

## STUDY GROUPS

Study Groups are 8 – 10 weeks, ~2 hours/session. Fees and maximum numbers vary. Classes may be in-person at Grosvenor Lodge in the Drake Room, online via Zoom, or a combination.

In Study Groups, each member researches a topic related to the general subject and shares their findings with the class.

### LONDON STORIES: WHO'S WHO OR WHAT'S WHAT?

**15 MEMBERS MAXIMUM IN-PERSON**

**Mondays 1:30 - 3:30 p.m.**

**January 22 - March 18 (8 sessions, no class on February 19, Family Day)**

**Course Leader: Roslyn Moorhead; Fee: \$60**

The grass may always seem greener, but there are a lot of good stories that happened or are happening right here in London. Here's a chance to learn more about a London location or a person who added richness to our community - or perhaps notoriety! Be an investigative reporter and find out the real goods on someone or someplace that has made a difference to our community.

**Possible Topics:** *The creation of Springbank or Labatt Park; a disaster (i.e., the great fire of London, Victoria steamship catastrophe); or a successful citizen; health-care innovation; politician; the list goes on!*

### BANNED BOOKS

**15 MEMBERS MAXIMUM IN-PERSON**

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

**January 23 - March 12 (8 sessions)**

**Course Leaders: Ann Walker, Cheryl Stephenson**  
**Fee: \$60**

Books are banned every day. The reasons for book banning have fluctuated over history, but fall roughly into three categories: religion, obscenity, and political control. More recently, books are banned because of outdated content or negative stereotypes. Pick a book and tell us the circumstances surrounding the ban. Who banned it? What was their rationale? How did the public respond?

**Possible Topics:** *Nazis book burning, The Color Purple, Catcher in the Rye, Uncle Tom's Cabin, A Light in the Attic, The Handmaid's Tale, It's Perfectly Normal, To Kill a Mockingbird, Harry Potter, The Holy Bible, Of Mice and Men, All American Boys, Tintin in the Congo, Lady Chatterley's Lover, Peyton Place, Salman Rushdie's books.*

### THE MASSEY LECTURES

**15 MEMBERS MAXIMUM IN-PERSON**

**Tuesdays 1:30 - 3:30 p.m.**

**January 23 - March 19 (8 sessions; no class February 13, Founders' Day Lunch)**

**Course Leader: Brenda McQuaid; Fee: \$60**

Since 1961, the CBC has been broadcasting the prestigious Massey Lecture Series, bringing to Canadians some of the greatest minds of our time. Pick a favourite lecturer to share with the class. Who are they? Why were they chosen? What were the societal factors that made their topic important? What did we learn from them?

**Possible Topics:** *Massey Lectures are archived on the CBC Ideas website (<https://www.cbc.ca/radio/ideas>) and published by House of Anansi Press.*

### STOLEN TREASURE!

**15 MEMBERS MAXIMUM ON-SITE; 4 ONLINE**

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

**January 24 - March 27 (10 sessions)**

**Course Leader: Ed Jambor; Fee: \$70**

Who done it? How? Banks! Diamonds! Trains! Cars! Art! Tombs! Identities! Elections! All have been stolen or robbed at one time or another. Bandits come in many different sizes and shapes. The abilities, skills, spunk, and initiatives of these culprits are undeniable. The crimes are often brilliant; sometimes not. Take a crime or criminal and explore the psyche, motives, imagination, strategizing, successes and failures.

**Possible Topics:** *Wikipedia offers many possibilities: bank robberies, art thieves, grave robberies, The Great Train Robbery, motor vehicle theft, famous pickpockets.*

### UNESCO WORLD HERITAGE SITES

**15 MEMBERS MAXIMUM IN-PERSON**

**Wednesdays 1:30 - 3:30 p.m.**

**January 24 - March 13 (8 sessions)**

**Course Leader: Lynn Hamilton; Fee: \$60**

A World Heritage Site is a landmark or area with legal protection by an international convention administered by UNESCO for having cultural, historical, scientific, or other forms of significance, and considered to be of outstanding value to humanity. Choose one or more of the 1199 World Heritage Sites and tell us about its location, history, beauty, and value.

**Possible Topics:** *Google "UNESCO World Heritage Sites" to find a list.*

### POTPOURRI

**15 MEMBERS MAXIMUM IN-PERSON**

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

**January 25 - March 14 (8 sessions)**

**Course Leader: Brian Henderson; Fee: \$60**

The field is wide open for any topic you think will challenge the intellect, tickle the funny bone, provoke controversy, stimulate discussion, or keep us informed. Do you have some insight that you have always wanted to share with others? Here you have an attentive and appreciative audience.

