

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. Possible topics can be found on the website under each course.

YUGOSLAV LEGACY: DISCOVERING THE MODERN REPUBLICS

19 MEMBERS MAXIMUM IN-PERSON

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

September 22-December 1 (10 sessions; no class October 13)

Course Leader: Lisa Darling; Fee: \$70

Let's explore the history of the former Yugoslavia, from its Soviet-era roots to the rise of six independent states—Bosnia and Herzegovina, Croatia, Macedonia, Montenegro, Serbia, and Slovenia. What are the political, social, and cultural forces that have shaped this complex region and continue to influence its legacy today?

Possible topics: *Origins of the former Yugoslavia; causes and consequences of Yugoslav wars; Tito; ethnic conflicts; geographic wonders; UNESCO World Heritage Sites; Slavic culture and cuisine; etc.*

PLAY IT AGAIN SAM!

15 MEMBERS IN-PERSON; 4 ONLINE

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

September 22-December 1 (10 sessions; no class October 13)

Course Leader: Burton Moon; Fee: \$70

This course delves into the lives, techniques, and impacts of renowned musical instrumentalists. We will explore the historical and cultural significance of instrument mastery, from classical to contemporary genres, examining how virtuosity shapes music.

Possible topics: *Liberace, Yo-Yo Ma, John Coltrane, Itzhak Perlman, Andrés Segovia, Herbie Hancock, Ravi Shankar, Django Reinhardt, Glenn Gould, & many others.*

AIN'T NO MOUNTAIN HIGH ENOUGH!

19 MEMBERS MAXIMUM IN-PERSON

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

September 23-November 25 (10 sessions)

Course Leader: Lydia Keras; Fee: \$70

Let's explore the awe-inspiring wonder of mountains: their formation, geology, ecosystems, and cultural significance. We'll learn about the impact of iconic ranges like the Himalayas, Andes, and Rockies on climate, biodiversity, and human societies. Whether you're fascinated by their natural beauty or inspired by their impact on our world, this course provides an enriching journey to the peaks of knowledge.

Possible topics: *Ecosystems, tourism, famous climbing expeditions, climate change impact, myths and legends, historic impact of volcanoes, farming/mining economics.*

THE CLASSICS

15 MEMBERS MAXIMUM IN-PERSON

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

September 23-November 11 (8 sessions)

Course Leader: Helen Olmstead; Fee: \$60

Classic books are works of literature that are widely recognized as having high artistic merit, cultural

significance, and/or historical influence. There are many lists of classics, with titles ranging from *The Iliad*, *Frankenstein*, *Tale of Two Cities*, *Persuasion*, *Catch 22* to *A Handmaid's Tale*. Do you have a favourite? Tell us why it is a classic we should read.

Possible Topics: *Crime and Punishment, The Great Gatsby, Moby Dick, Animal Farm, Mrs. Dalloway, Invisible Man, Call of the Wild, Heart of Darkness, etc.*

AMAZING ADVENTURES AND ADVENTURERS

15 MEMBERS MAXIMUM IN-PERSON

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

September 25-November 13 (8 sessions)

Course Leaders: Colleen Hagerty and Alison Greenhill
Fee: \$60

Adventure can be defined as an exciting or unusual experience typically involving risks. What drives people to do what many would consider foolish or dangerous? Fame? Fortune? Challenge? Personal satisfaction? Would you paddle a canoe from Winnipeg to Belize, climb Mount Everest, row across the Atlantic, explore the polar regions or space? Pick a current or historic adventure or adventurer and tell the story.

Possible Topics: *Kon Tiki Expedition, Amelia Earhart, Roald Amundsen and the Northwest Passage, Frederick Cook, Search for Livingstone, Julie & Colin Angus, Rick Hansen, Roberta Bondar, & so many others.*

WAR

19 MEMBERS MAXIMUM IN-PERSON

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

September 25-November 27 (10 sessions)

Course Leaders: David Bellhouse and Paul Webb
Fee: \$70

"War is Hell," as any sane person agrees. But why do we do it so often? Even winning is costly, and losing just doubles the misery. What wins or loses wars: technology, valour, leadership, ideological or religious zeal? Are there critical turning points? Does winning battles always produce victory? How was society changed? Choose a war to answer some of these questions.

