

JOIN US

Study Groups

Discussion Groups

Activity Groups

Interest Groups

Social Events



*“Keeping your brain stimulated and your spirit young”*

Grosvenor Lodge, 1017 Western Road, London, ON, N6G 1G5



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519-438-3525



<https://slrlondon.com>

# STUDY GROUPS

Study Groups are 6-10 weeks long, 2 hours/session, and fees vary. Classes are either in-person or online. In-person classes are held at Grosvenor Lodge in the Drake Room. Each Study Group member researches a topic related to the general subject and shares their findings in a 20-30 minute presentation. Sample topics are listed; more can be found on the website under each course.

## BEHIND THE SCORE

Music soundtracks (music from theatre, film, and television) support the story and, in some cases, are more memorable than the story or the characters. This study group invites you to pick any musical score or theme tied to visual entertainment and tell that music's story in any way you wish.

**Possible Topics:** Broadway Musicals (eg: West Side Story, Sound of Music); Movie and TV theme music (eg: James Bond, Disney Movies, Bonanza, The Simpsons); etc.

- Mondays 9:30 - 11:30 a.m.
- September 21 - November 16 (8 sessions; no class October 12, Thanksgiving)
- Course Leader: Burton Moon
- Fee: \$60
- 15 members maximum in-person

## DISASTERS!

Every catastrophe has a story before the story – warnings ignored, decisions botched, and forces unleashed. From Chernobyl's fatal miscalculations to Katrina's perfect storm, Pompeii's rumbling mountain to the Titanic's doomed arrogance, nature and human folly make a devastating combination. Explore the chaos, the heroism, the aftermath, and the hard-won insights that build preparedness and resilience.

**Possible Topics:** Earthquakes/Tsunamis (eg: in Indian Ocean, Haiti, Mt. St. Helen); Wildfires (eg: in Canada, LA, Australia); Floods (eg: in Pakistan, China); etc.

- Tuesdays 9:30 - 11:30 a.m.
- September 22 - November 10 (8 sessions)
- Course Leaders: Lydia Keras and Lynn Hamilton
- Fee: \$60
- 15 members maximum in-person

## NORTH OF THE WORLD: THE ARCTIC IN GLOBAL AFFAIRS

The Arctic is becoming one of the world's most significant regions. This course explores the Arctic Circle's history, Indigenous cultures, environmental change, geopolitical tensions, and economic potential. Participants examine how climate change, natural resources, shipping routes, and international rivalry are reshaping the North. By examining the perspectives of the Arctic nations, we will consider how the Arctic may influence the world's political, environmental, and economic futures.

**Possible Topics:** Environmental changes, Northwest Passage & global shipping, sovereignty disputes, Canada's Arctic policy/strategy, other Arctic nations' strategies & goals, Infrastructure & economic challenges, etc.

- Mondays 1:30 - 3:30 p.m.
- September 21 - November 30 (10 sessions; no class October 12, Thanksgiving)
- Course Leaders: Lisa Darling and Jeff Keenor
- Fee: \$70
- 19 members maximum in-person

## THE MEANING OF LIFE

What makes life meaningful? Countless philosophers have attempted to answer this question. Here's your chance to give it a go! Start with a great thinker, or maybe a school of thought or a contrasting pair, decide whether you agree or disagree with their ideas, then tell us all how and why – guaranteed to create lively discussions.

**Possible Topics:** The Stoics, the Buddha, Kant, Kierkegaard, Viktor Frankl, etc.

- Tuesdays 1:30 - 3:30 p.m.
- September 22 - November 10 (8 sessions)
- Course Leader: Sheila Wawanash
- Fee: \$60
- 15 members maximum in-person

# STUDY GROUPS

## ATLANTIC CANADA

Discover Atlantic Canada's shared rich history and cultural heritage, and the unique characteristics of New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland and Labrador. How has the maritime environment influenced the Atlantic region's culture, climate, and economy? Delve into their diverse landscapes: rugged coastlines, dense forests, and urban centres. Examine how First Nations, such as the Mi'kmaq, shaped the identity and culture of the Atlantic provinces.

**Possible Topics:** Vikings at L'Anse aux Meadows, Celtic heritage, Halifax Explosion, Acadian Great Expulsion, Newfoundland & Confederation, etc.

