



# Staying Connected

March 16 2026



Jean Hersey's quote encapsulates the essence of March, a month that often brings a sense of anticipation and renewal. It reflects the natural cycle of nature, where winter holds back and spring is pulling forward, symbolizing the transition from the cold and dreary winter months to the vibrant and

hopeful spring. This quote serves as a reminder to embrace the changes and new beginnings that come with each season.

## EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



**COFFEE CHAT** Connect with other members of SLR from the comfort of your own home. Although our format is fairly unstructured, (no set topic just sharing of ideas, events and experiences) there is an assigned host who helps keep things moving. Each week you will

receive an **email with a link to Zoom** to connect online. The schedule for **the month of March** includes Saturday March 7, Friday March 13, Saturday March 21, Friday March 27. (10:00 am on Saturdays and 1:30 pm on Fridays)



Yes, believe it or not, Spring is coming soon...and at SLR we are getting ready for the release of our **Spring Programme Brochure, scheduled for March 27th**. Our **Spring Open House will follow shortly after that, on April 7th**, from 10 to noon, at Grosvenor Lodge. Mark your Calendars now and set an intention to learn something new this Spring!



**SLR ANNUAL GENERAL MEETING** Thursday, April 9, 1:00 – 3:00 p.m. Siloam United Church, 1240 Fanshawe Park Road East



The I.T. students who have been helping you at the SLR Computer Clinics are inviting you to join them for a fun evening of BINGO!

There will be refreshments, snacks and even prizes to be won!! Come join the fun!!

Where: Grosvenor Lodge, Friday, March 27, 2026 from 7 p.m. to 9 p.m.

There is no cost to attend but we ask that you register no later than March 20, 2026 using the following link: [slrlonsocial@gmail.com](mailto:slrlonsocial@gmail.com)



**Seniors Learning in Retirement members are invited to shop the Columbia Employee Store from March 13th - April 5th!**

- Store is stocked with current season products from our family of brands – Columbia, Mountain Hardwear, SOREL and prAna – entire store 40% off retail pricing.

- For store access, please provide your digital invite (printed or shown on your mobile device). You will have previously received this in an email from SLR
- 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](mailto:LondonEmployeeStore@columbia.com)**  
**Columbia Sportswear | Mountain Hardwear | SOREL | prAna**

## LAUGHTER IS THE BEST MEDICINE

If you think you are smarter than the previous generation...50 years ago the owners manual of a car showed you how to adjust the valves. Today it warns you not to drink the contents of the battery.

People with siblings have better survival skills because they've had experience in physical combat, psychological warfare, and sensing suspicious activity.



found on Twitter @showoffeelings paraphrased

Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday. You are my people.

I don't understand why people have to "get ready" for bed. I'm always ready for bed.

## INFORMATION FOR OUR MEMBERS

Following is information about our three new Board nominees for our Annual General Meeting on the 9<sup>th</sup> of April from Twyla Atchison.



Since joining SLR in 2013, **Don Efron** has participated in numerous discussion and study groups and moderated or co-moderated both types several times. Don brings over 40 years of experience working in the mental health field with children and families and as founder, editor, and publisher of an international mental health journal. He also volunteers at McCormick Long-Term Care Residence.



**Lynn Huizer** has been an active member of SLR for just over 3 years. She brings experience in community and social services, along with a strong background working with volunteers in a variety of roles. Lynn is excited about the opportunity to continue learning, contributing, and growing with SLR as a member of the board.



**Lisa Darling** has been a member of SLR since retiring from teaching almost 10 years ago. She has led and participated in several courses, both in person and online, and enjoyed many of the social events. Along with the enriching SLR learning experiences, she loves reading, crocheting, spending time outdoors, and hanging out with her family, including her grandchildren and her chocolate Lab.



Fourteen brave karaoke fans gathered Wednesday afternoon, March 4, at the London Brewing Co-operative and sang their hearts out to cheers and laughter. Many thanks to hosts Wendy and Steve for a lively afternoon of courage, camaraderie, and unforgettable notes together. It was so much fun, we are looking forward to doing again! 🎤  
🎵 Thanks, Annette, for the collage.

***The following is an article sent in by Ann Vandebosch. I was only going to include a summary of the article but I so enjoyed it I decided to include it all. Thanks Ann!***

We are often called "elderly", but that quiet label hides a truth most people rarely pause to consider —we are the last living witnesses of a world that no longer exists.

Look closely at us and you might see gray hair, slower steps, or the quiet patience that time teaches. But if you truly listen to our story, you will realize something extraordinary. We are not simply older people moving through the final chapters of life. We are the survivors of a breathtaking transformation in human history, a generation that walked from the slow rhythm of an analog world into the dazzling

speed of a digital one without losing our sense of humanity along the way. Our journey began in a very different world. Many of us were born in the 1940s, 1950s, and early 1960s, when the scars of World War II were still fresh and the world was trying to rebuild itself. Cities were rising again from rubble, families were learning how to hope after years of uncertainty, and childhood unfolded in ways that would feel almost unrecognizable to younger generations today. Our toys were simple.

