

## 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.

### ENCORE

**15 MEMBERS MAXIMUM IN PERSON**

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

**April 22 - June 17 (8 sessions; no class on Victoria Day, May 20)**

**Course Leader: Janet Williams; Fee: \$60**

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

### ARCTIC HORIZONS: NAVIGATING CHALLENGES IN CANADA'S FAR NORTH

**15 MEMBERS MAXIMUM IN PERSON**

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

**April 22 - June 17 (8 sessions; no class on Victoria Day, May 20)**

**Course Leader: Gerry Ludwig; Fee: \$60**

Discover the dynamic intersection of social, cultural, economic, and environmental challenges in Canada's Far North. Dive into pressing issues such as climate change impact on indigenous communities, resource management dilemmas, and the evolving socio-cultural landscape. This course offers a unique lens into the complexities of Canada's northern frontier, providing insights essential for understanding and addressing contemporary challenges.

**Possible Topics:** *Climate change resilience in Northern Indigenous communities; economic development prospects in the Arctic; balancing conservation and development in the Far North; governance challenges in remote regions; Arctic security and sovereignty concerns.*

### FASHION THROUGH THE AGES

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

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

**April 24 - June 12 (8 sessions)**

**Course Leader: Diana Lloyd; Fee: \$60**

The history of fashion is a history of people. During this past century, it was the couturiers and designers who laid the foundations of the modern fashion industry we know today, liberating women from corseted confinement, creating ready-to-wear clothing, logos, licensing, window displays, lifestyle brands, fashion shows and marketing. Follow fashion trends over the centuries to make a fascinating presentation on the topic.

**Possible Topics:** *How fashion reflects the change of societal norms; style icons and designers such as Chanel, Dior, Yves St-Laurent, Alexander McQueen; ethical and environmental challenges facing the industry; democratization of fashion through mass production.*

### THEATRE ONTARIO 2024

**15 MEMBERS MAXIMUM IN-PERSON**

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

**April 25 - June 13 (8 sessions)**

**Course leader: Marsha Lemon; Fee: \$60**

Ontario has many theatres that offer a wide variety of plays for our enjoyment. Whether your preference is Stratford, Shaw, Blyth, Mirvish Productions or the Drayton Entertainment Group, there are plenty of choices. Pick a play being offered in 2024 and provide us with some background: playwright, story line, setting, characters, cast, director . . . whatever helps us understand why it is worth seeing.

## 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.

### HOT TOPICS IN THE NEWS

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

**Mondays 1:30 - 3:00**

**April 22 - June 3 (6 sessions; no class on Victoria Day, May 20)**

**Course Leader: Susan Booth; Fee \$45**

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.

### GENDER IDENTITY

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

**Tuesdays, 9:30 - 11:30**

**April 23 - May 28 (6 sessions)**

**Course Leader: Jean Hewitt; Fee: \$45**

Are you perplexed by the current controversy over LGBTQ2 rights? Whether it be medical interventions, school curriculum, or changing long-established pronouns, these issues can be confusing to those of us brought up in a world where gender seemed indisputable. Supported by weekly readings, we will examine current knowledge about gender and discuss why we may have to rethink what we learned as young people.

# DISCUSSION GROUPS continued

## THERE'S AN APP FOR THAT!

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

**Tuesdays 12:00 noon – 1:30 p.m.**

**April 23 – May 28 (6 sessions)**

**Course Leader: Ed Jambor; Fee: \$45**

Do you have apps on your smartphone or tablet that you can't do without? Do they help you find your way while hiking, identify birds or plants, maintain your health, keep you abreast of current affairs, or allow you to listen to music you love? Tell us about your favourite apps and discover new ones shared by the group.

## HISTORIC AND PRESENT-DAY HOMELESSNESS

**12 MEMBERS MAXIMUM ONLINE**

**Tuesdays 1:30 – 3:00 p.m.**

**April 23 – May 28 (6 sessions)**

**Course Leader: Phyllis Brady; Fee: \$45**

The UN Declaration of Human Rights states that everyone has the right to a standard of living adequate for the health and well-being of themselves/their family . . . and the right to security in the event of unemployment, sickness, disability, and other circumstances beyond their control. Join us to discuss the causes, effects, management, and solutions. How can this growing cultural/economic situation be reversed?

## CAN'T SEE THE FOREST OR THE TREES

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

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

**April 24 - May 22 (5 weeks)**

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

Degradation, deforestation, drought, floods, and disease are having long-term impacts on regeneration! Canada's 2023's record-breaking wildfire season resulted in a cumulative burn greater than the area of Greece. Climate change and humanity are threatening a resource essential to healthy life on our planet. Let's explore these issues and what needs to be done to modify this Canadian tragedy. Join us for a tree-mendous discussion!

## WHY THIS PREDICAMENT?

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

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

**April 26 - May 31 (6 sessions)**

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

Two old men are competing to be President of the United States. A strong case can be made that neither man should be their party's 2024 nominee. This discussion group will explore the pros, cons, and possible repercussions of either one of them becoming President for another term. Can we come up with a path forward to save the United States from itself?