- Wednesdays 9:30 – 11:30 a.m.
- September 23 – October 28 (6 sessions)
- Course Leader: Margaret Cowan and TBA
- Fee: \$45
- 11 members maximum **ONLINE**

## THE INDUSTRIAL REVOLUTION

The Industrial Revolution (1760–1840) was a transformative period, shifting from agrarian, hand-crafted economies to those dominated by machine-driven, centralized factory production. It began in Great Britain before spreading to Europe, North America, and eventually the rest of the world. This shift resulted in major economic, social, political, and environmental consequences. Join us as we explore these changes.

**Possible Topics:** Steam engine, urbanization, factory work, rising middle class, child labour, etc.

- Thursdays 1:30 – 3:30 p.m.
- September 24 – November 12 (8 sessions)
- Course Leaders: Alison Greenhill and Susan Pepper
- Fee: \$60
- 15 members maximum in-person

## BEST LOVED BOOKS

Have you ever finished a book and thought, "Wow! Everyone needs to read this." Bring your best-loved book and explore why you loved it. Powerful themes, iconic characters, and why these stories still matter to you today. Read boldly, think deeply, and fall in love with literature again.

- Wednesdays 1:30 – 3:30 p.m.
- September 23 – November 11 (8 sessions)
- Course Leader: Helen Olmstead and TBA
- Fee: \$60
- 15 members maximum in-person



## POTPOURRI

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.

- Fridays 9:30 – 11:30 a.m.
- September 25 – November 13 (8 sessions)
- Course Leaders: Kathy Vendrig and Anne Murphy
- Fee: \$60
- 15 members maximum in-person

# DISCUSSION GROUPS

Number of sessions, maximum numbers and fees vary, as well as whether online or in-person. In-person classes are held in the Dining Room unless otherwise noted; online classes are on Zoom.

## KEEPING UP WITH SCANDINAVIA

Explore why Scandinavian countries repeatedly top global happiness rankings. This discussion course examines the Nordic model—strong social support, equitable policies, trust in government, work-life balance, and a deep cultural commitment to community well-being. Participants will uncover how these interconnected factors create resilient, thriving societies and consider what other nations can learn from the Scandinavian approach to happiness.

- Mondays 11:15 a.m. – 1:15 p.m.
- September 21 – November 2 (6 sessions, no class on October 12, Thanksgiving)
- Course Leader: Terri Lyons
- Fee: \$45
- 12 members maximum in-person

## CANADA IN A CHANGING WORLD: GLOBAL AFFAIRS THROUGH A CANADIAN LENS

Canada lives in a rapidly changing world of shifting alliances, economic rivalry, climate pressures, and new security challenges. As a key middle power, Canada often plays an influential role beyond its size. This six-week discussion course explores how global events affect Canada and how Canada can respond. Through discussion and current examples, participants will share perspectives, gain insight, and better understand Canada's place in today's evolving world.

- Tuesdays 9:30-11:00 a.m.
- September 22 – October 27 (6 sessions)
- Course Leader: Jeff Keenor
- Fee: \$45
- 12 members maximum in-person

## CANADA'S BEST KEPT SECRETS: HAVE YOU BEEN THERE YET?

Canada stretches farther than most of us have dared to explore. From fog-drenched Newfoundland outposts to BC's wild Haida Gwaii, mysterious ghost towns to jaw-dropping Arctic tundra — there's a lifetime of adventure hiding in our own backyard. Share your discoveries, swap itineraries, and leave with a bucket list that's purely and gloriously Canadian.

- Mondays 1:30 – 3:00 p.m.
- September 21 – November 2 (6 sessions, no class on October 12, Thanksgiving)
- Course Leader: Ron Monk
- Fee \$45
- 12 members maximum in-person

## THE U.S. MIDTERM ELECTIONS

This discussion-based course explores key issues, strategies, and outcomes surrounding the U.S. Federal Election in November. Participants will engage in timely debates, analyse media coverage, and consider the election's impact before, during, and after ballots are cast, fostering informed perspectives and critical thinking about American politics and its international implications.

- Tuesdays 11:45 – 1:15 p.m.
- October 13 – November 10 (5 sessions)
- Course Leader: Gerry Ludwig
- Fee: \$40
- 14 members maximum in-person (Drake Room)

# DISCUSSION GROUPS

## LET'S TALK ABOUT DEATH AND DYING

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 pose vitally important questions, share experiences, and offer thoughtful observations that may profoundly change the way we live and die.

