

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.

WORLD'S MAGNIFICENT WATERWAYS: EXPLORING NATURE'S LIFELINES

19 MEMBERS MAXIMUM IN PERSON

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

September 23 – December 9 (10 sessions; no classes October 14 or 21)

Course Leader: Twyla Atchison; Fee: \$70

Waterways are the arteries of our planet, shaping landscapes, sustaining ecosystems, and connecting civilizations. Let's explore some of the world's most magnificent waterways, delving into their geological, ecological, cultural, and historical significance to gain an understanding of the diverse water systems that define our planet's geography. From mighty rivers and lakes to networks of canals and estuaries, each waterway tells a story of human interaction with the environment.

Possible Topics: Choose a waterway (Nile, Great Lakes, Panama Canal, Mekong Delta, Amazon, St. Lawrence, etc.), describe its significance - such as biodiversity, flora and fauna; tourism; political issues; wetland habitats and ecosystems; transportation; climate change; sustainability; pollution; damming; forces that shape the waterways.

WOMEN OF SONG

19 MEMBERS MAXIMUM IN PERSON

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

September 23 - December 9 (10 sessions; no classes October 14 or 21)

Course Leader: Burton Moon; Fee: \$70

Name any musical genre and you will find several women who have created something musically special. This study group is a chance for you to focus upon any woman of song – a favourite or someone presently unknown to you. Explore and share with us one or two of these musical women, telling us about her life and her music. We can hum along!

Possible Topics: Fanny Mendelsshon, Maria Anna Mozart, Dolly Parton, k.d. lang, Ella Fitzgerald, Eartha Kitt, Barbara Streisand, Billie Holiday, Ann Murray, Renée Fleming, Maria Callas, Karen Carpenter, Diana Krall, Julie Andrews, Taylor Swift, Diana Ross, Helen Reddy, Petula Clark, Whitney Houston.

METALS, MINERALS AND MINING15 MEMBERS MAXIMUM IN PERSON

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

September 24 - November 19 (8 sessions; no class October 22)

Course Leaders: George Cranton, Marcel Djivre; Fee: \$60

Metals and minerals literally shaped our planet. Our histories are marked by a growing ability to mine and extract these materials so that we might use them in advancing our technologies: swords or ploughshares; planes, trains, or automobiles; power grids or smartphones. In their pursuit, we have dug the deepest holes, scarred the earth, polluted waters. Pick the story that fascinates you.

Possible Topics: Mineral exploration and geology; the geomagnetic field; diamond and uranium mining/refining; technological innovations; social responsibility; metals and minerals as national resources; geopolitics of minerals; metallurgy through the ages; metals in biochemistry.

POTPOURRI

15 MEMBERS MAXIMUM IN PERSON

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

September 24 - November 19 (8 sessions; no class October 22)

Course Leaders: Brian Henderson, Roy Hind; 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.

IMMERSIVE EXPLORATIONS: VIRTUAL GALLERIES AND MUSEUMS IN THE DIGITAL FRA

15 MEMBERS MAXIMUM IN PERSON

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

September 25 - November 20 (8 sessions; no class October 23)

Course Leader: Terri Lyons; Fee: \$60

Do you wish you could see some of the iconic works of art? Here, virtual galleries and museums become portals to inspiration. Experience the rich tapestry of art, culture, and history worldwide. Embrace the power of virtual exploration, elevate your learning and redefine your connection to the world through the lens of virtual galleries and museums. Pick an exhibit and share your passion!

Possible Topics: Can be any gallery or museum that has a digital presence. Start here: https://upgradedpoints.com/travel/best-virtual-museum-tours/

HISTORICAL FICTION

15 MEMBERS MAXIMUM IN PERSON

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

September 26 - November 21 (8 sessions; no class October 24)

Course Leader: Helen Olmstead; Fee: \$60

Time Travel remains an alluring dream - but skilled authors can recreate complex former societies and events to lead us down paths of learning and entertainment. Join us to share your favourite authors or series about these sojourns to the past. Consider whether their social customs, politics, military engagement, crimes, and passions were so different than today.

