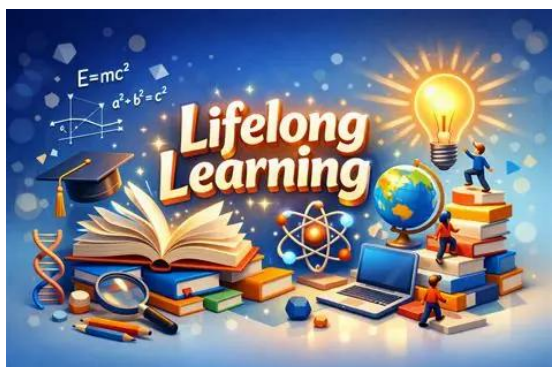


Sept 16, 2026



At SLR we are all part of a growing movement of older adults discovering that **lifelong learning strategies** can transform retirement from a slow wind-down into the most intellectually rich chapter of life. Research consistently shows that seniors who continue learning stay sharper, healthier, and more socially connected. The benefits of lifelong learning go far beyond staying busy. Learning after 60 rewires the brain in powerful ways.

Lifelong learning builds cognitive reserves, the brain's resilience against age-related decline and disease. Seniors who regularly engage in educational activities show slower cognitive deterioration compared to those who do not. Research from the National Institute on Aging confirms that cognitive training in reasoning and processing speed helps older adults maintain sharper thinking over time. Learning new skills stimulates the brain to form new neural pathways and different types of learning activities provide broader cognitive benefits.

The "use it or lose it" principle is real. Learning is not just enriching — it is one of the most effective tools for protecting long-term brain health.

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EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



COFFEE CHAT As we begin another session of SLR we are happy to announce that you will again be able to connect with other members of SLR from the comfort of your own home. Pull out your favourite coffee mug or cup and settle into your favourite chair Join us for an unstructured, but fun chat where 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 rest of the month of **September includes , Saturday Sept 19-10am , and Friday Sept 25 -1:30 pm.**



Fall courses at SLR begin the week of September 21. That's next week believe it or not! Just a few reminders. This is the time when we pay our annual registration fees (\$30.00) for the entire year! You have probably been contacted by you course leader with information about your specific course, as well as contact information and scheduling. There is an expectations and Code of Conduct for All SLR Members

Members are expected to encourage one another in the development of the peer learning environment to which all make a contribution, and from which all gain a sense of accomplishment. In order to have healthy group discussions, it is understood that members are respectful to one another, even when it is necessary to disagree regarding the topic.

We hope you will all have a great learning experience this fall.



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



SLR 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: \$45:00.

LAUGHTER IS THE BEST MEDICINE

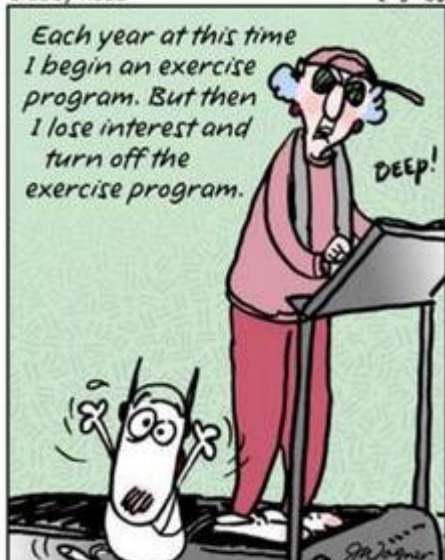
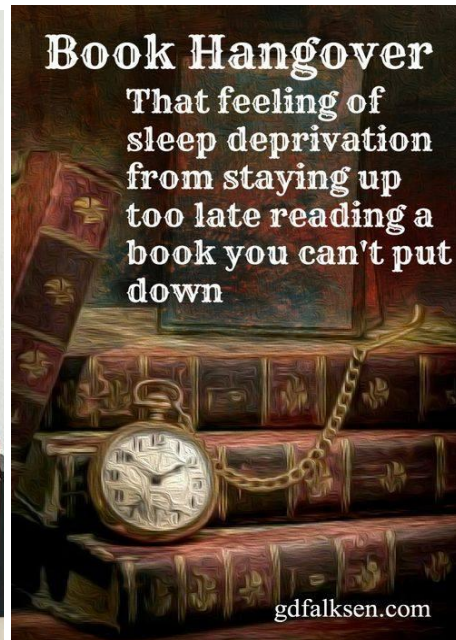
That moment when you finish a book, look around, and realize that everyone is just carrying on with their lives...

As though you didn't just experience emotional trauma at the hands of a Paperback.



Book Hangover

That feeling of sleep deprivation from staying up too late reading a book you can't put down



If exercise helps you live longer... how is it when I exercise I feel like I'm dying?



EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Presidents Message

SLR is now into the swing of its 2026-27 season – study, discussion, interest, and activities are each starting and many, but not all are fully subscribed. Thank you to our SLR curriculum and social committees for striving and delivering fresh and interesting programs. There is no resting on their laurels for the Curriculum committees. They are already planning for the winter and spring programming. If you have an idea of a course topic that we should offer, please let us know. Send your idea(s) to the SLR email and it will be forwarded to the appropriate curriculum committee.