Possible topics: *Greeks/Persians, Rome/Carthage, Caesar/Gaul, 100 Years' War, gunpowder weapons, Napoleon, WWs I or II, Vietnam, and lots of others!*

POTPOURRI

15 MEMBERS MAXIMUM IN-PERSON

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

September 26-November 14 (8 sessions)

Course Leaders: Anne Murphy and Ron Monk; Fee: \$60

The field is wide open—choose any topic that challenges the intellect, sparks laughter, stirs controversy, fuels discussion, or keeps us informed. Have you been holding onto a unique insight or perspective you've always wanted to share? Now's your chance. You will have a thoughtful, curious, and engaged audience ready to listen.

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.

WHAT'S COOKING?

12 MEMBERS MAXIMUM IN-PERSON (DINING ROOM)

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

September 22-November 3 (6 sessions; no class October 13)

Course Leader: Jane Auger

Fee: \$45

Let's explore the joy of food culture—no stove needed! Discover fun kitchen gadgets, explore local markets, share favourite recipes, and the latest culinary trends. Whether you're a passionate foodie or a casual home cook, this course welcomes you with fresh ideas, inspiration, and a sprinkle of community spirit to make your kitchen life even more delicious.

HOT TOPICS IN THE NEWS

12 MEMBERS MAXIMUM IN-PERSON (DINING ROOM)

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

September 22-November 17 (8 sessions; no class October 13)

Course Leader: Ed Jambor

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 to entertainment, ethics, and good deeds. What is of interest to you is of interest to us. Each participant, in turn, will bring in items for the whole group to discuss.

LET'S TALK ABOUT DEATH AND DYING

12 MEMBERS MAXIMUM IN-PERSON (DINING ROOM)

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

September 23-November 25 (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 personal 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.

MANAGING YOUR MONEY IN RETIREMENT

15 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

Tuesdays 11:45 a.m.-1:15 p.m.

September 23-October 21 (5 sessions)

Course Leader: Brian Henderson

Fee: \$35

We've saved for retirement and now here we are. Let's discuss the questions, options, and ways for developing a plan to track where our money is going, where we want it to go, and preparing for the unexpected. Reverse mortgages? Cryptocurrency? Investing your nest egg? We'll discuss it all.

THE CHANGING WORLD ORDER

12 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

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

September 24-October 29 (6 sessions)

Course Leader: Jeff Keenor

Fee: \$45

Explore the dynamics of global power shifts, economic trends, and geopolitical strategies in today's world. Engage in critical discussions on the rise and fall of nations, international relations, and the impact of technology and climate change on the global order. Ideal for those interested in current affairs, history, and political science.

LIVELY POETRY READS

10 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

Meets 1st and 3rd Thursdays 11:45 a.m.-1:00 p.m.

September 18, October 2, 16, November 6, 20 (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.

"Keeping your brain stimulated and your spirit young"

Fall 2025

Got Questions?

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

ACTIVITY GROUPS

(Note: First three workshops are scheduled prior to classes beginning)

MAKING A STUDY GROUP PRESENTATION

19 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

Thursday, September 11, 1:30-3:00 p.m.

Course Leader: Lydia Keras

No Fee

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 presentations, from researching to preparing and presenting your topic. **Participants must register in order to attend.**

"PICTURE THIS" FOR CELL PHONE USERS

10 MEMBERS MAXIMUM IN-PERSON (DINING ROOM)

Monday and Fridays, 9:30-11:30 a.m. (3 sessions)

September 15, 19 and 26

Course leader: Jeff Keenor

Fee: \$25

Unlock your cell phone camera's potential by mastering the art of photo composition. Move beyond basic snapshots to images you'll be proud to share. Whether capturing grandkids, nature, or vacation memories, this hands-on session teaches you to frame, focus, and finesse your shots for beautiful results. Participants should already be familiar with how to operate their specific cell phone camera.

ADVANCED POWERPOINT WORKSHOP

12 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

Thursday, September 18, 1:30-3:00 p.m.

Course Leader: Lydia Keras

No Fee

For those already familiar with PowerPoint, this workshop will show you how to improve the design of your slides, add animations, link to videos or websites, insert tables, graphics and Smart Art, as well as how to use Notes pages, and create handouts. **Participants must register in order to attend.**

ART WITH COLOURED PENCILS

10 MEMBERS MAXIMUM ONLINE

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

September 22-November 3 (6 sessions; no class October 13)

Course Leader: Janet Johnson

Fee: \$45 (plus materials)

Using coloured pencils is inexpensive, portable and uncomplicated. Pencils are used in serious artwork such as botanical illustration as well as in fine art. You will learn basic mark making, choosing your subject and colour blending, as well as transferring your image to paper. A list of inexpensive materials (paper and pencils) will be sent. Open to new and returning course participants.