### GREAT SPORTS EVENTS, HEROES AND TEAMS

**15 MEMBERS MAXIMUM IN PERSON; 4 ONLINE**

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

**January 26 - April 5 (10 sessions; no class on March 29, Good Friday)**

**Course Leader: Phil Waller; Fee: \$70**

Do you have a must-see sporting event, hero, or team? Choose your favourite and tell us why. What makes them special to you? Who or what helped them to be great? What did they have to do to become the best? Give us a glimpse into the history, challenges and successes of your favourite team, event or hero.

**Possible Topics:** *Sports such as hockey, baseball, soccer, basketball, tennis; heroes such as Terry Fox, Mohammad Ali, Christine Sinclair, Usain Bolt, Simone Biles; events such as marathons, Olympics, World Cup, World Series, Superbowl.*

# DISCUSSION GROUPS (In-Person & Online)

Number of sessions, maximum numbers and fees vary, as well as whether online, in-person, or a combination. In-person classes are held in specified rooms at Grosvenor Lodge or off-site; online classes on Zoom.

## CHALLENGES OF BEING POLITICALLY CORRECT

**12 MEMBERS MAXIMUM IN PERSON (DRAKE ROOM)**

**Mondays 11:45 a.m. - 1:15 p.m.**

**January 22 – March 4 (6 sessions; no class February 19, Family Day)**

**Course Leader: Burton Moon; Fee: \$45**

Political Correctness is an attempt to use language and guide actions towards assisting people who are vulnerable to discrimination instead of harming them.

We will use a variety of sources to start discussions on how to navigate what is culturally and socially acceptable (TED talks, Munk Lectures, comedians, newspaper articles, etc.). We might even do a quiz or two to measure how politically correct we ourselves are.

## TED TALKS ON JOURNALISM

**10 MEMBERS MAXIMUM ONLINE**

**Tuesdays 11:45 a.m. - 1:15 p.m.**

**January 23 - February 27 (5 sessions; no class February 13, Founders' Day Luncheon)**

**Course Leaders: Don Efron and Randa Moir; Fee: \$35**

The TED Talk organization provides internet access to short presentations on hundreds of interesting and timely topics. This discussion group will meet weekly to screen and discuss two or three TED talks addressing journalists and journalism. Please join us for interesting exchanges of ideas on the value and role of journalists in today's world.

## THE RIGHT PLACE

**12 MEMBERS MAXIMUM ONLINE**

**Tuesdays 1:30 - 3:30 p.m.**

**January 23 – March 5 (6 sessions; no class February 13, Founders' Day Luncheon)**

**Course Leaders: Phyllis Brady and Kathleen Hazelwood; Fee: \$45**

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 can learn together.

## FIELDS TO FORKS: WHY IS IT GETTING SO EXPENSIVE TO EAT?

**12 MEMBERS MAXIMUM ONLINE**

**Wednesdays 10:00 - 11:30 a.m.**

**January 24 - February 21 (5 sessions)**

**Course Leader: Lydia Keras; Fee: \$35**

Let's talk about the many issues and challenges facing farmers and food producers in Canada today. Why is food costing so much more? Is climate change to blame? Are food banks the best solution for food insecurity? Should government impose price controls on grocery stores? Is digitization of agriculture and food production the answer to improving food productivity? Everything we know about the food industry is changing.

## WASTE NOT, WANT NOT - CIRCULAR LIVING AND CIRCULAR ECONOMY

**12 MEMBERS MAXIMUM IN PERSON (DINING ROOM)**

**Wednesdays 1:30 - 3:30 p.m.**

**January 24 - February 21 (5 sessions)**

**Course Leader: Diane Szoller; Fee: \$35**

Circular economy/living is where the life cycle of materials is extended and waste is reduced to a minimum. Let's look at it from all angles: our personal consumption and responsibility; product availability and life expectancy; community and society challenges as a result of climate change; extending product life; and public policy levels for managing waste. What is London doing? What is happening in other cities? How can we do more?