Possible Topics: Waverley novels; Pachinko; The Kite Runner; Memoirs of a Geisha; The Cellist of Sarajevo; Authors Jennifer Robson, Emma Donoghue, Christian Cameron, Jack Whyte, Kate Quinn, Jacqueline Winspear, Phillipa Gregory.

STUDY GROUPS continued

A JOURNEY THROUGH THE DYNAMIC HISTORY OF THE MIDDLE EAST

15 MEMBERS MAXIMUM IN PERSON; 4 MEMBERS

ONLINE

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

September 19 – November 28 (10 sessions; no class October 24)

Course Leaders: Jeff Keenor, Paul Webb; Fee: \$70

The Middle East has been of central importance since the dawn of history. Everything happened there first: towns, cities, architecture, sculpture, religions, mathematics, astronomy. Battles raged, states and empires rose and fell. We will study the genius, knavery, triumphs, and failures that have shaped the Middle East's past, present, and future.

Possible Topics: Early Mesopotamian cultures; early empires: Babylonian, Assyrian, Persian, Hittites, Egypt; emergence of Israel; Alexander and Hellenization; rise of Islam; the Crusades; trade products and patterns; Ottoman Empire; WWI; Arab & Israeli visions; Iranian revolution.

EMBRACING TOMORROW: NAVIGATING FUTURE DEVELOPMENTS WITH CONFIDENCE

15 MEMBERS MAXIMUM IN PERSON; 4 MEMBERS ONLINE

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

September 27 – December 13 (10 sessions; no classes October 18 & 25)

Course Leaders: John Barnett and Jeff Keenor; Fee: \$70

We will explore cutting-edge advancements reshaping our world and the ways in which we can respond. From Artificial Intelligence and Internet Safety through Health, Biotechnology, and Digital Home Aids. We will delve into emerging technologies and their societal and personal impacts. Equip yourself with the knowledge, skills, and mindset to adapt, innovate and also thrive in our everevolving world.

Possible Topics: Artificial Intelligence and Ethics; Cryptocurrency; Autonomous and Electric Vehicles; Personal digital home aids; Deep Fake Technology and Politics; Education in a Digitized World; Sustainable Urban Development.

DISCUSSION GROUPS (In-Person & Online)

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

FREEDOM!

15 MEMBERS MAXIMUM ONLINE

Mondays 10:00 - 11:30 a.m.

September 23 - November 4 (6 sessions; no class on Thanksgiving, October 14)

Course Leader: Margaret Cowan; Fee: \$45

Let's dive into lively conversations exploring what freedom means to you and its impact on daily life. From personal anecdotes to current events, we'll share perspectives and insights to uncover the diverse facets of freedom and how it shapes our world.

HOT TOPICS IN THE NEWS

12 MEMBERS MAXIMUM IN PERSON (DINING ROOM)

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

September 23 - November 25 (8 sessions; no classes October 14 or 21)

Course Leaders: George Cherian and Jim Easton Fee: \$60

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 to ethics or 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.

THE 2024 U.S. FEDERAL ELECTION

12 MEMBERS MAXIMUM IN PERSON (DINING ROOM)

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

October 9 - November 13 (5 sessions; no class October 23)

Course Leader: Gerry Ludwig; Fee: \$35

We will discuss the 2024 United States Federal Election, examining key aspects such as campaign strategies, electoral processes, voter demographics, major issues, and the impact of media and technology. Topics will include the role of news media, polls and advertising, as well as the challenges posed by misinformation and disinformation. Join us for lively discussion and cast your vote.

THE ART AND SCIENCE OF HAPPINESS 12 MEMBERS MAXIMUM IN PERSON (DRAKE ROOM)

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

September 25 – November 6 (6 sessions; no class October 23)

Course Leader: Diana Lloyd; Fee: \$45

We all want to be happier, but sometimes happiness can seem elusive. Through a series of Ted Talks and follow-up discussion, we can explore the art and science-based strategies of happiness and peace of mind. What does research tell us about mental habits and exercises that are most conducive to happiness? Let's watch, listen, and discuss together.