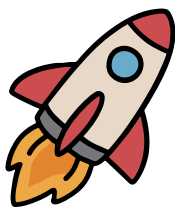
- Wednesdays 9:30 - 11:30 a.m.
- September 23 - November 25 (10 sessions)
- Course Leader: Susan Booth
- Fee: \$70
- 12 members maximum in-person

## SPACE! ON TV AND THE BIG SCREEN

Space has long captured our imagination, from early science fiction to today's blockbuster films and iconic television series. What we watch has helped shape how we picture rockets, astronauts, alien worlds, black holes, and the possibility of life beyond Earth. Each session will include film and TV clips, along with question prompts, to spark lively discussion about how movies blend fantasy with real science.

*Suggested TV and movies:* Star Trek, Apollo 13, Project Hail Mary, Interstellar, Solaris, etc.

- Thursdays 9:30 a.m. - 11:30 a.m.
- September 24 - October 29 (6 Sessions)
- Course Leaders: Lynn Huizer and Jane Skinner
- Fee: \$45
- 12 members maximum in-person (Drake Room)



## HOT TOPICS IN THE NEWS

What is "hot" in the news each week and is of interest to you is of interest to us. Topics can range from politics, racial issues, health care, education, history, the arts, entertainment, and sports to ethics and good deeds. Each participant, in turn, will bring in items to discuss with the whole class.

- Wednesdays 1:30 - 3:00 p.m.
- October 21 - November 25 (6 sessions)
- Course Leader: Lydia Keras
- Fee: \$60
- 12 members maximum **ONLINE**



## LIVELY POETRY READS

Members meet twice monthly to share and discuss poetry and poets – dead poets, live poets, ancient poetry, new poetry – let's explore together.

- Meets 1st and 3rd Thursdays 11:45 a.m. - 1:00 p.m.
- September 17, October 1, 15, November 5, 19 (5 sessions)
- Course Leaders: Denise Ritchie and Ros Moorhead
- Fee: \$35
- 10 members maximum in-person



# ACTIVITY GROUPS

*Number of sessions, maximum numbers and fees vary,  
as well as whether in-person or off-site*

*Note: The first 2 workshops are scheduled prior to classes beginning.*

## MAKING STUDY GROUP PRESENTATIONS WITH AI TOOLS

This workshop is designed to take all the worry out of making a Study Group presentation. You will learn how AI can assist in researching, organizing, and presenting your topic. See how it can help you find the facts you need quickly, verify sources, and create a logical outline. Your AI assistant can help you write a great report for your presentation with ease. We will discuss ethics and privacy concerns and answer questions you may have.

- Thursday 1:30 – 3:30 p.m.
- September 10 (1 session)
- Course Leader: Lydia Keras
- Fee: Free
- 12 members maximum in-person (Drake Room)

## TRANSFORM YOUR ChatGPT INTO YOUR BRILLIANT ASSISTANT

Most people get average results from ChatGPT. You won't. Discover how an expertly crafted AI prompt unlocks stunning results – detailed travel itineraries, research summaries, spreadsheet analysis, news summaries, ancestral stories, and beyond. Weekly hands-on challenges build real confidence and skill. Best suited for those with some ChatGPT experience. Come experience the 10X difference for yourself.

- Mondays 10:00 – 11:30 a.m.
- October 5 – November 16 (6 sessions, no class on October 12, Thanksgiving)
- Course Leader: Shari McNeill
- Fee: \$45
- 12 members maximum in-person (Dining Room)

## USING POWERPOINT TO CREATE PRESENTATIONS

This interactive workshop will show you how to create a dynamic study group presentation using PowerPoint and its built-in AI tools. If you are a beginner or looking to sharpen your skills, bring your laptop or tablet (with presentation software installed) to this hands-on session. Learn to create dynamic presentations with images, charts, links to videos or websites, animations, and more.

- Thursday 1:30 – 3:30 p.m.
- September 17 (1 session)
- Course Leader: Lydia Keras
- Fee: Free
- 12 members maximum in-person (Drake Room)



# ACTIVITY GROUPS

## THAMES VALLEY PARKWAY WALK

The Thames Valley Parkway is a wonderful paved path that follows the river from The Forks north to Highbury, west to Springbank Park, and east to Pottersburg Creek. We will walk along sections of the path at a moderate pace, viewing the sites in the company of fellow walkers. *Note: Hikes may last up to 80 minutes, and most routes do not have washroom access.*

- Thursdays 9:30 – 11:30 a.m.
- September 24 – October 29 (6 sessions)
- Course leaders: Richard Waring and Beth McCarthy
- Fee: \$45
- 12 members maximum in-person (Off-site)

## ADVANCED CREATIVE WRITING WORKSHOP

Continue your creative writing journey as we delve into advanced topics: intentional editing, refining rhythm, meter, rhyme, cadence, tone, alliteration, metaphor, and subtextual layering. Explore the power of provocative poetic, lyrical prose, magical realism and compelling narratives. Engage in proactive techniques for refining and expressing your life experiences in words.

