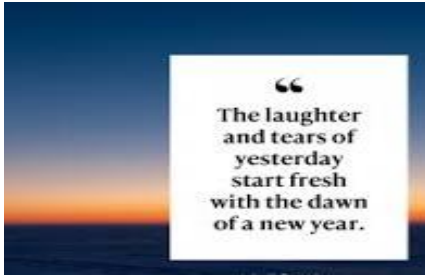


DECEMBER 16 2024



As we are quickly approaching the New Year 2025, it might be a good time to reflect on the past year 2024. That is what is going to help you get clear on what you want in the New Year.

If you were to summarize your year in a sentence or two, what would you say? You may want to list some of your most memorable moments. This will remind you of

everything that happened and how you felt about them. For example, what things were you most proud of and the greatest lessons you learned this year. It is also important to think of things that were hard in the year and things to let go of. Who are the people from this year you want to thank and finally what worked this year that you want to take to the new year?

Reflecting on what happened in the last year and how it has affected you, puts you in a better position to think about what you want next.

WHAT'S COMING UP ON SLR'S CALENDAR



WINTER OPEN HOUSE AND IN-PERSON REGISTRATION (Grosvenor Lodge) Tuesday, January 7, 2025 10:00 – 12:00 Noon
Come and check us out and talk to our leaders of the Winter courses. We'll have refreshments and an information session to explain our history and how we operate.



PRESENTATION WORKSHOPS (Drake Room) January 2025

1. Making a Study Group Presentation (Thursday, Jan 9, 1:30 - 3:00 p.m.)
2. Introduction to PowerPoint (Tuesday, Jan 14, 1:30 - 3:00 p.m.)
3. Advanced PowerPoint (Thursday, Jan 16, 1:30 - 3:00 p.m.)



Please join us and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences
The final 2 sessions for 2024 will be Sat Dec 21, Fri Dec 27



CALL FOR NOMINATION TO THE SLR BOARD OF DIRECTORS

Hello everybody, SLR operates totally with volunteers from our membership. The Board of Directors has eleven members, six of which are “at large” without specific

responsibilities.

The Board is responsible for meeting our financial and legal requirements, setting future goals, and for the overall success of SLR.

Board members typically serve for three years with an option for a further two years. We are seeking volunteers to join our board effective from April 2025. Any member of SLR is eligible. If you are interested in helping SLR and would like an interesting perspective on its functioning, please contact me at 2bahenderson@gmail.com.

A member of the Nominating Committee will be in touch with you to obtain further details and answer any questions. We will entertain notices of interest until December 31st. *Thank you, the SLR Nominating Committee:*



Winter 2025 courses will be held in-person, and online using Zoom video conferencing software, or a hybrid of both in-person and online participants together.

Courses start the week of January 20th. Don't miss out check out our website and choose one or more of the amazing courses offered this winter.



Columbia Invite for SLR Members. Just a reminder about the invitation you received by email for our members. **FAMILY & FRIENDS. SENIORS LEARNING IN RETIREMENT MEMBERS** are invited to shop the Columbia Employee Store from December 20th - January 12th!

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)

THANK YOU



THANK YOU SLR Members for your incredible generosity during our 30th Anniversary Year. You donated hundreds of personal items to be shared with clients of My Sisters Place, ArkAid and the Men's Mission. The leaders of these charities are very grateful for the help SLR has been able to provide this year. The 30th Anniversary Committee

THINGS OF INTEREST FROM F OUR MEMBERS

This Letter To the Editor written by one of our SLR members Len Lesser who thought we could share it. Thank you Len.

MERRY CHRISTMAS AND A HAPPY CHANUKAH TO ALL

Wonder of wonders, miracles of miracles the Jews and the Christians can both celebrate Christmas/Chanukah on December 25th, 2024.

Moshe Patrick O'Reilly your time has finally arrived. Your father Sean, a good Irish Roman Catholic, made sure that you were baptized. Your mother Sarah, being Jewish, eight days after you were born, had you circumcised. They wanted to keep all the basics covered from the top of your head to the tip of your tiny penis.

Moshe you are part of the new mix and match generation of Canadians embracing two religious' cultures.

Sunday morning the family will open their Christmas presents that were placed under the "Chanukah Bush". In the evening the mother will bless the Chanukah candles. Being born Catholic and Jewish there are perks to be enjoyed.

Remember, there is the celebration of Chanukah that lasts eight days, December 25-Jan 2 with gifts of books and "Chanukah Gelt" (money) for the children.

It is a time for family and friends to celebrate Christmas with platters filled with turkey, stuffing, cranberries, apple pie washed down by hot cups of cyder.

There are delicious golden potato Latkes for Chanukah, fried in oil; covered with apple sauce with a glass of sweet "Mogen David" wine.

Saturday morning Moshe and his family will go to the synagogue to celebrate the holidays. Sunday the family's tradition is to go "St Peter's Basilica,"

Moshe Patrick O'Reilly you are truly blessed to have a warm caring inclusive family. Merry Christmas and a Happy Chanukah to all.

Len Lesser, Dorchester.

On December 7 you may remember a posting on SLR's Facebook page about Western University's long-term Super Aging Research Initiative. [#WesternU](#) is studying exceptional brain function to better tackle diseases like Parkinson's and dementia—so we can all age better. The posting included a video featuring some of our very own super agers!

In a recent coffee chat two of the Superagers, Roy and Ann were discussing the study and I decided maybe we should publish the video in the newsletter. Congratulations to all of our SLR SUPERAGERS!

Here is the link; Just hit ctrl+enter.

<https://youtu.be/sw3YaeZ4yoY?si=JwI6W-ZI5oLhjXri>

LAUGHTER IS THE BEST MEDICINE



The gift my mom deserves



What I can afford to get



ANSWERS TO PREVIOUS RIDDLES

1. What is taken before you can get it? **Your picture**
2. What stays where it is when it goes off? **An alarm clock**
3. Born in an instant I tell all stories. I can be lost but I never die. What am I?
Memories

NEW RIDDLES

1. A man in a car saw a golden door, a silver door, and a bronze door. Which door did he open first?
2. What can you find in a cupboard that can never be put in a saucepan?
3. **No matter how little or how much you use me, you change me every month. What am I?**

SEASONS GREETINGS TO ONE AND ALL

MARGARET