LIVELY POETRY READS

10 MEMBERS MAXIMUM IN PERSON (DINING ROOM)

Meets 1st and 3rd Thursdays,11:45 a.m. – 1:15 p.m. September 19, October 3, 17, November 7, 21 (5 sessions)

Course Leaders: Denise Ritchie and Ros Moorhead; Fee: \$35

Members meet twice monthly to share and discuss poetry and poets – dead poets, live poets, ancient poetry, new poetry – let's explore together.

LET'S TALK ABOUT DEATH AND DYING 12 MEMBERS MAXIMUM ONLINE

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

September 26 - November 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.



phone: 519.438.3525 slrlondonontario@gmail.com www.slrlondon.com

DISCUSSION GROUPS continued

NAVIGATING ONTARIO'S MUNICIPAL MAZE: THRIVING AMIDST MODERN CHALLENGES 12 MEMBERS MAXIMUM IN PERSON (DINING ROOM)

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

September 27 - November 15 (6 sessions; no classes

October 18 or 25)

Course Leader: Eleanor Rath; Fee: \$45

What are the pressing issues facing Ontario's municipalities? From climate change to economic fluctuations, the housing shortage to infrastructure renewal, population shifts to the rural-urban divide, let's delve into the landscape of local government. Together we will gain valuable insights into the municipal world, and learn about success stories and strategies of communities tackling the challenges of the 21st century head-on.

ACTIVITY GROUPS

MORE ART WITH COLOURED PENCILS (INTERMEDIATE)

10 MEMBERS MAXIMUM ONLINE

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

September 23 - November 4 (6 sessions; no class on

Thanksgiving, October 14)
Course Leader: Janet Johnson
Fee: \$45 (plus materials)

If you have participated previously in "Art with Coloured Pencils," you are invited to join this course where you will continue to develop your skills with coloured pencils. The course will include a session on creating greeting cards. A list of required materials will be sent after registration.

THAMES VALLEY PARKWAY WALK

12 MEMBERS MAXIMUM OFF-SITE

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

September 24 - October 29 (6 sessions)

Course Leader: Richard Waring

Fee: \$45

The Thames Valley Parkway is a wonderful paved path that follows the river from the forks where it runs north to Highbury, west to Springbank Park and east to Pottersburg Creek. Join us as we walk along sections of the path at a moderate pace to view the sites and enjoy the company of fellow walking enthusiasts.

Note: Some detours or alternate routes may be necessary due to construction.

CREATIVE WRITING WORKSHOP

11 MEMBERS MAXIMUM IN PERSON (DINING ROOM)

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

September 24 - November 19 (8 sessions; no class October 22)

Course Leader: Deborah Roberts

Fee: \$60

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, songs, plays, and stream-of-consciousness - we'll construct and share our compositions. Join us for an enjoyable experience.

LET'S GET FRIENDLY WITH AI

12 MEMBERS MAXIMUM ONLINE

Wednesdays 1:30 - 3:00 p.m.

October 30 - November 27 (5 sessions)

Course Leader: Lydia Keras

Fee: \$35

We are inundated with news and articles about AI every day. It has already invaded our smartphones, tablets and computers. Do we need it or should we fear it? Is it a useful tool or is it a dangerous invention that threatens our very existence? Let's get to know and understand AI and learn to use it.

Possible topics: Hey Siri and Alexa, how can you help me today? How to know if it's real or a Deep Fake? Gemini vs. ChatGPT. Customer Service by Chatbot. Can Al solve our Health Care crisis?

INTRODUCTION TO MINDFULNESS MEDITATION

15 MEMBERS MAXIMUM IN PERSON (COACH HOUSE)

Thursdays 11:45 a.m. - 1:15 p.m. October 17 - November 21 (6 sessions) Course leader: Michael Johnson

Fee: \$45

Meditation helps us gain greater mental, emotional, physical, and spiritual calm. Mindfulness Meditation can equip us to live calmly and peacefully with greater curiosity about, acceptance of, and appreciation for the depth and richness of life. This course will introduce basic mindfulness and meditation concepts and practices that can be brought into our everyday lives, moment by moment. Participants may also wish to sign up for the ongoing Living Mindfully Interest Group.