At this point in time, the finances of SLR look like they may run in the black for the first time since the beginning of the pandemic. The principle reason, but not the only, is our membership numbers returning to pre-pandemic levels, and membership participation in SLR programs. Before the Pandemic, SLR had nearly 400 members. Last year we had 311 paying members. It looks like we are on course to have more than that number for this operating year. Our membership grows principally through word of mouth (so please talk SLR up with your friends and neighbours) and our Marketing and Communication committees outreach efforts.

Mentioning our marketing and communications Committee, if you are a person excited about reaching out into the wider community, that committee wants you. This committee is vital for the successful health and operations of SLR.

I also express Gratitude to our social committee members for creating and arranging fun social events that many of our members enjoy. And if you have suggestions for social events, our social committee welcomes your ideas and your participation. You would be welcome to join them in their social planning.

May you each find value and enrichment through your involvement with SLR. May it be fun, stimulating, social, and help you exercise a few neurons that might not have had a workout otherwise.

Burton Moon

President for the 2026-27 year.

SLRs Computer Clinics with Western Students are Back for the 2026-27



Season! Do you have a challenge with one of your digital devices or an AI question? As an SLR member you can take advantage of this generosity by brilliant and generous university students who are navigating the digital world daily.

Keen Western Student volunteers possibly could help you with your specific questions or challenges!

Only 4 slots available each month. This first Computer Clinic is Friday Oct. 2 nd at 1 pm in the Dining Room of

Grosvenor Lodge. First come first served. Reserve your spot: computer clinic by sending an email to: slr.computer.clinic@gmail.com

If there is more demand than spots, we will strive to schedule more sessions.

Burton Moon



This coming Sunday, SLR is participating in London's 25th Doors Open. The Doors Open is really about Grosvenor Lodge and SLR is promoting itself. For a couple of hours, the Slugs will be jamming. If the weather permits, they will be on the veranda.

Burton Moon

Re; SLR's successful Open House

Hi everyone

In case you did not receive it, this message came from SLR President Burton Moon.

"A huge thanks to all who participated in the Open House yesterday. The organization was smooth. We had 6 new persons join SLR yesterday and 7 previous members renewed their memberships. So far this year, SLR has had 45 new members sign up. Our active membership at present is approaching 250. We ended last year with 311 by my count. We are well on track to meeting that number again... maybe even surpassing it. Again... congratulations to all for an Open House Well Done!"

Let me add to what Burton has said, my thanks to all of you who answered the call to participate. One of the best things about SLR is the co-operation of so many people to ensure that things work out for the benefit of all. I could not do what I do without all of you.

Peggy Matser

Chair, SLR Marketing Committee

MEET AND GREET: Michelle Moore

"Thursday's SLR Meet and Greet was a wonderful success. Members met at Mandarin on Hyde Park Road for lunch. Great camaraderie and fantastic food was enjoyed by all.



Hi Everyone,

We are sharing an opportunity to participate in a research study being conducted by the Exercise, Mobility and Brain Health Lab at Western University, led by Dr. Lindsay Nagamatsu and Dr. Sonja Reichert.

About the Study

The MOTIVATE Study is examining how exercise and diabetes treatments, including a medication called semaglutide, may affect brain health, thinking and memory, and physical function in older adults living with Type 2 Diabetes.

Who May Be Eligible

You may be eligible if you:

- Are 65 years of age or older
- Have been diagnosed with Type 2 Diabetes
- Are not currently engaging in structured exercise more than once per week
- Are able to safely participate in exercise
- Are not currently taking semaglutide or a GLP-1 medication

What Participation Involves

Participation includes:

- 32 weeks of supervised exercise sessions 3 times per week
- Questionnaires, physical and cognitive testing
- Blood work
- Brain imaging (MRI and DEXA scans) at specific time points
- Some participants may also receive weekly injectable semaglutide for 16 weeks, depending on group assignment

All exercise sessions are supervised, and participants are monitored closely for safety throughout the study.

Next Steps

Interested individuals will complete a brief phone screening to determine eligibility and receive additional study details. To learn more or express interest, please contact:

Elias Kekesi

ekkesi@uwo.ca

[\(519\) 661-2111 ext. 88284](tel:(519)661-2111x88284)

Dr. Olivia Ghosh-Swaby

oghoshsw@uwo.ca

Dr. Lindsay Nagamatsu, Principal Investigator

lnagamat@uwo.ca

[\(519\) 661-2111 ext. 82659](tel:(519)661-2111x82659)

A member of the research team will follow up to answer questions and discuss next steps. Your support helps advance research focused on brain health, aging, and diabetes care.

Best Regards, EMBH Lab



Happy Birthday to all our members born in September.

September babies are a unique and remarkable group, celebrated for their distinct traits and the captivating qualities that make them stand out. Whether it's their wise demeanor, loyal nature, or romantic charm, those born in this month bring a special kind of magic to the world.

If you wish to post something in the SLR newsletter or if you want to comment, please use my email address margaretcowan44@gmail.com

Stay safe

Margaret