**Prerequisite:** completion of two or more SLR Creative Writing Workshops or agreement of the Course Leader.

- Thursdays 1:30 – 3:30 p.m.
- September 24 – November 12 (8 sessions)
- Course Leader: Deborah Roberts
- Fee: \$60
- 11 members maximum in-person (Dining Room)

## INTRODUCTION TO MINDFULNESS MEDITATION

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.

- Thursdays 11:30 a.m. - 1:00 p.m.
- October 22 – November 26 (6 sessions)
- Course leader: Michael Johnson
- Fee: \$45
- 20 members maximum in-person (Dining and Hodder Rooms)



# INTEREST GROUPS

**Note: Registration for ALL Interest Groups for September 2026 – June 2027 will begin again on May 29, following the Program Preview.**

## PHOTOGRAPHY CLUB

Open to anyone with a digital camera or a smartphone, at any skill level. We share photographs, tips, and techniques so that all can increase their enjoyment of photography.

- First Tuesday of each month, October – June
- 10:00 a.m. – 12:00 noon
- Leader: Jeff Keenor
- Fee: \$30 for the 2026 - 2027 year
- 20 members maximum **ONLINE**

## FRIENDS OF THE HYLAND

We meet for the matinee at the Hyland, followed by discussion at the Wortley Roadhouse, where food/beverages are available for purchase. Hyland membership, tickets, and refreshments are member's responsibility. Film name and start time will be emailed a week prior; members must RSVP.

- Second Wednesday of the month, September through June
- Leaders: Phyllis Brady, Peggy Matser, and Roslyn Money
- Fee: \$20 for the 2026 - 2027 year
- 50 members maximum in-person (Off-site)

## GINA BARBER SLR SINGERS

Named in honour of our founder, the Singers bring the joy of music to life, performing songs for their own pleasure and at various SLR and London community events. Space limits our size; however, if space allows, **new members are welcome at the start of each term.** If you love to sing and can carry a tune, please join us!

- Fridays 11:45 a.m. - 1:00 p.m.
- September 25 to late May/early June
- Leaders: Sharon Lindenburger and Mike Zadorsky
- Fee: \$45 for 2026-2027 Year
- 30 members maximum in-person (Drake Room)

## LIVING MINDFULLY

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 with Michael Johnson.

- Tuesdays 11:45 a.m. - 1:15 p.m.
- October 6 to mid-June
- Leader: Michael Johnson
- Fee: \$45 for the 2026 - 2027 Year
- 25 maximum in-person (Dining and Hodder Rooms)

## THE SLUGS UKULELE GROUP

The SLUGS meet on Fridays at the Coach House. Our focus is on having fun while practising our skills and polishing the songs we have learned. New songs will be introduced, and we will continue to develop our musical and performance skills. This is not a beginner's group, so a basic understanding of ukulele skills is expected.

- Friday 1:15 - 3:15 p.m.
- September 25 to Mid-June
- Leader: Jacqui Griffin
- Fee: \$45 for 2026-2027 Year
- 25 members maximum in-person (Coach House)



# SOCIAL EVENTS

## FALL 2026 PROGRAM PREVIEW & SOCIAL GATHERING

Enjoy a lively and fun program with our course leaders describing their Fall courses along with entertainment by our Ukulele and Singers members. It's a great way to get a real sense of all our Fall offerings while socializing, singing, enjoying free refreshments and friendly conversation. Open to all – members and prospective members. Bring your friends!

- Friday, May 29
- 1:30 – 3:00 p.m. (Doors open at 1:00; Presentations begin 1:30 sharp)
- Siloam United Church, 1240 Fanshawe Park Road East
- Registration opens at 5 p.m. online

## FALL MEET AND GREET GATHERING

Join us at the Mandarin Restaurant where you can meet SLR friends old and new to share summer stories and discuss course selections for the Fall term. This restaurant offers an all-you-can-eat buffet showcasing the best in Chinese Canadian fare. Enjoy the soup and salad bars, grill table, prime rib counter, and sushi corner. An array of desserts offer the perfect end to the meal.