"Keeping your brain stimulated and your spirit young"

INTEREST GROUPS

PHOTOGRAPHY CLUB with Jeff Keenor 20 MEMBERS MAXIMUM ONLINE

Meets first Tuesday of each month, October through June

11:00 a.m. - 1:00 p.m.

Fee: \$30 for 2024 - 2025 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 25 MEMBERS MAXIMUM IN PERSON (DINING & HODDER ROOMS)

Meets Tuesdays 11:45 a.m. - 1:15 p.m. October 15 to June (no class October 22)

Fee: \$30 for 2024 - 2025 Year

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 meditation group practice will deepen meditation skills and practices to enhance their daily lives.

Prerequisite: SLR's "Introduction to Mindfulness Meditation" OR equivalent prior meditation experience with course leader's approval.

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

50 MEMBERS MAXIMUM OFF-SITE

Meets 2nd Wednesday of the month, September through June, for first matinee of the day at the Hyland Cinema

Fee: \$15 for 2024-2025 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

25 MEMBERS MAXIMUM IN PERSON (DRAKE ROOM)

Meets Fridays, 11:45 a.m. - 1:00 p.m. (Drake Room) September 27 to June (no sessions Oct 18 or 25) Fee: \$30 for 2024-2025 Year

The SLR Gina Barber Singers, named for the group's founder, sing well-known songs for their own enjoyment, perform at some SLR events, and occasionally at adult retirement and care homes in London. The size of the choir is unfortunately limited by the space available; however, there are usually some open spaces at the beginning of each term, and sometimes during the term. If you love to sing and can carry a tune and no space is available, please join our waiting list and we will contact you when spaces open.

THE SLUGS (Ukulele Group) with Jacqui Griffin

25 MEMBERS MAXIMUM IN PERSON (COACH HOUSE)

Meets Fridays, 1:15 - 3:15 p.m.

September to June

Fee: \$30 for 2024 - 2025 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 we will continue to develop our musical and performing skills.

COMPUTER CLINIC with Western Students

Coordinators: Brian Henderson, and Phyllis Brady Dates TBD: Weekly, October and November (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 smartphone and answer your techie questions at Grosvenor Lodge. For more information and to schedule an appointment, please contact slr.computer.clinic@gmail.com (please, NOT the SLR office)

SOCIAL EVENTS

FALL 2024 PROGRAM PREVIEW (ONLINE)

Friday, June 7, 1:30 – 2:30 p.m. Registration opens at 3:00 p.m.

Join us for a spirited and fun peek preview of our Fall Programming opportunities where each of our course leaders are 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.

WELCOME BACK MEET UP AND (OPTIONAL) WALK FOR ALZHEIMER'S

Wednesday, September 18, 10:30 a.m. Springbank Park, Picnic Area K No cost Join us for our annual meet and greet prior to the Fall term. This year we are including an optional walkathon for the Alzheimer's Society prior to enjoying a brown bag lunch together at the picnic area. This event will be the culmination of our 30th Anniversary fundraising efforts.. Details will follow.

BOWLING AT PALASAD NORTH

Tuesday October 22, 4:00 – 6:00 p.m. Palasad North, 777 Adelaide Street North Cost: \$20

If one of your ideas of a fun evening lies in competing against SLR peers, then join us for a late afternoon Bowlathon at Palasad. Pit your skills in 6-member teams bowling in 4 lanes. Bowling shoes will be provided. Take some time to relax and socialize after some fierce competition with a pizza snack and pop. May the best team win.



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SOCIAL EVENTS continued

ANNUAL TRIVIA NIGHT (ONLINE)

Thursday, November 21, 7:00 - 9:00 p.m.

Back by popular demand, get ready for our 4th trivia showdown! Compete against some of our best SLR trivia experts. Questions may span history, science, pop culture, and more. Speed is key as you race against the clock to answer before time runs out. The thrill of victory awaits those who conquer obscure facts and outsmart opponents. Let the ultimate trivia challenge begin!

