

October 1, 2024



Beyond tricks and treats, October is an optimal month to focus on your health — both mental and physical. International Day of Older Persons is today October 1 and World Mental Health day is on October 10. October 24 is Brain Cancer Awareness Day in Canada. October is also designated as Dyslexia Awareness month, Breast Cancer Awareness Month, National Depression and Mental Health Screening Month, Health Literacy Month, ADHD Awareness Month as well as awareness of many other health issues.

WHAT'S COMING UP ON SLR'S CALENDAR



BOWLING AT PALASAD NORTH Tuesday October 22, 4:00 – 6:00 p.m. Palasad North, 777 Adelaide Street North. Show off your skills while enjoying great conversation, Space is limited to 24 participants. Shoe rental is \$20 and includes two (2) slices of pizza and a non-alcoholic beverage



ANNUAL SLR Fall Trivia at London Brewing Co-op in person <http://www.londonbrewing.ca>
Thursday, October 24, 2024. 1pm to 3pm



We anticipate Computer Clinics to start Mid-October, Days and times yet to be determined.

SLR COFFEE SOCIALS



Please join us and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences Coffee Chat schedule was posted in the August 16th newsletter

WELCOME BACK EVENT-ALZHEIMERS WALK



A small group of members turned out to Springbank Park on September 18th for our Welcome Back Event, and it was a gorgeous day in the park, both for a walk and for a picnic lunch. We were joined by two representatives of the Alzheimer Society, who brought information and spoke with members and passers-by about their work. Our total for donations on the day, and online, is currently \$2,700. Thank you to all who collected and/or donated. Photo credit to Twyla Atchison - Thanks, Twyla!



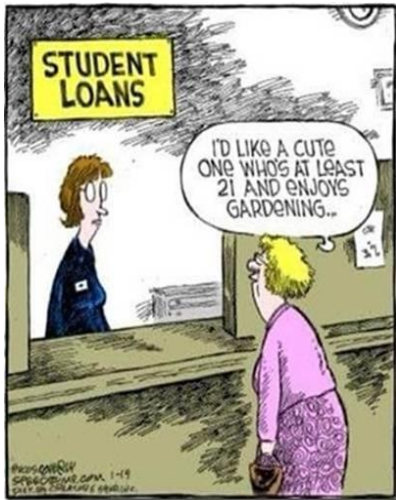
COLUMBIA EMPLOYEE STORE THIS FALL.

Details: Society for Learning in Retirement is invited to shop our tent sale from **September 27th - October 20th!**

- Store is stocked with current season products from our family of brands – Columbia, Mountain Hardwear, SOREL and prAna – items are marked at Employee Store pricing.

- For store access, please provide your digital invite (printed or shown on your mobile device) + proof of affiliation.
- Invitees can bring up to four additional guests with each visit.
- This offer is for store access (not valid online)
- London Employee Store Team | **Columbia Sportswear Company**
1425 Max Brose Drive, Unit 1; London, ON; N6N 0A2
519-644-5000 (w) | LondonEmployeeStore@columbia.com

LAUGHTER IS THE BEST MEDICINE Thanks to Terry Rushton



ANSWERS TO PREVIOUS RIDDLES

How many of each species did Moses take on the ark with him? **None, it was Noah who built the ark**

When is a door not a door? **When it's a jar**

A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. How come? **Because she was walking**

NEW RIDDLES

Only one color, but not one size, Stuck at the bottom, yet easily flies. Present in sun, but not in rain, doing no harm, and feeling no pain. What is it?

Which of the following words don't belong in the group and why? CORSET, COSTER, SECTOR, ESCORT, COURTS

Who is that with a neck and no head, two arms and no hands? What is it?

In Memoriam



JUDITH ANN OGLETREE died peacefully on September 13 at age 86, surrounded by her beloved family, at her home in London. Judy will be missed by her husband of 66 years, John, her children, grandchildren and great-grandchildren. Judy had a full life shared with family and friends. She was an avid traveller, a lifelong learner and educator, and a nature lover.



Judy and her husband John were longtime members of SLR. In fact, Judy was **President of SLR for 2003-2004**. Looking back through our SLR archives I found many references to her involvement with SLR. As I am sure many of our longtime members do, I remember both Judy and John, participating in classes with them both.

Thank you to Biserka Mrzljak for notifying me of Judy's death

Memorial donations may be made to Ontario Nature or Save the Children Canada. A celebration of life will be held later. Information will be posted in the online memorial.