

November 16, 2023



Are you Ready

With winter comes extreme cold, ice and snow - all challenges regardless of age, but especially to seniors. Preparation can avoid many of winter's biggest risks. Get your furnace, fireplace and wood stove checked in the fall, keep your walkway and driveway clear from snow and ice, buy proper winter clothing, get winter tires, eat well and you'll be able to enjoy the wonders of winter with a warm and cozy smile.

Notices for Members of SLR



Coffee Socials schedule

Friday Nov 17 - 1:30 pm

Friday Dec 1 - 1:30 pm

Friday Dec 15 - 1:30 pm

Saturday Nov 25 - 10 am

Saturday Dec 9 - 10 am

Saturday Dec 23 - 10 am

Come join us and enjoy the laughter, opinions and facts shared by your peers in SLR



You are invited to join us **On Friday, December 8th, at 12:00** as we celebrate the Holidays with our Traditional Festive Luncheon.

Come and enjoy a tasty Italian meal at the Highland Country Club, 1922 Highland Heights

Menu

Highland Signature Caesar Salad,

Fresh Baked warm rolls with butter

Lasagna Bolognese and Tiramisu with Berry Compote

Please notify us of any special dietary requirements

(email: SLRlonsocial@gmail.com)

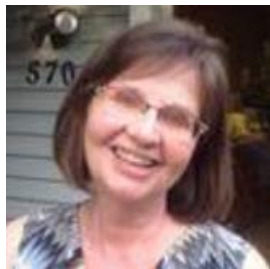
And, once again in the tradition of giving, we are asking that you consider bringing a donation of gloves and mittens for the Men's Mission.

Tickets are available at <https://slrlondon.com/product/festive-banquet>

\$35.00 per person

We look forward to seeing you!

AS A MEMBER-RUN ORGANIZATION, SLR relies totally on the ideas, skills, and donated time of our VOLUNTEERS to help us grow and flourish. Because volunteers are essential to SLR, one of the strategies in the 2019-2013 Strategic Plan was to create a volunteer management plan. Including articles in the SLR newsletter is one of the ways the Board is emphasizing the importance of individual contributions to SLR. This month we are recognizing –



Lydia Keras

Lydia moved to London in 2013 after retiring from a Montreal college where she taught Business Management. She joined SLR in 2014 and has enjoyed lively conversations and learning opportunities ever since. In 2016 she was asked to join the Board of Directors as secretary which included secretary to the Executive Council, positions which she continues to hold. She headed up the Strategic Planning

Committee from 2018 to 2022 and the Policies and Procedures Committee from 2019 until now. During the Pandemic she started leading courses on Zoom and has currently led a total of three Study and three Discussion groups. In 2023 she joined the Loop Curriculum Committee Lydia's contributions to SLR are commendable. We thank her for the Volunteer hours she has given SLR for the past seven years.



Diana Lloyd

Before Diana retired as an occupational therapist at a children's mental health treatment center in London, she started attending SLR on an occasional basis in 2008. In 2010 she was committed to the organization and has been a member ever since. In 2011 she volunteered to become the director for the all-important social events, a position she has held for the past 12 years. When SLR relocated to Grosvenor Lodge, Diana was commissioned to make drapes for the two meeting rooms at

the lodge and to furnish the foyer with benches and seat cushions. She assisted in creating a permanent pathway to the summer house on the G.L. property. Diana has served on the Curriculum Committee, the Marketing Committee, the Executive Council, the Volunteer Committee and the Policies and Procedures Committee, positions she continues to hold. She has led study and discussion groups over the past 13 years. Diana firmly believes in the joy of SLR, "keeping your brain stimulated and your spirit young".



Congratulations to our Trivia Nite Champion team led by Brian Henderson, and including his wife, Linda, Kathy Gowdey and her sister, Dan Rudell, and Susan Pepper. The winners received gift cards generously donated by Vic Soga, who also provided us with some very challenging trivia questions. It was great fun and we all learned some trivia answers for future use (if we can remember them).



Best Wishes to our members who will celebrate their Birthday in November 2023
“Aging is not 'lost youth' but a new stage of opportunity and strength.”

LAUGHTER IS THE BEST MEDICINE *Thanks to Terry Rushton*



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BRAIN TEASERS

Answers for previous Teasers

I have a body, arms, legs and a head, but I'm heartless and have no guts. What am I? **A skeleton**

Why don't mummies take vacations? **They're afraid they might unwind**

I protect, I stand tall, my purpose is to strike fear in all. What am I? **A scarecrow**

New teasers

You go at red and stop at green. What am I?

If an electric train is moving north at 55 mph and the winds blowing east at 70 mph, which way does the smoke blow?

What gets bigger the more you take away?

The following image of a Christmas card was painted by our long-time member Synthia Schilder. Although Synthia has left London to live in Mississauga, she still maintains her membership and Zooms in to our coffee socials regularly. Synthia, who will turn 100 in April, won a competition in her retirement home for this card. She is an inspiration to all of us. Congratulations Synthia!



FEATURED ARTIST

Synthia Schilder

Resident at The Beechwood in Mississauga, ON

Synthia is a born artist and passionate creative. Her father painted as a hobby, her mother designed and made all the clothes they wore, and her sister went on to paint professionally. Synthia has dabbled in all kinds of art mediums and took different classes in Haliburton every summer including oil Japanese painting, water colour, book binding and drumming.

Her hobbies include making intricate embroideries, writing poetry and short stories, taking online classes, keeping up with family in Europe via Skype, and making small, detailed dollhouse furniture that you would never believe were handmade. All this and more at 99 years old!

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