WINTER 2025 PROGRAM PREVIEW FUNFEST

Friday, November 22nd, 1:30 – 3:00 p.m. (Doors open at 1:00; Presentations begin 1:30 sharp.)
Siloam United Church, 1240 Fanshawe Park Road East Registration opens at 5 p.m. online

Enjoy a lively and fun-filled program with our course leaders describing their winter offerings, entertainment by our Ukulele and Singing members, and more! It's a great way to get a real sense of all our Winter offerings while socializing, singing, and enjoying free coffee and cookies. Open to all – members and prospective members.

FESTIVE BANQUET

Thursday, December 5, 12:00 noon Goodwill Building, 255 Horton Street East Cost: T.B.A.

This annual SLR gathering has found a new home. The Goodwill banquet hall on the third floor will be where we gather for one of our favourite dining events of the year. The hall, a modern space with amazing windows and natural light, is elevator accessible. Enjoy the warmth of friendship and the pleasure of good food with fellow SLR members as we share stories and laughter over our experiences during the Fall term and our possibilities for the Winter term.

MARK YOUR CALENDARS

FALL 2024 PROGRAM PREVIEW (ONLINE)

Friday, June 7, 1:30 - 2:30

(Zoom opens at 1:00 for check-in and socializing; Preview begins 1:30 sharp)

FALL 2024 REGISTRATION

Opens at 3 p.m. immediately following the Program Preview on June 7, and continues until courses begin the week of September 23. Courses are on a first-come/first-served basis.

FALL OPEN HOUSE AND IN-PERSON REGISTRATION (Grosvenor Lodge)

Thursday, September 5, 10:00 a.m. – 12:00 noon

This is your only opportunity to talk with course leaders and to register in person before Fall classes begin. At 10:30 a short information session will be presented for prospective and current members who would like an overview of SLR. All are welcome. Bring your friends!

PRESENTATION WORKSHOP (Drake Room)

Thursday, September 12, 1:30 - 3:00 p.m.

This workshop is designed to take all the worry out of making a Study Group presentation. All are welcome – newcomers and current members – who want to improve their presentation skills, including PowerPoint. You will receive advice on researching, preparing and presenting your topic.

WELCOME BACK MEET UP AND (OPTIONAL) WALK FOR ALZHEIMER'S

Wednesday, September 18, 10:30 a.m. for walk; noon for brown bag gathering

THANKSGIVING HOLIDAY (No Classes)

Monday, October 14

BOWLING AT PALASAD NORTH

Tuesday October 22, 4:00 - 6:00 p.m.

ANNUAL TRIVIA NIGHT (ONLINE)

Thursday, November 21, 7:00 - 9:00 p.m.

WINTER 2025 PROGRAM PREVIEW FUNFEST

Friday, November 22, 1:30 – 3:00 p.m. (Doors open at 1:00; Presentations begin 1:30 sharp.)

WINTER REGISTRATION

Opens Friday, November 22, 5:00 p.m.; continues until classes begin January 20.

FESTIVE BANQUET

Thursday, December 5, 12:00 noon

REGISTRATION INFORMATION & POLICIES

Registration for the Fall term begins at 3 p.m. on June 7th (right after the Program Preview) and continues until classes begin the week of September 23rd.

You can register for courses online by going to www. slrlondon.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.
- Or, you can get a "buddy" (grandkid, neighbour, etc.) to do it for you. It's easy and secure and likely guarantees you a spot in the course of your choice since courses are filled on a first-come/first-served basis.

MEMBERSHIP FEE

It's time for all members to renew their membership.

All members pay the yearly Membership Fee, which is \$25. Just select the Membership "Product" on the website and add it to your cart in addition to your course selection(s) before checking out.

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 your cheque to the address below. Once we have received it, 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.

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 of classes. 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**.

HOW TO CONTACT US:

SLR Grosvenor Lodge 1017 Western Road London, ON N6G 1G5 519-438-3525

Email: slrlondonontario@gmail.com Website: 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.