We played marbles in dusty yards and hopscotch on cracked sidewalks. We gathered around kitchen tables to play checkers and cards while the smell of dinner filled the house. When the streetlights flickered on in the evening, it was the universal signal that childhood adventures were over for the day and it was time to go home. There were no smartphones. No streaming videos. No endless scroll of digital distractions. Instead, we built our memories in the real world—with scraped knees, laughter echoing down neighborhood streets, and friendships that formed face to face.

Music became one of the defining soundtracks of our youth. The 1960s and 1970s arrived like a wave of color and rebellion. We watched as culture shifted around us, carried by electric guitars and voices that dared to question the world. For many of us, gatherings like the legendary Woodstock Festival of 1969 symbolized something powerful: the belief that peace, music, and community could reshape the future. Hundreds of thousands of young people stood together in muddy fields, listening to artists who poured raw emotion into towering speakers known as the Wall of Sound. Those concerts were not just entertainment—they were moments when strangers felt like a single generation singing the same hope under an open sky.

Education looked different then too. Our notebooks were filled with handwritten notes carefully copied from chalkboards. Research required patience, libraries, and stacks of heavy books rather than a quick internet search. We learned to slow down and think through ideas because information did not arrive instantly. Mistakes were corrected with erasers and ink.

Love also carried a different rhythm. We fell in love while vinyl records spun on turntables and cassette tapes clicked softly inside plastic players. Music became the background to first dances, long conversations, and dreams about the future. Those relationships grew into marriages, families, and lives built step by step through the 1980s and 1990s, decades that saw technology begin to reshape the world around us.

Yet nothing compares to the bridge our generation has crossed. We are the only generation to have experienced an entirely analog childhood and a fully digital adulthood. We remember waiting days —or sometimes weeks —for handwritten letters to arrive in the mail. We remember rotary telephones and party lines where neighbors could accidentally overhear conversations. Communication required patience and anticipation. Today, we can see the face of a loved one across the ocean instantly on a screen small enough to fit in a pocket.

The world changed in ways few could have imagined. We watched humanity land on the Moon in 1969, a moment when millions of people sat in living rooms staring at black-and-white televisions as Neil Armstrong took humanity's first steps on another world. We saw the rise of personal computers, the birth of the internet, and eventually the arrival of smartphones that placed entire libraries of knowledge in our hands.

Machines that once filled entire rooms now exist on devices lighter than a paperback book. We moved from punch cards and mechanical tools to artificial intelligence and global networks connecting billions of people instantly.

And through every shift, we adapted. Our bodies carry the marks of the times we lived through as well. We grew up during fears of polio and tuberculosis, illnesses that once terrified entire communities before vaccines helped bring them under control. We witnessed the global challenges of pandemics and health crises across decades, including the recent silence and uncertainty of COVID-19, which reminded the world that resilience is still required in every generation.

Science itself transformed before our eyes.

We saw the discovery of the structure of DNA, the decoding of the human genome, and the early steps into gene therapy and advanced medicine.

Transportation evolved from simple bicycles and steam engines to hybrid vehicles and electric cars gliding almost silently through city streets. Few generations have witnessed such sweeping change. And yet, despite everything that evolved around us, certain things remain unchanged. We still understand the joy of a cold glass bottle of lemonade on a hot afternoon. We still remember the taste of vegetables picked straight from a garden. We still know the value of a long conversation that unfolds slowly without a keyboard or screen interrupting it.

Our memories stretch across decades. We have celebrated births, mourned losses, watched friends depart, and carried their stories forward. Those who remain share something rare: the experience of standing at the crossroads of history, holding memories from a world that younger generations know only through photographs and stories.

But we are not relics. We are living bridges. Our perspective reminds the modern world that progress does not have to erase wisdom. The speed of technology does not have to replace patience, kindness, or reflection. We remember what life felt like before everything moved so fast —and that memory carries quiet lessons worth sharing.

So when someone calls us elderly, we can smile. Because behind that word lies something extraordinary. We are the generation that crossed two centuries, witnessed eight decades of transformation, and walked from the age of handwritten letters to the era of artificial intelligence.

What a life we have lived.  
What a remarkable story we continue to carry.  
And if you belong to this generation, take a moment today to look in the mirror and recognize something powerful.  
You are not simply growing older. You are living history.  
You are part of a generation that will always remain one of a kind.  
And perhaps, in the quietest and most meaningful way, you are becoming legendary.



*AN Irish Blessing to all our members who are celebrating their Birthday in March.*

**HAPPY  
BIRTHDAY**

*May your glass be ever full, may the roof over your head be always strong, and may you be in heaven half an hour before the devil knows you're dead!*

[margaretcowan44@gmail.com](mailto:margaretcowan44@gmail.com)