

October 1 2025



Today, October 1 is National Seniors Day.

This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend. The Government of Canada is proud to acknowledge the contributions that older adults in Canada have

made and continue to make to our families, communities and society. Help ensure your later years are safe and secure by learning about programs, services, and information available for seniors.

Canadian Dental Care Plan, Canada Pension Plan, Old age security, and Guaranteed Income Supplement

Caregiving benefits: Learn about resources available to those providing care or support for family or friends.

Your health: Information on physical activity, nutrition, wellness and more.

Safe at home: Everything you need to know about living safe. Download our Safe Living Guide.

Fraud prevention: Learn how you can protect yourself from scams.

Services for Veterans: Find financial, education, and mental health support for Veterans and their families.

Managing your money: Learn how to balance your budget, saving for retirement and more.

<https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html>

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



Please take advantage of this wonderful opportunity to connect with other members of SLR. Although our format is fairly unstructured, (no set topic just sharing of ideas, events and experiences) our topics and conversations are large and enjoyable. There is an assigned host who helps keep things moving. Chats in Oct include Friday Oct 3,

Saturday Oct 11, Friday Oct 17, Saturday Oct 25, Friday Oct 31. (Fridays at 1:30 and Saturdays at 10:00)



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.



SLR YEARLY MEMBERSHIP FEE \$30 Just in case you have forgotten, 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. If like me you have forgotten you can still use the website just to pay your fee.



Seniors Learning in Retirement members are invited to shop the | Columbia Sportswear Employee Store

from October 3rd - October 26th! Entire store 40% off retail pricing. Just a reminder to check your email for the digital invite

For store access, please provide your digital invite (printed or shown on your mobile device).

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)



This may be of interest to our members. Check it out.

SLR PRESIDENT’S MESSAGE *Twyla Atchison*

As the days grow shorter and the leaves turn red and gold, I am delighted to welcome each and every one of you to a new season of learning, discovery, and connection as we begin our SLR year.

Our community of lifelong learners is built on curiosity, friendship, and the joy of exploring the world around us. Each study, discussion, interest and activity group is not only an opportunity to gain knowledge, but also a chance to exchange stories, perspectives, and experiences with one another. Through our social events, we connect with friends and make new ones.

Autumn symbolizes change, and the same is true for SLR. With new volunteers managing our registration, we’ve updated some of our procedures and appreciate your patience as we navigate these changes. Whether serving on the Board, preparing refreshments, leading classes, or setting up for events, the diverse abilities and experiences of our volunteers and members reflect the richness and abundance of autumn.

We look forward to the months ahead with anticipation—filled with lively conversations, new insights, and the warmth of companionship.

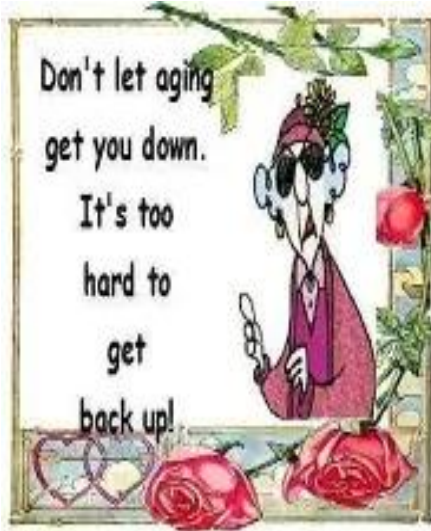
May this season inspire you, challenge you, and remind you that learning truly is a lifelong journey, no matter what the season!

See you at the Lodge, Twyla Atchison
President, SLR

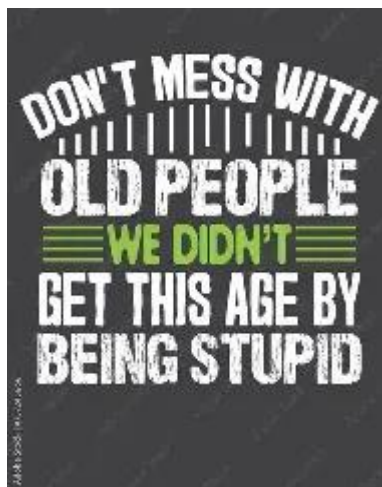


Our September 17 Meet and Greet, on a beautiful sunny day, was a great opportunity for meeting old friends and new. Several members attended and enjoyed lunch and stimulating conversation.

LAUGHTER IS THE BEST MEDICINE



Wouldn't it be SO great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free... and three sizes smaller?



You can't expect to be old & wise if you were never young & crazy



Best Wishes to our members who will celebrate their Birthday in October 2025
"Beautiful young people are accidents of nature, but beautiful old people are works of art."

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