## LET'S TALK ABOUT DEATH AND DYING

**12 MEMBERS MAXIMUM ONLINE**

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

**January 25 - March 28 (10 sessions)**

**Course Leader: Susan Booth; Fee: \$70**

Death is the one great certainty in life and a personal journey each of us approaches in our own way. Let's consider our own unique path with death, dying and grieving by exploring this important, though uncomfortable, topic. Together, we will be posing vitally important questions, sharing experiences, and offering thoughtful observations that may profoundly change the way we live and die.

## THE NON-FICTION BOOK CLUB

**12 MEMBERS MAXIMUM ONLINE**

**Thursdays 11:45 - 1:15**

**February 1, 8, 22, March 7, 21 (5 sessions)**

**Course Leader: Helen Olmstead; Fee: \$35**

Are you a keen reader? Like to discuss thought-provoking ideas presented in non-fiction? Then this class is for you. Before the first session, four titles (reasonably priced paperbacks) will be chosen by the group from 10 options. The group will discuss one of these books each meeting, led by two members who have interesting questions derived from the text. Where the discussion goes ... anyone's guess.

## RESEARCHING AND WRITING A FAMILY HISTORY

**14 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)**

**Thursdays 1:30 - 3:00 p.m.**

**January 25 - March 14 (8 sessions)**

**Course Leaders: David Bellhouse and Paul Webb; Fee: \$60**

Researching and writing a family history pieces together and describes a set of connected biographies. Using case studies, participants will explore the various methods of gathering family history data, as well as the ways to publish once the research is done. Participants are encouraged to present any of their own projects - at whatever stage of development - for discussion by the group.

## HOT TOPICS IN THE NEWS 1 and 2

**NOTE: Hot Topics in the News 1 and 2 are stand-alone courses. You may register in either or both.**

**12 MEMBERS MAXIMUM IN-PERSON EACH SESSION (DINING ROOM)**

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

**Session 1: January 26 - February 23 (5 sessions)**

**Session 2: March 1 – April 5 (5 sessions; no class on March 29, Good Friday)**

**Course Leader: Jeff Keenor; Fee: \$35**

A weekly sampling of what's happening in our city, province, country and the rest of the world. Topics can range from politics, racial issues, health care, education, history, arts and entertainment, ethics, good deeds. What is of interest to you, is of interest to us. Each participant, in turn, will bring in three items for the whole group to discuss.

# Winter 2024

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

## ACTIVITY GROUPS

### ART WITH COLOURED PENCILS

**10 MEMBERS MAXIMUM ONLINE**

**Mondays 1:30 – 3:30 p.m.**

**January 22 – March 4 (6 sessions, no class on February 19, Family Day)**

**Course Leader: Janet Johnson; Fee: \$45**

Using colour pencils is inexpensive, portable and uncomplicated. Pencils are used in serious artwork such as botanical illustration as well as in fine art. You will learn basic mark making, choosing your subject and colour blending, as well as transferring your image to paper. A list of inexpensive materials (paper and pencils) will be sent. Open to new members and to those who have taken the course previously.

## INTEREST GROUPS

### PHOTOGRAPHY CLUB with Jeff Keenor

**20 MEMBERS MAXIMUM ONLINE**

**Meets first Tuesday of each month, September through June, 11:30 a.m. – 1:30 p.m.**

**Fee: \$20 for 2023-2024 Year**

Open to anyone with a digital camera, any skill level. We share photographs, tips, and techniques so that all increase their enjoyment of photography.

### LIVING MINDFULLY with Michael Johnson

**15 MEMBERS MAXIMUM IN-PERSON (Dining Room)**

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

**January to June (no session February 13, Founders' Day Luncheon); Fee: \$20**

Mindfulness Meditation increases our mental, emotional, physical, and spiritual balance. It can equip us to live calmly and peacefully, with greater curiosity about, acceptance of, and appreciation for the depth and richness of life. Participants in this group meditation practice will deepen meditation skills and practices to enhance their daily lives. Prerequisite: SLR's "Introduction to Mindfulness Meditation" OR equivalent prior meditation experience.

### FRIENDS OF THE HYLAND FILM DISCUSSION GROUP with Phyllis Brady, Peggy Matser and Roslyn Money

**40 MEMBERS MAXIMUM IN-PERSON, OFF-SITE**

**Meets second Wednesday of the month, September through June, for first matinee at the Hyland Cinema**  
**Fee: \$15 for 2023-24 year**

Members must purchase their own cinema tickets, Hyland Membership Card (if desired), and refreshments. Participants will be emailed the name and start time of each month's film a week prior and must confirm attendance. Attendees will meet for a post-film discussion at a nearby restaurant, where food and beverages may be purchased.

