pm

BYO Mat & props, limited mats available

Seeley's Bay Hall Upstairs 151 Main St. Seeley's bay

\$100 for 10-week Session or \$15 per class – Drop-ins welcome

Join Jodi McIntyre for an afternoon yoga class at the Seeley's Bay Community Hall. This is an all-level class and no prior experience is required. Everyone is welcome!

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Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

New Chair Yoga and Movement Class With Jodi

Date and Time: Wednesday, October 29 2:30 pm - 3:30 pm

Address: 151 Main St

New Chair Yoga and Movement Class With Jodi

Oct 15 - Dec 17, 2025

Wednesdays, 2:30 - 3:30pm

Seeley's Bay Hall, upstairs 151 Main St. Seeley's Bay

Foldable chairs provided, Bring your own props

\$100 for 10-week session or \$15 per class – Drop-ins welcome!

Session Register: <https://tlti.ebasefm.com/programs/welcome>

Or Contact: recreation@townshipleeds.on.ca

613-659-2415 ext 246

Thursday, October 30, 2025

Fit and Fab 1

Date and Time: Thursday, October 30 9:30 am - 10:30 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 1 is from 9:30 a.m. to 10:30 a.m. Bring your own mat and exercise ball.

No class Monday, October 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Sweet's Corners Food Bank Open

Date and Time: Thursday, October 30 3:45 pm - 5:00 pm

Address: 276 Lyndhurst Road

Community members are welcome to stop into Sweet's Corners School and visit the food bank once every 2 weeks.

Friday, October 31, 2025

Fit and Fab 2

Date and Time: Friday, October 31 10:45 am - 11:45 am

Address: 1 Jessie Street

Fit & Fab 1 is designed for adults to improve aerobic capacity, strength, flexibility, balance and coordination. Fit & Fab 2 is from 10:45 a.m. to 11:45 a.m. Bring your own mat and exercise ball.

Sessions Dates:

Mondays, Wednesdays and Fridays,

Mon Oct 6 to Fri Dec 19

No classes Mon Oct 13

Cost:

\$66.00 for once a week,

\$121.00 for twice a week,

\$160.00 for three times a week

\$6.00 Drop-in per class

Halloween at the Seeley's Bay Legion

Date and Time: Friday, October 31 4:30 pm - 6:30 pm

Address: 116 Bay St

The Seeley's Bay Legion, Br. 491 is handing out candy for the little ones Friday from 4:30-6:30pm. Everyone's welcome to stop by!

Lansdowne Halloween Spooktacular

Date and Time: Friday, October 31 5:00 pm - 8:00 pm

Address: 1186 Prince St

Halloween Spooktacular – Oct 31, 2025 – 5-8pm Grab your broom or your pitchfork and make your way to the Lansdowne Fairgrounds for our 3rd Annual Halloween SPOOKTACULAR. It will be a hair raising time with zombies, and otherworldly beings. Join us Friday October 31, from 5-8pm. The Boo Crew will be creepin' it real! ~ Sealed with a Vampire bite. "It's a dead man's party, who could ask for more?" — Oingo Boingo, "Dead Man's Party". For more information go to the Lansdowne Fair Facebook Page.

<https://events.leeds1000islands.ca>