LET'S GET FRIENDLY WITH AI

12 MEMBERS MAXIMUM ONLINE

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

October 29-November 26 (5 sessions)

Course Leader: Lydia Keras

Fee: \$35

We are inundated with news and articles about AI every day. It has already invaded our smart phones, 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.

TAKE A HIKE

12 MEMBERS MAXIMUM IN-PERSON OFF-SITE

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

September 25-October 30 (6 sessions)

Course Leaders: Phil Waller and Richard Waring

Fee: \$45

Let's explore London's environmentally sensitive areas—forests, meadows, wetlands, and waterways—rich in plant and animal life. Enjoy vibrant fall colours on a 75-minute moderate hike over mostly flat terrain with occasional hills, covering 3-4 km. Discover the beauty and biodiversity of these natural spaces while learning about London's environmental heritage. For more details, visit <https://london.ca/ESA>.

INTRODUCTION TO MINDFULNESS MEDITATION

20 MEMBERS MAXIMUM IN-PERSON (DINING & HODDER ROOMS)

Thursdays 11:45 a.m.-1:15 p.m.

October 16-November 20 (6 sessions)

Course leader: Michael Johnson

Fee: \$45

Mindfulness is the practice of fully experiencing the present moment. Combined with meditation, it can bring greater calm—mentally, emotionally, physically, and spiritually. This course introduces basic mindfulness and meditation concepts to help you live with more curiosity, acceptance, and appreciation for life's richness. Learn simple practices you can integrate into daily life, one moment at a time.

TOUR LONDON'S RELIGIOUS INSTITUTIONS

12 MEMBERS MAXIMUM IN-PERSON OFF-SITE

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

September 25-October 30 (6 sessions)

Course Leader: Phyllis Brady

Fee \$45

Join us on a tour of six of London's most interesting and beautiful religious institutions and learn about different faiths and ways of worshipping. (Participants will need to provide their own transportation).

INTEREST GROUPS

PHOTOGRAPHY CLUB with Jeff Keenor

20 MEMBERS MAXIMUM ONLINE

**Meets first Tuesday of each month, October-June
11:00 a.m.-1:00 p.m.**

Fee: \$30 for 2025-2026 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)

Tuesdays 11:45 a.m.-1:15 p.m.

September 23 to Mid-June

Fee: \$30 for 2025-2026 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. This group meditation practice will deepen meditation skills and practices to enhance our daily lives. Prerequisite: SLR's "Introduction to Mindfulness Meditation" OR equivalent prior meditation experience.

FRIENDS OF THE HYLAND FILM DISCUSSION

GROUP with Phyllis Brady, Peggy Matser and Roslyn Money

50 MEMBERS MAXIMUM IN-PERSON (OFF-SITE)

Meets second Wednesday of the month, September through June; Fee: \$20 for 2025-2026 year

Members must purchase their own cinema tickets, Hyland Membership Card (if desired), and refreshments. The name and start time of each month's film will be emailed a week prior and you must confirm attendance. We will meet for a post-film discussion at a nearby restaurant, where food and beverages may be purchased.

CONTINUING ART WITH PENCILS with Janet Johnson

12 MEMBERS MAXIMUM IN-PERSON (COACH HOUSE)

**Last Wednesday of the month beginning September 24
1:30-3:30 p.m.**

Fee: \$10

This Interest Group is for those who have previously completed Art with Coloured Pencils. During our three sessions, we will further develop skills with coloured pencils and explore the use of other media.

GINA BARBER SLR SINGERS with Susan

Jones, Colleen & Mike Zadorsky

30 MEMBERS MAXIMUM IN-PERSON (DRAKE ROOM)

Fridays 11:45 a.m.-1:00 p.m.

September 26 to mid June

Fee: \$30 for 2025-2026 Year

Named in honor of our founder, the SLR Gina Barber Singers bring the joy of music to life, performing beloved songs for their own pleasure and at a variety of SLR and London community events. Space limits our size, but new members are often welcomed at the start of each term. If you love to sing and can carry a tune, we'd love to have you join us!

THE SLUGS (Ukulele Group) with Jacqui Griffin

20 MEMBERS MAXIMUM IN-PERSON (COACH HOUSE)

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

September 26 to Mid-June

Fee: \$30 for 2025-2026 Year

The SLUGS meet on Fridays at 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 performance skills.

COMPUTER CLINIC with Western Students

Coordinators: Jean Surry, Phyllis Brady and Burton Moon

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 smart phone and your techie questions at Grosvenor Lodge. For more information and to schedule an appointment contact slr.computer.clinic@gmail.com (please, NOT the SLR office).

