

## STUDY GROUPS

Study Groups are 8 weeks, cost \$55, and held in the Drake Room with a maximum of 16 members. Each member makes a presentation related to the general topic. For additional details and possible topics, please visit [www.slrlondon.ca](http://www.slrlondon.ca).

### ENCORE

**Monday p.m. 1:30 – 3:30**

**April 27 – June 22 (no class May 18, Victoria Day)**

**Course Leaders: Brenda Jackson and Heather Vedova**

This is your opportunity to inform and entertain our group with a topic that you have presented previously. Choose one of your favorites to share with a new and enthusiastic audience.

### THE REST OF THE STORY

**Tuesday a.m. 9:30 – 11:30**

**April 28 – June 16**

**Course Leaders: Barbara Dorrington and Keith Gibbons**

Paul Harvey, a well-known American ABC broadcaster, became a legend for his daily newscast called "The Rest of the Story." Harvey told us stories from past headlines that had actually ended years later with surprising twists the public rarely heard. Here is your opportunity to present a unique story, current or timeless, that reflects the true story that emerged over time.

### WHAT'S ON YOUR FORK?

**Tuesday p.m. 1:30 – 3:30**

**April 28 – June 16**

**Course Leaders: Shari McNeill and Peggy Matser**

By 2050 there will be 10 billion people in the world to feed. The food industry is a complex global collective of diverse businesses that feeds the world's population. Join us as we examine the wide range of topics concerning food: from field to fork, from GMOs and Beyond Meat, to milk made in petri dishes. Keto diets, obesity, celebrity chefs, agro-tourism, homesteading, roof-top crops and more. What's on your fork?

### COLLECTIONS, KEEPSAKES AND CURIOSITIES

**Friday a.m. 9:30 - 11:30**

**May 1 – June 19**

**Course Leaders: Gail Sneddon, Sally Stewart**

We surround ourselves with objects that bring us joy. Do you have a passion for collecting them? These may include art, antiques, ceramics, textiles, comic books, sports memorabilia, fridge magnets, or travel souvenirs. Do you enjoy discovering the history, origin, rarity or value of these items? Please tell us about your treasures and why they have become so special for you.

## DISCUSSION GROUPS

### THE RIGHT PLACE with Phyllis Brady and Kathleen Hazelwood

**Tuesday a.m. 9:30 – 11:30 (Dining Room)**

**April 28 – May 19 (4 Sessions)**

**Fee: \$30; Maximum 14 members**

Join us as we explore housing alternatives, delve into our expectations of living into old age and investigate options to consider. Topics include decisions on aging in place, downsizing, retirement communities and co-housing, to name a few. Bring your questions and shared experiences so we learn together.

### THE NON-FICTION BOOK CLUB with Helen Olmstead

**Wednesday a.m. 9:30 - 11:30 (Dining Room)**

**April 29 - June 24; 5 sessions (every other week)**

**Fee: \$35; Maximum 9 members**

Are you a keen reader? Do you like to discuss the many intriguing and thought-provoking ideas presented in the realm of non-fiction? Then the Non-Fiction Book Club is for you. Before the first session, four titles (reasonably priced paperbacks) will be circulated. The group will discuss one of these books at each meeting, led by two members who have identified interesting questions derived from the text. Where the discussion goes ... anyone's guess.

### REALLY CURRENT EVENTS with Ann Walker and Karen Thyret

**Wednesday p.m. 1:30 - 3:30 (Drake Room)**

**April 29 - June 17; 8 sessions**

**Fee: \$55; Maximum 16 members**

Start your summer off with this stimulating discussion group. We will look at stories that have an immediate time frame - stories that have made the news within the past week. Each participant, in turn, brings three media stories for the whole group to discuss. Animated discussion is guaranteed.

### CANNABIS 101 - SEPARATING FACT FROM FICTION with Shari McNeill and Kim Waugh

**Thursday p.m. 1:30 – 3:30 (Dining Room)**

**April 30 – June 11 (6 sessions; no class May 28: Fall Program Preview)**

**Fee: \$40; Maximum 15 members**

Now that cannabis is legal in Canada, let's re-examine this plant. Why was cannabis illegal in the first place? What does it offer? Learn about THC and CBD, the medical benefits, methods of intake, consumables and edibles, what different plant strains do, and safe usage. Learn how to buy with confidence. Armed with new knowledge, we'll visit a local dispensary for our last class.

