

# Staying Connected

**May 1, 2024**



May is filled with symbols that remind us of renewal and joy. The dainty bloom, the lily of the valley, symbolizes the return of happiness and love, while the emerald stone stands for wisdom and intuition, providing the energy we need for appreciating life. There are so many special days and observances to celebrate every single day in May and all month long. May Day, Cinco de Mayo, and Mothers' Day are but a few. As we welcome May, let's leave behind all the negative energy and embrace all the positivity that this beautiful month brings.

**MARK YOUR CALENDARS** For details check our website at [www.slrlondon.com](http://www.slrlondon.com)



**SLR Coffee Socials** continue on Fridays at 1:30 pm one week and Saturdays at 10:00 am the next week. The topics are open and easy, with no research or preparation. We chat about anything and everything. Don't miss out on this great experience with your peers. Below are the days and times for the remainder of this term:

- |                  |                  |                 |
|------------------|------------------|-----------------|
| Saturday May 4   | Friday May 10    | Saturday May 18 |
| Friday May 24    | Saturday June 1  | Saturday June 8 |
| Saturday June 15 | Saturday June 22 |                 |



**PORT STANLEY THEATRE** – “THE BEAVER CLUB”  
Thursday May 23, 2:00 p.m. Port Stanley Theatre Cost: \$48



**SLR FALL PROGRAM PREVIEW AND REGISTRATION**  
(ONLINE), Friday, June 7, 1:30 - 2:30 p.m.  
Registration opens at 3 p.m. following the Preview



## **SLR'S 30<sup>TH</sup> ANNIVERSARY PARTY**

Do you have Friday, June 14th, from 1 to 4, marked on your calendar? If not, why not? That is when SLR will be celebrating our 30th anniversary at Grosvenor Lodge. While the party is primarily for members, if you would like to bring a guest, we ask that you register them, along with yourself, through our website. The event is free to members, but we will welcome donations for any non-members who come with you, either by cash or by Interact.

There will be food (including cake) beverages, and musical entertainment from Jim Chapman, who many may know. There will be sing-along opportunities, you can be sure. It will be chance to enjoy the grounds of Grosvenor Lodge in all their summer beauty.



### **Craft Brewery Tour July 9th - 11.00am sharp!**

Join your friends and come with us on a tour of the London Brewing Co-operative. Taste their special brews and follow that by eating at their food truck, which is highly recommended. You are also free to bring your own brown bag lunch and eat on their patio.

The tour is free but complete the visit by taking some craft beer home with you. There are 25 spots available so don't delay!

London Brewing Co-operative  
521 Burbrook Place London, ON N5W 4B5  
londonbrewing.ca

### **MOMENT IN HISTORY - CELEBRATING 30 YEARS of SLR**



#### **Roy Hind, The Most Senior Learning in Retirement!**

Roy has been a member of SLR for fourteen years, joining our group when he was 84! He learned about SLR through a pamphlet delivered with the London Free Press. He's participated in many courses over the years. He walked into the wrong room at Mount St Joseph interrupting a meeting - while trying to get to a class. It was a Curriculum Committee meeting, chaired by David Radcliffe, and he was

immediately recruited to join the Committee on which he served for about seven years. Roy and Brenda Jackson co-facilitated Potpourri classes for the past seven years, after first meeting on the Curriculum Committee. Roy has enjoyed this immensely. Roy believes in life-long learning and takes a course most sessions. He also participates in the afternoon Coffee Socials.

Roy was a member of Scouts Canada for fifty years - as a Troop Scouter and Venture Advisor, working his way to serving as London Region Commissioner for several years. He enjoyed camping and canoeing very much.

Roy has just completed the over eighty driving test so that he can continue to travel to his many activities.

At 98 years of age he is SUPER AGER ROY, SLR's most senior Senior!

*Here is a picture of an earlier Potpourri group including Roy*



### **30<sup>TH</sup> ANNIVERSARY COLLECTION FOR CHARITY REMINDER**

There are many people in London who are in need. As part of SLR's 30th Anniversary Celebration, we have created an opportunity for SLR Members to help others. We invite you to bring personal items to Grosvenor Lodge so that we can share with the clients of My Sisters Place, the Men's Mission and Ark Aid.

We are collecting toothbrushes, travel size toothpaste, hand/bath soap, body wash, shampoo of any size, deodorant, feminine hygiene products, hand cream, lip balm, disposable razors, etc. - for the folks in need. Also needed are new underwear. The Charity Collection Box is in the SLR Library. Alison Greenhill, Phyllis Brady and Richard Waring are sorting and delivering the items to the charities. Thank you for your assistance during 2024.

### **CELEBRATING SLR MEMBERS**

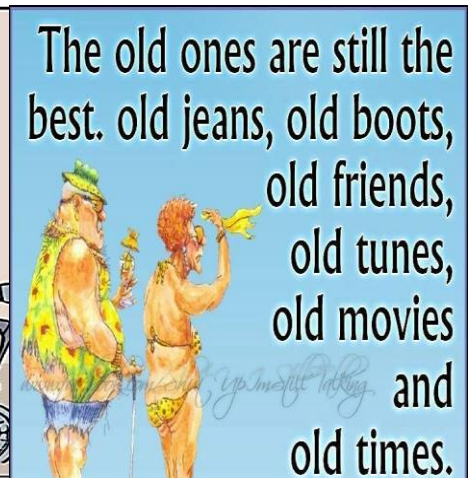
As part of our 30th Anniversary Celebrations this year, we have been looking back at the history of SLR London and marveling at how we got to where we are now. Some of these memories are being shared with you on Facebook and through our Newsletter. We would be interested in hearing from you, our nearly 300 current members, about how and when you found your way to SLR, and why.

If you would like to share your thoughts and memories, please send an **email to us at our new marketing and communications email address:**

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



## LAUGHTER IS THE BEST MEDICINE



### PREVIOUS RIDDLES Poetry riddles

- Thirty white horses on a red hill. First, they champ, then they stamp. Then they stand still. What am I? **Teeth**
- Voiceless it cries, Wingless it flutters, Toothless bites, Mouthless it mutters. What am I? **The Wind**
- You may enter, but you may not come in, I have space, but no room, I have keys, but open no lock. What am I? **A Keyboard**

### New Riddles:

- When I'm metal or wood, I help you get home. When I'm flesh and I'm blood, In the darkness I roam.
- A box without hinges, lock or key, yet golden treasure lies within. Who am I?
- What has two spines and a lot of ribs, and carries much but never moves?

***Happy Birthday to all of our members born in May***



Taureans, or those born between May 1 and 20, are said to be smart, ambitious and trustworthy. May babies born after May 21 are Geminis, who are said to be more passionate and dynamic.

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