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

**24 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)**

**Meets Fridays, September to June, 11:45 a.m. – 1:15 p.m.**

**Fee: \$20 for 2023 - 2024 Year**

The SLR Choir will continue in 2023 - 2024, but there are likely to be few openings. The choir would welcome new members but is limited by space. Once the choir is full, you are welcome to add your name to our waiting list of potential members, which we will address when we have openings. (A link to the waiting list is on the SLR Registration webpage.)

### THE SLUGS (Ukulele Group) with Noële Hall and Jacqui Griffin

**20 MEMBERS MAXIMUM IN-PERSON (COACH HOUSE)**

**Meets Fridays, 1:15 – 3:15 p.m.**

**September to June**

**Fee: \$30 for 2023 - 2024 Year**

The SLUGS will meet on Fridays inside or outside the Coach House. Our focus is to have fun practicing our skills and polishing up the songs we have learned. New songs will be introduced, and Noële will help develop our musical and performing skills when she is available. Graduates of previous ukulele courses are invited to join the group.

### COMPUTER CLINIC with Western Students

**Coordinators: Brian Henderson, and Phyllis Brady**

**Dates TBD: Weekly, February and March (watch for update notices); Fee: Free with SLR membership**

Here's a great opportunity to expand your IT skills. Western student volunteers are matched with SLR members to provide one-on-one assistance with your laptop, tablet or smart phone and your techie questions at Grosvenor Lodge. For more information and to schedule an appointment, please contact [slr.computer.clinic@gmail.com](mailto:slr.computer.clinic@gmail.com) (please, NOT the SLR office)

"Keeping your brain stimulated and your spirit young"



# SOCIAL EVENTS

## WINTER PROGRAM PREVIEW AND REGISTRATION (ONLINE)

*Registration opens at 3 p.m. following Preview*

**Friday, November 24th, 1:30 – 2:30 p.m.**

Join us for a spirited and fun peek preview of our Fall offerings. Each of our course leaders is given just 1-1/2 minutes to convince you to sign up for their class – not an easy task! Open to all – current and prospective members.

**Note:** *The Zoom link will be sent a day or two prior and posted on our website and Facebook pages. Zoom opens at 1:00 for socializing; program begins 1:30 sharp. Please check in no later than 1:25.*

## FESTIVE BANQUET

**Friday, December 8, 12:00 noon**

**Highland Golf and Country Club**

**1922 Highland Heights**

**(West of Ridout on Commissioners Road)**

**Cost: \$35**

This event is an annual highlight, looked forward to by SLR members each December to close out the Fall term. The idyllic setting, delicious meal and great conversation is an excellent way to kick off the festive season. Share stories about Fall courses you have attended and chat about plans for new learning opportunities in the 2024 winter term. Bring along your best seasonal cheer and your appetite. ***DONATIONS TO THE MEN'S MISSION OF MEN'S GLOVES AND MITTENS WELCOME!***

## FOUNDERS' DAY LUNCHEON

**Tuesday, February 13, 12:00 noon**

**Highland Golf and Country Club**

**1922 Highland Heights**

**(West of Ridout on Commissioners Road)**

**Cost: \$35**

2024 is our year to celebrate the 30th anniversary of SLR, a milestone to be proud of. Join us to mark the occasion in this idyllic setting with wonderful window views of the snow-covered fairways. A buffet lunch will be served followed by a guest speaker from the London/Middlesex Paramed Services who will be discussing Emergency Preparedness, with particular emphasis on the needs of seniors.

## GAMES NIGHT

**Tuesday, March 5, 7:00 - 9:00 p.m.**

**Grosvenor Lodge**

**No cost**

A board game is a sure-fire way to stir up your competitive side. Boost your brain power by tapping into your creativity, logic, and strategic thinking. Join a game such as Scrabble, Pictionary, Cribbage, Drafts or Backgammon and you will be surprised at how much social interaction and fun the evening will be. Coffee and cookies will be available.

## 30th ANNUAL MEETING

**Thursday, April 18 at 1:00 p.m.**

**Siloam United Church**

**1240 Fanshawe Park Road East**

**No Cost**

On several occasions, SLR has enjoyed ample indoor space and plentiful parking at Siloam where we have been able to accommodate large groups. Join us at the 2024 Annual Meeting, our 30th year, where you will be able to enjoy coffee and cookies as you chat with fellow SLR members. Short reports about the operation of SLR will be presented as well as calls for nomination of Directors. There will also be an opportunity to ask your questions and share your thoughts.