# ACTIVITIES AND WORKSHOPS

All locations at Grosvenor Lodge unless otherwise noted.

## **STOP THE BLEED with London Health Sciences Trauma Team members**

**1 session 1:30 – 4:00 p.m. (Drake Room)**

**Your choice: Tuesday, April 21 OR Wednesday, April 22**

**No fee, but registration required**

**Maximum 25 members in each session**

STOP THE BLEED is an American College of Surgeons initiative, offered by the London Health Sciences Centre Trauma Program, to train bystanders on the basics of controlling life-threatening bleeding. This session provides knowledge and experience in two critical techniques: tourniquet use and wound-packing, as well as hands-on practice in applying a tourniquet. With these life-saving procedures, bystanders can provide vital assistance to a wounded person until first responders arrive on the scene.

## **MUSEUMS @ LARGE with Alison Greenhill and Cheryl Clark**

**Tuesday p.m. 1:30 - 3:30 (off site)**

**April 28 – May 26; 5 sessions**

**Fee: \$40 (includes entry and tour fees); Maximum 12 members**

Did you know that London has more museums/heritage sites per capita than Toronto or Ottawa? Museums educate, inspire and give us new reasons to love our city. Come with us and discover these interesting and fascinating places; each week is a new adventure for the group as we meet those who will share their knowledge.

## **CREATIVE WRITING with Deborah Roberts**

**Tuesday p.m. 1:30 – 3:30 (Dining Room)**

**April 28 – June 16 (8 Sessions)**

**Fee: \$55; Maximum 12 members**

Creative writing is a form of artistic expression, drawing on imagination and open-minded thinking - the craft of making things up. Anyone can be a creative writer. In an encouraging and fun environment, we'll engage in varied writing exercises to stretch our mental muscles. From various forms - poetry, short stories, song, plays, and stream-of-consciousness - we'll construct and share our compositions. Join us for an enjoyable experience.

## **CONTAINER GARDENS with Diana Lloyd and Jean Surry**

**Wednesday a.m. 9:30 - 11:30 (Coach House)**

**April 29 – May 27; 5 sessions**

**Fee: \$35; Maximum 15 members**

How about creating a beautiful container garden this spring? Come up with a design overflowing with colour and happiness. Share information about shade and sun loving plants, topiaries, edible options, vertical plantings and the design concept of thrillers, fillers and spillers. We will visit a London garden centre and will also have the hands-on experience of filling the containers at Grosvenor Lodge.

## **YES UKE CAN! with Noële Hall**

**Friday p.m. 1:30 - 3:30 (Coach House)**

**May 1 - June 19 (8 sessions)**

**Fee: \$20; Maximum 30 members**

Join this fun and relaxed group where beginners, along with more advanced players, are welcome to jam together. A short chord refresher will begin each class, but the emphasis will be on playing. (To participate in the group, you should be comfortable playing basic chords – C, F, G, G7, Am, D).

# INTEREST GROUPS

## **FRIENDS OF THE HYLAND with Mary Evans and Helen Bullas**

**Meets 2nd Sunday of the month from September to June for early matinee at the Hyland Theatre followed by lively discussion at a local restaurant.**