SOCIAL EVENTS

FALL PROGRAM PREVIEW AND SOCIAL

Friday, May 30, 1:30-3:00 p.m. (Doors open at 1:00; presentations begin 1:30 sharp)

Siloam United Church, 1240 Fanshawe Park Road East

Join us for a lively, fun-filled event featuring 90-second previews of our fall courses, toe-tapping entertainment by our Ukulele and Singing groups, and more! It's the perfect way to explore upcoming classes, mingle with others, sing along, and enjoy free refreshments. Everyone's welcome—members and newcomers alike!

MEET AND GREET LUNCH

Tuesday, September 16, 11:00 a.m.

Grosvenor Lodge

No Cost

Find a cozy spot in the Grosvenor Lodge gardens or on the verandah for a Meet and Greet event to start the Fall

term. Bring a brownbag lunch and lawn chair. Beverages will be available in the G.L. foyer. Join in friendly games of Croquet and Boules—a perfect way to connect with others. Come for a picnic, stay for fun.

BRAINS AND BREWS TRIVIA

Wednesday, October 8, 1:00-3:00 p.m.

The London Brewing Cooperative

521 Burbrook Place

No cost

Back by popular demand, test your knowledge and have some fun at the welcoming London Brewing Company. Pit your knowledge against fellow SLR competitors. Whether you are a history buff, a pop culture guru or just love a good challenge, there will be something for everyone. Bring your A-game and thinking caps. You can't miss this trivia event.

Fall 2025

Got Questions?
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slrlondonontario@gmail.com
www.slrlondon.com

SOCIAL EVENTS continued

BOARD GAMES NIGHT

Date and Time in November TBA

Grosvenor Lodge

No cost

Our Computer Clinic Western students requested another night of Board Games after the great success of the first event. Your competitive spirit will add to the strategy and laughter we enjoy playing games. Whether you are a fan of classical board games such as Monopoly or Scrabble or are ready to try something new, we have a game for you. Don't miss out on the fun.

FESTIVE BANQUET

Thursday, December 11, 12 noon

Levante Grand Wood Park

81 Grand Avenue

Cost: \$30

This annual SLR event has a new home at the recently renovated banquet hall in the beautiful grounds at Grandwood Park. Enjoy traditional holiday dishes catered by Sticky Toffee Pudding with chef David in attendance. A bar service will be available with the options of red or white wine. The staff at Grandwood are excited to host this gathering. There is plenty of parking for all.

MARK YOUR CALENDARS

FALL PROGRAM PREVIEW AND SOCIAL

Friday, May 30, 1:30-3:00 p.m. (Doors open at 1:00; presentations begin 1:30 sharp)

Siloam United Church, 1240 Fanshawe Park Road East

FALL REGISTRATION

Opens Friday, May 30, 5 p.m. online and continues until courses begin the week of September 22. Courses are on a first-come/first-served basis.

COURSE LEADERS' WORKSHOP (Drake Room)

June 12, 10:00-11:30

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

September 9, 10:00-12 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!

MAKING A STUDY GROUP PRESENTATION (Drake Room)

Thursday, September 11, 1:30-3:00 p.m.

MEET AND GREET LUNCH

Tuesday, September 16, 11:00 a.m.

ADVANCED POWERPOINT WORKSHOP (Drake Room)

Thursday, September 18, 1:30-3:00 p.m.

BRAINS AND BREWS TRIVIA

Wednesday, October 8, 1:00-3:00 p.m.

THANKSGIVING HOLIDAY (No Classes)

Monday, October 13

WINTER 2026 PROGRAM PREVIEW AND SOCIAL

Friday, November 28, 1:30-3:00 (Doors open at 1:00; Presentations begin 1:30 sharp)

WINTER 2026 REGISTRATION

Opens Friday, November 28, 5:00 pm. Continues until classes begin in January.

FESTIVE BANQUET

Thursday, December 11, 12 noon

Note: For additional details on all our groups, please visit our website at www.slrlondon.com

REGISTRATION INFORMATION & POLICIES

Registration for the Fall term begins at 5 p.m. on May 30th and continues until classes begin the week of September 22nd.

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 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.

WAITING LISTS

If a course you want is FULL, you can add your name to a waiting list. To join the waiting list, just click on our email link (under mailing address below) to send us a message with the name of the course you want.

YEARLY MEMBERSHIP FEE \$30

It's time for ALL members to renew their membership. 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 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: 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.