

Oct 1, 2026

October- Autumn's Golden Month

As the tenth month of the year, October brings a vibrant palette of colors, cozy traditions, and spooky celebrations. From harvest festivals to Thanksgiving and Halloween, October is a month filled with rich history and cultural significance.

One important event taking place in Canada during this month is Women's History Month, a

national observance held each October to recognize the leadership, innovation, and contributions of women and girls throughout Canadian history. Canada has been shaped by numerous trailblazing women leaders who have excelled in politics, science, arts, business, and social advocacy, leaving lasting legacies across the nation.

Roberta Bondar, Margaret Atwood, Viola Desmond, Clara Hughes, June Callwood, Dr. Emily Stowe and Agnes MacPhail are but a few of great Canadian women.

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 month of **October includes, Saturday Oct 3, 10:00am, Friday Oct 9 , 1:30pm, Saturday Oct 17, 10:00am, Friday Oct 23, 1:30 and Saturday Oct 31, 10:00**



FALL COURSES AT SLR have started and we are hearing lots of positive comments from participants

All our members will have recently received a notice offering you an opportunity (FOR FREE) to check out what **study groups** are all about. Some members resist study groups because they don't want to give a presentation, perhaps because they have a fear of public speaking, lack of confidence or feeling they might be judged. Maybe they can't imagine talking about one topic for 25-30 minutes or maybe they have had to do so many presentations in their work life and don't want to do it again

The reality is that giving a presentation at SLR is not as scary as most people think. It is actually very rewarding in that you get to do a bit of research, write your thoughts down on the subject of your choice, and share your ideas, opinions, and interests, in the friendly environment that SLR provides. You will be greeted and applauded by a very appreciative audience. Guaranteed.

Those who do give presentations will tell you that they are surprised how much they enjoyed the research process, expanding their thoughts, and relished both the discussion that ensued and the feedback they received. They become hooked.

We invite any paid member who has never attended a Study Group, to observe a Fall Study Group class of your choice by sending an email to slrlondonontario@gmail.com, naming the course you would like to attend and possible dates that work for you.

Someone will get back to you asap. No pressure, just an enjoyable experience to see how easy it is and to talk with members about their experience.

Full descriptions of the courses can be found on the brochure and on the website - <https://slrlondon.com/>.

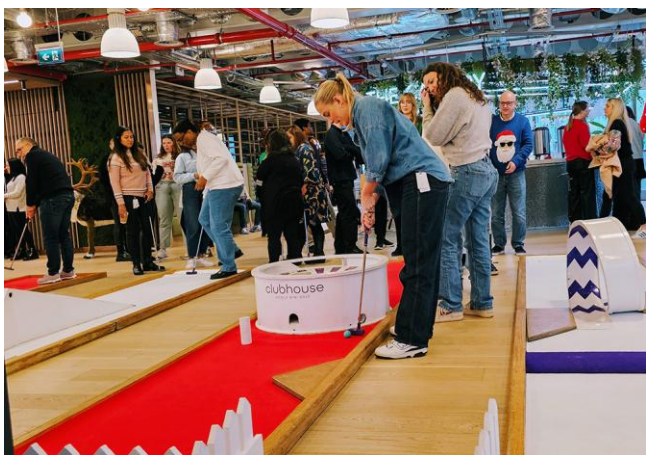


The Discovery Tasting Tour is a welcoming introduction to cider, mead and what goes on at the heart of the cidery at Heeman's. Learn more about the cellar, the craft beverages, and enjoy a thoughtfully educational tasting that tells the story of

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.

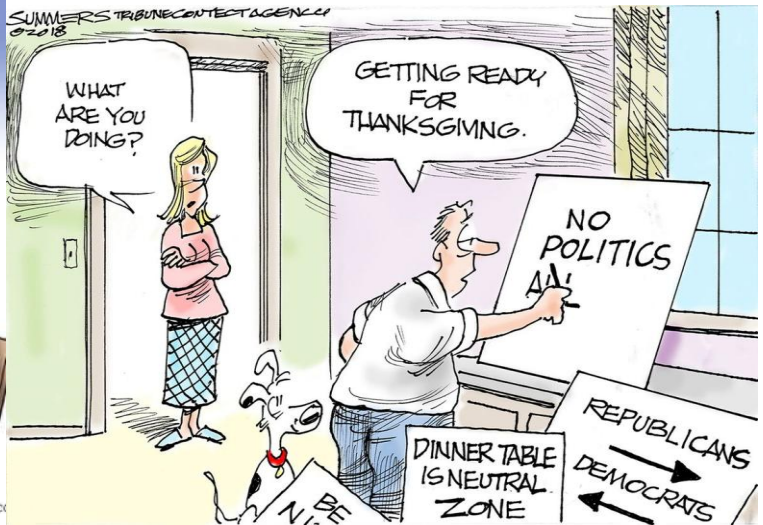
The Royal Canadian Legion in Lambeth has