**Fee: Cost of movie; discussion free for members**

## **PHOTOGRAPHY CLUB with Jeff Keenor**

**Continued from September 2019 (FULL)**

**Meets first Tuesday of the month**

**11:45 – 1:00 (Coach House)**

## **LET'S DO LUNCH with Ann Vandenbosch and Biserka Mrzljak**

**Continued from September 2019 (FULL)**

**Tuesday, 11:45 a.m. – 1:15 p.m.**

**April 7 (1 lunch remaining)**

## **LUNCH BUNCH GROUP with Terry McSpadden**

**Continued from September 2019 (FULL)**

**Tuesday, 12:00 noon – 2:00 p.m.**

**April 7, 2020 (1 lunch remaining)**

## **RECORDER ENSEMBLE with John Morgan**

**Continued from September 2019**

**Meets Thursdays 11:45 a.m. – 1:15 p.m.**

## **GINA BARBER SLR SINGERS with Susan Jones and Mike Zadorsky**

**Continued from September 2019 (FULL)**

**Meets Fridays 11:45 – 1:00**

## **SLUGS with Noële Hall**

**Continued from September 2019 (FULL)**

**Meets Friday p.m. 1:30 – 3:30**

*"Keeping your brain stimulated and your spirit young"*

# Spring 2020

Got Questions?  
phone: 519.438.3525  
slrlondonontario@gmail.com  
www.slrlondon.ca

## SOCIAL EVENTS

Please pay for these separately.

### SPRING LUNCHEON AND 26TH ANNUAL GENERAL MEETING

**Thursday, April 9 at 12:00 noon**  
**West Haven Golf and Country Club**  
**7083 Egremont Drive (off Fanshawe Park Road West on the north side)**  
**Cost: \$25**  
**AGM Only: No charge**

The three-course lunch at West Haven is always one to look forward to in this idyllic setting. It's a chance to discuss your selection of courses you have chosen for the spring term with friends. After the meal, short reports about the operation of SLR will be presented, as well as a call for nominations for the Board of Directors and the election. To close the meeting, we always look forward to Brenda's famous jokes. Anyone planning to attend the AGM only should arrive by 1:30 p.m.

### BADDER BUS TRIP - GRAND RIVER CRUISE

**Tuesday, May 26, departing London at 9:00 a.m.**  
**Brant County Road, Caledonia**  
**Cost: \$80 (includes bus, cruise and lunch)**

Start the river adventure at 11:30 a.m. with a coffee and muffin in "The Landing" while being entertained by live music performed by "The Blazing Fiddles." At 12:30 we will set off on a three-hour cruise on the Grand River while enjoying a three-course lunch. An informative commentary by the Captain as well as the opportunity to spend time on the promenade deck will add to the day's enjoyment. Plan to be back in London by 5:30 p.m.

### STRAWBERRY SOCIAL

**Wednesday, June 17 at 12:00 noon**  
**Grosvenor Lodge**  
**Cost: \$15**

The Strawberry Social is an annual SLR tradition not to be missed. Ontario strawberries are one of the delights we look forward to in June, so come and join us for a delicious finger-food lunch catered by Gourmet Deli. Get together with friends to discuss the highlights of the courses which you have enjoyed over the past year and share your summer plans.

### SUMMER THEATRE: "KINKY BOOTS"

**Thursday, August 27 at 2:00 p.m.**  
**Huron Country Playhouse, Grand Bend**  
**Optional lunch at Eddingtons in Exeter at 11:30 a.m.**  
**Cost: \$45 for the show**  
**\$25 for lunch**

This uplifting musical chronicles the story of Charlie Price, who is struggling to save his British father's shoe factory. A chance encounter with Lola, a dazzling drag queen, spurs an idea to create "women's boots for women who are men." This fabulous musical will lift you up as you understand the amazing power of boots.

## MARK YOUR CALENDARS

### SPRING 2020 OPEN HOUSE AND REGISTRATION

**Wednesday, April 1, 10:00 a.m. – 1:00 p.m.**  
**Grosvenor Lodge, 1017 Western Road**

This is your last chance to register for the Study, Activity or Discussion Group of your choice and talk with representatives of each group about the offerings. It's also a time when current members can co-register (see policy under Registration Information). Short information sessions will be presented at 10:15 and 11:30 for prospective and current members who would like an overview of SLR and discover all we have to offer. As usual, refreshments are free. Everyone is welcome – and don't hesitate to bring your friends.

### FALL 2020 PROGRAM BROCHURE

Our brochure for the Fall 2020 selections will be available one week before the Program Preview (see following).