- Thursday, September 10
- 11:30 a.m. – 2:30 p.m.
- Mandarin Restaurant
- 1790 Hyde Park Road
- Maximum: 30
- Cost: \$20 to be paid at the restaurant

## HEEMAN'S CIDERY TOUR

The Discovery Tasting Tour is a welcoming introduction to cider, mead and what goes on at the heart of the cidery at Heeman's. Learn more about the cellar, the craft beverages, and enjoy a thoughtfully educational tasting that tells the story of field to glass. Perfect for curious sippers, casual craft lovers, and anyone looking for a unique outing. Come curious and leave with a new favourite pour.

- Wednesday, October 21
- 1:30 – 3:00 p.m.
- 20422 Nissouri Road, Thorndale
- Maximum: 25
- Cost: \$15

## MINI GOLF AT THE FACTORY CLUB HOUSE

Come and join SLR friends for a game of mini golf on a Tuesday morning at the Club House. The Canadian-themed 12-hole course will allow you to putt from Niagara Falls to the Rocky Mountains and back to the CN Tower all within an hour. You will have the option to recharge with some delicious Fan-Fare after your game at The Factory Canteen! It's the perfect place to take a break after your strenuous game.

- Tuesday, November 10
- 10:00 a.m.
- The Factory, 100 Kellogg Lane
- Maximum: 25
- Cost: \$15

## FESTIVE BANQUET

At the end of the Fall term, SLR members celebrate this annual tradition with great enjoyment and entertainment provided by our own Gina Barber singers and the SLUGS ukulele group. Sticky Pudding will once again provide a delicious seasonal lunch and a cash bar will be available. The Royal Canadian Legion in Lambeth has welcomed us to try this new venue.

- Friday, December 11
- 12 noon
- Royal Canadian Legion, Lambeth
- 7097 Kilbourne Road
- Maximum: 100
- Cost: T.B.A.

# REGISTRATION INFORMATION AND POLICIES

(see website – [www.slrlondon.com](http://www.slrlondon.com) - for more information)

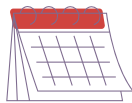
**REGISTRATION** for the Fall Term begins at 5 p.m. on May 29 and continues until courses begin the week of September 21. Register for courses online (preferred) by going to [www.slrlondon.com](http://www.slrlondon.com) or via regular mail. Courses are filled on a first-come/first-served basis.

**WAITING LISTS:** If a course you want is FULL, you can add your name to our waiting list.

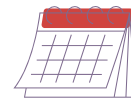
**YEARLY MEMBERSHIP FEE: \$30** for the whole year. It's time for ALL members to renew their membership. Just select the Membership "product" on the website and add it to your cart in addition to your course selection(s) before checking out.

**PAYMENT OPTIONS:** The website accepts credit cards and some debit cards. You can also pay by cheque (see website).

**REFUND POLICY:** No refunds are issued for Annual Membership Fees. If SLR cancels a program a full refund is issued. A full refund is issued if member withdraws before the second session. Exceptions will be considered.



## MARK YOUR CALENDAR



### FALL PROGRAM PREVIEW & SOCIAL GATHERING

- Friday, May 29, 1:30-3:00 p.m.
- Siloam United Church, 1240 Fanshawe Park East

### FALL REGISTRATION (ONLINE)

- Opens 5 p.m. Friday, May 29, and continues until courses begin the week of September 21

### FALL OPEN HOUSE AND REGISTRATION

- Wednesday, September 9, 10:00 a.m. - 12:00 p.m.
- Grosvenor Lodge, 1037 Western Road
- Talk with Course Leaders and register in-person
- Bring your friends

### FALL MEET AND GREET

- Thursday, September 10, 11:30 a.m. - 2:30 p.m.
- Mandarin Restaurant, 1760 Hyde Park Road

### HEEMAN'S CIDERY TOUR

- Wednesday, October 21, 1:30 - 3:00 p.m.
- 20422 Nissouri Road, Thorndale

### MINI GOLF AT THE FACTORY CLUB HOUSE

- Tuesday, November 10, 10:00 a.m.
- 100 Kellogg Lane

### FESTIVE BANQUET

- Friday, December 11, 12 noon
- Royal Canadian Legion, Lambeth, 7097 Kilbourne Road

### LOOKING AHEAD: WINTER 2027

- Brochure released November 23
- Winter Program Preview and Social, Friday, November 27. Registration follows at 5 p.m.