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





INFORMATION FOR SLR MEMBERS



SLR WANTS YOU! For the position of **Co-Registrar**. The Co-Registrar role is crucial for the smooth functioning of SLR. It does require time and it does require being comfortable with Microsoft's Office Excel software. If you have that familiarity or think you have the facility to learn the basics of Excel then you will find being co-registrar for SLR very satisfying and it will earn you all sorts of accolades from all the members of

SLR. You will receive a first class orientation to this essential position. If you have an interest, please Email slrregistrar@gmail.com

Burton Moon

SHARING SLR WITH OTHERS

Learn Something New. Share What You Know. Have Some Fun!

Looking for a great way to keep your mind active, meet interesting people and try something new? London Seniors Learning in Retirement (SLR) is a welcoming, member-run, non-profit organization for retired and semi-retired adults



Calling All Seniors!

who believe that learning should never stop!

At SLR, there are no exams, no grades and no competition. Instead, we learn from one another. Our programs are built around peer learning and peer teaching — members share their knowledge, experiences and curiosity with others. You might lead a discussion, introduce a fascinating topic, learn a new skill, or simply join in the conversation.

And the best part? You don't have to be an expert — just curious and willing to participate! Choose from programs offering a wide range of interests and experiences, with something for everyone. Whether you want to explore a new subject, revisit an old passion, discover a new hobby, or simply enjoy lively conversation with like-minded people, SLR offers plenty of opportunities to learn, connect and have fun. Come for the learning. Stay for the friendships, the laughter and the fun!

And learning isn't all we do! Our social events are a great way to relax, meet new friends and enjoy good times together.

New programs begin each fall, winter and spring, so there are always new opportunities to get involved. For current programs and fees visit: Seniors Learning in Retirement London – Where the joy of learning is a shared experience.

Burton Moon

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. 2nd 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

Hi everyone,

Just a quick note to tell you the good news: The back walkway into Grosvenor Lodge will be fixed this weekend. Oct 3-4th We don't anticipate any interference with our schedule, just a safer walkway!

Something you might want to consider!

Now that your Fall schedule is set, you may want to take advantage of two excellent discussion courses that still have space and have not yet started:

The U.S. Midterm Elections (in person, October 12 – November 10th, 11:45 - 1:15).

Hot Topics in the News (online, October 21 – November 25th, 1:30 - 3:00).

If you are already taking a course of equal or more cost, this opportunity is FREE through our Co-Registration policy. Otherwise, The U.S. Midterm Elections course is \$40; and Hot Topics is \$60.

To take advantage of co-registration, send an email to slrlondonontario@gmail.com and put Co-Registration in the subject line.

If you are paying, please go to the website to register.



Burton Moon, Phyllis Brady and Twyla Atchison were a few of the volunteers who staffed a table promoting SLR at Doors Open London at Grosvenor Lodge. The photo cut-out boards were made by a friend of Phyllis's and represent the Lodge's first owners Samuel and Ann Peters.

“Just keep smiling at all the visitors and don't worry about the carpets”





Happy Birthday to all our members born in October

Those born under the energy of beauty-loving Libra and intimacy-seeking Scorpio are romantic, relationship-oriented, and natural-born leaders, reflecting the dramatic, emotionally charged, ethereal vibe that this mid-autumn time of year often evokes.

Thank you to all who contribute to our newsletter.

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



HAPPY THANKSGIVING

From seasonal lattes to colorful leaves, there's nothing quite like fall. Although we may miss the warmer weather, this season of harvest and plenty reminds us that there are so many things to be grateful for! An attitude of gratitude is a powerful mental tool to practice positivity and increase our feelings of wellbeing, even with the daylight waning. With Thanksgiving right around the corner, it's the perfect time to remember

things to be grateful for every day.

Whether those things are big or small—and whether they involve family or just a simple seasonal pleasure—they can give you a much-needed boost. Think about your own blessings to create a personalized gratitude list. Try incorporating meaningful Thanksgiving traditions (and even some fun ones) into your own get-together this year and incorporate them into the many things to be grateful for this year and beyond.