### FALL 2020 PROGRAM PREVIEW AND REGISTRATION

**Thursday, May 28, 1:30 – 3:30 (Doors open 1:00; presentations begin 1:30 sharp)**  
**Siloam United Church, 1240 Fanshawe Park Road East**

Listen to the course leaders describe their Study, Activity and Discussion groups and then be the first to sign up. Our Program Previews are lively and fun, with each course leader trying to convince you that his/her course is the right one for you. As an added bonus, you will be introduced to our new and easy step-by-step registration process enabling you to register online immediately. (Note: We will continue to process paper registrations as usual, but AFTER the Program Preview.) Refreshments will be available as always.

### COURSE LEADERS' WORKSHOP

**Thursday, June 18, 10:00 - 12:00 noon.**

### SOCIAL EVENTS (See Social Events for details)

- **SPRING LUNCHEON AND 26TH AGM, Thursday, April 9 at 12:00 noon**
- **BADDER BUS TRIP - GRAND RIVER CRUISE, Tuesday, May 26, departing London at 9:00 a.m.**
- **STRAWBERRY SOCIAL, Wednesday, June 17 at 12:00 noon**
- **SUMMER THEATRE: "KINKY BOOTS," Thursday, August 27 at 2:00 p.m.**

# REGISTRATION INFORMATION AND POLICIES

## REGISTRATION FOR THE SPRING COURSES

Opens upon distribution of the brochure and at the Open House on April 1st.

Registration forms with payment can be sent either by mail or dropped off in the SLR locked mailbox located on the 1st floor foyer at Grosvenor Lodge at any time prior to class start.

If you register at the Open House, you can register by paper or by using our new on-line registration system.

You will be notified by email of the status of your application as soon as possible after the Open House.

Credit and debit cards and cheques are all acceptable (**cash is no longer an option**). Cheques should be made payable to SLR London. We cannot process post-dated cheques.

Registration is complete only when full payment has been received by SLR.

## REGISTRATION IN THE FUTURE

Beginning with the Fall 2020 registration, we are encouraging on-line registration. It is fast, easy, and a way of ensuring our first-come, first-served policy. It will also greatly reduce the workload on our volunteer registration staff.

This change does NOT mean you can't register by filling out the paper registration form and mailing it in or placing it in the lock box; however, registrations received at the Program Preview will get priority.

Our new registration procedure for the Fall 2020 term will be as follows:

- Registration will open immediately AFTER the Program Preview presentations.
- A step-by-step process of on-line registration will be given to all attendees at the Program Preview immediately following the presentations.
- Registration will then open. People will be available to help you register right then, OR you can go home and register on-line whenever you want.
- A password will be given to everyone at the Program Preview.
- To register on-line, you will need your credit or debit card.
- On-line registration will be opened to ALL members the following day (a password will no longer be required).
- You can also register as before, on paper, by filling out the registration form and including your payment (credit, debit or cheque – no cash). You can then drop your registration off in the SLR locked mailbox located on the 1st floor foyer of Grosvenor Lodge at any time, or mail it in.
- Paper registrations (with payment included) will be processed AFTER the Program Preview registrations.
- You will be notified by email of the status of your application by email or phone after the Program Preview.

## MAILING ADDRESS

Society for Learning in Retirement  
Grosvenor Lodge  
1017 Western Road  
London, ON N6G 1G5  
519-438-3525

[slrlondonontario@gmail.com](mailto:slrlondonontario@gmail.com)

[www.slrlondon.ca](http://www.slrlondon.ca)

## CO-REGISTRATION POLICY

To guarantee a place in a Study, Activity or Discussion Group, payment is required for each course at time of registration. If, however, there is space available in another course you would like to take AND you have already registered and paid for at least one course of equal or higher value, you may apply for the additional course AT OR AFTER the Open House or Program Preview, at no charge, by going to the Co-Registration table to submit your request. You may also make your application by email or telephone at any time following the Open House or Program Preview.

Applications will be processed the week prior to term commencement and all applicants will be contacted as to the status of their applications.

## REFUND POLICY

No refunds are issued for Annual Membership Fees.

If SLR cancels a program, a full refund is issued.

Refunds will be issued if a withdrawal occurs prior to the commencement of the program. Refunds are subject to a \$5.00 administration fee.

No refunds will be issued after the first week of classes.

Exceptions will be considered for medical or compassionate reasons.

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