# ACTIVITY GROUPS

## WALK THIS WAY

**13 MEMBERS MAXIMUM OFF-SITE**

**Thursdays 9:30 - 11:30 a.m. (Note: 1st session meets at Grosvenor Lodge, Drake Room)**

**April 18th - June 6th (8 sessions)**

**Course Leader: Eleanor Rath; Fee: \$60**

Join us for some fresh air and exercise as we explore London's historic neighbourhoods. Participants will be partnered to host a walk along a set route. Each week's walk will feature a different neighbourhood where we'll learn about London's history, architecture, and colourful past. This spring's activity will feature a variety of areas across the city, each with a story to tell.

## LONDON AT WORK

**12 MEMBERS MAXIMUM, OFF-SITE**

**Thursdays 1:45 – 3:30 p.m.**

**April 25 – May 30 (6 sessions)**

**Course Leaders: Alison Greenhill, Susan Pepper  
Fee: \$45**

London's diverse economy has strengths in the agri-food, digital media and tech, advanced manufacturing and medical sectors.. London is also a nationally recognized test market for companies to develop new products. Come with us to tour different new and established companies and see for yourself - everything from making cheese to manufacturing.

# INTEREST GROUPS

## PHOTOGRAPHY CLUB with Jeff Keenor

**20 MEMBERS MAXIMUM ONLINE**

**Meets first Tuesday of the month, October through June, 11:00 a.m. – 1:00 p.m.; Fee: \$20 for 2023-24**

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 for 2023-2024; 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.

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

# Spring 2024

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

## INTEREST GROUPS continued

### 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

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-June, 11:45 a.m.-1:15 p.m.

Fee: \$20 for 2023 - 2024

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

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.

## SOCIAL EVENTS

### 30th ANNUAL MEETING

Thursday, April 18, 1:30 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, receive updates about the current operation of and future hopes for SLR, and elect the new Board of Directors. There will be ample opportunity to ask your questions and share your thoughts.

### PORT STANLEY THEATRE – "THE BEAVER CLUB"

Thursday May 23, 2:00 p.m.

Port Stanley Theatre

6-302 Bridge Street, Port Stanley; Cost: \$48

The play follows a disparate group of four unbelievable women who embark on a riotous cross-country road trip taking them from Toronto to Newfoundland. The members of the Beaver Club band together to find strength in numbers as they tackle the country and find a happy ending in Dildo, Newfoundland. Join this light-hearted Spring event with fellow SLR theatre goers.

### FALL PROGRAM PREVIEW AND REGISTRATION (ONLINE)

Registration opens at 3 p.m. following the Preview Friday, June 7, 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 90 seconds to convince you that their course is the one for you! This is a great opportunity to gain more insight into each offering and make a wise decision. The Preview is open to everyone – current and prospective members. Tell your friends!

**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 at 1:30 sharp.

### 30th ANNIVERSARY CELEBRATION

Friday, June 14, 1:00 - 4:00 p.m.

Grosvenor Lodge; No cost. Details to follow.

SLR is celebrating 30 years of offering peer-centred learning to London and Area retirees. Come celebrate in the beautiful grounds and wrap-around porch at Grosvenor Lodge as we recognize this impressive milestone. Light refreshments will be provided for your enjoyment. Join in on a sing-along with local entertainer and musician, Jim Chapman.

### BREWERY TOUR IN JULY - TBA

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



# MARK YOUR CALENDARS

## SPRING REGISTRATION

Opens March 28th, and continues until courses begin the week of April 22nd. Courses are on a first-come/first-served basis.

## SPRING OPEN HOUSE (Grosvenor Lodge)

Thursday, April 4, 10:00 - 12:00 noon

This is your chance to talk with course leaders about their course 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.

## SLR'S 30th ANNUAL MEETING

Thursday, April 18, 1:30 p.m.

Siloam United Church

1240 Fanshawe Park Road East

## VICTORIA DAY HOLIDAY (No classes)

Monday, May 20

## PORT STANLEY THEATRE - "THE BEAVER CLUB"

Thursday May 23, 2:00 p.m.

## FALL 2024 PROGRAM PREVIEW AND REGISTRATION ONLINE

June 7, 1:30 - 2:30

## 30th ANNIVERSARY CELEBRATION

Friday, June 14, 1:00 - 4:00 p.m.

Grosvenor Lodge

## BREWERY TOUR IN JULY - TBA

# REGISTRATION INFORMATION & POLICIES

**Registration for the Spring term opens immediately on Thursday, March 28th, and continues until classes begin the week of April 22nd.**

You can register for courses online by going to [www.srlondon.com](http://www.srlondon.com) or via regular mail. If unsure how to register online, 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 Spring term, please remember to pay your pro-rated membership fee of **\$15**. 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: [srlondonontario@gmail.com](mailto:srlondonontario@gmail.com)

Website: [www.srlondon.com](http://www.srlondon.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