# MARK YOUR CALENDARS

## WINTER PROGRAM PREVIEW (Online)

**Friday, November 24th, 1:30 – 2:30 p.m.** (Zoom opens at 1:00; Preview begin 1:30 sharp.)

## WINTER REGISTRATION

**Opens at 3 p.m.** immediately following the Program Preview on November 24th, and continues until courses begin the week of January 22nd. Courses are on a first-come/first-served basis.

## FESTIVE BANQUET

**Friday, December 8, 12:00 noon**

## WINTER OPEN HOUSE (Grosvenor Lodge)

**Tuesday, January 9, 10:00 – 12:00 noon**

This is your last chance to talk with course leaders and register in person. Short information sessions will be presented for prospective and current members who would like an overview of SLR. Bring your friends! All are welcome.

## COURSE LEADERS' WORKSHOP (Online)

**Friday, January 12, 1:00 – 3:00 p.m.**

## FOUNDERS' DAY LUNCHEON

**Tuesday, February 13, 12:00 noon**

## FAMILY DAY HOLIDAY (No classes)

**Monday, February 19**

## GAMES NIGHT

**Tuesday, March 5, 7:00 – 9:00 p.m.**

## SPRING 2024 PROGRAM BROCHURE

**Released Monday, April 1**

## SPRING 2024 OPEN HOUSE

**Thursday, April 4, 10 – 12 noon, Grosvenor Lodge**

## ANNUAL MEETING

**April 18, 1:00 – 2:30, Siloam Church**

## VICTORIA DAY HOLIDAY (No classes)

**Monday, May 20**

## FALL 2024 PROGRAM PREVIEW AND REGISTRATION

**June 7, 1:30 – 2:30**

***Note: For additional details on all our groups, please visit our website at [www.slrlondon.com](http://www.slrlondon.com)***

# Winter 2024

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

## REGISTRATION INFORMATION & POLICIES

**In-person classes will continue this winter, with some classes online and some a combination of in-person and online.**

Registration for the Winter term begins November 24, 3:00 p.m. You can register for courses online by going to [www.slrlondon.com](http://www.slrlondon.com) or via regular mail. If unsure how to register online, go to the go to the Help/Zoom link on the website menu (home page, top right) to get the easy step-by-step instructions. Courses are filled on a first-come/first-served basis.

### MEMBERSHIP FEE

**(New members only; members who paid their annual membership in the Fall, do NOT pay again)**

If you are new to SLR starting in the Winter term, please remember to pay your pro-rated membership fee of **\$20**. Just select the Membership "product" on the website and add it to your cart in addition to your course selection(s) before checking out.

### Waiting Lists:

If a course you want is **FULL**, you can add your name to a **Waiting List**. Sometimes openings become available prior to or in the first week. To join the waiting list, just click on our email link (under Mailing Address below) to send us a message. Be sure to tell us the **name of the course you want**.

### Payment Options:

The website accepts credit cards (Visa and Mastercard) and some (not all) debit cards. As soon as you pay by credit card or debit card you will get an automatic email notification.

You can also pay by **cheque**. First select your courses, add your Membership Fee and proceed to checkout. After

filling in your information, select the CHEQUE option (found just before the PLACE ORDER tab).

In the case of a cheque payment, you will receive a confirmation email which confirms your registration and will remind you to send a cheque asap making it payable to SLR London. If not received within a reasonable amount of time, SLR reserves the right to cancel your registration. Please mail it to the address below or drop it off in the Grosvenor Lodge Coach House on the days and times specified in a future email. Once we have received your cheque, you will be notified.

- **Note 1:** Registration is complete only when full payment has been received by SLR; cheques must be received before classes begin.
- **Note 2:** We are unable to process post-dated cheques. Please do not send cash through the mail.

### MAILING ADDRESS

SLR

Grosvenor Lodge

1017 Western Road

London, ON N6G 1G5

519-438-3525

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

Website: [www.slrlondon.com](http://www.slrlondon.com)

### REFUND POLICY

No refunds are issued for Annual Membership Fees.

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

A full refund of fees, less a nominal \$5 administration fee, will be issued up to the second session of a course. Members who withdraw after the second week of term normally will not receive a refund.

Exceptions will be considered for medical or compassionate reasons.

SLR is generously sponsored by  
Westminster College Foundation

