Staying Connected

Office 519-438-3525

November 1, 2026



November marks the transition from autumn to winter across Canada. It is generally cold, often wet or snowy, and daylight hours are short. However, November in Canada also offers a mix of cozy seasonal experiences, cultural festivals, and fun days. Early winter sports, autumn nature walks and exploring farmers' markets, pop-up holiday markets, and tasting seasonal Canadian dishes like poutine, maple treats, and hearty stews are some of the activities available across our country.



In November we also celebrate **Remembrance Day and Veterans' Week**. A special time to honour the memory and legacy of fallen Canadians, Veterans and current service members who have served and sacrificed so much for our country.

In Flanders fields.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



SLR COFFEE CHAT 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 November includes: Friday Nov 6 1;30pm, Saturday Nov 14 10:00 am, Friday Nov 20 1:30pm and Saturday Nov 28 10:00 am.**



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 Fanfare 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**



SLRs Next Computer Clinic is Friday Nov. 6th at 1 pm to 2 pm in the Dining Room, Grosvenor Lodge. If you have a challenge with your smart phone, tablet, laptop, or an AI concern, you can bring that digital issue to the clinic and have a keen Western Student volunteer address your specific issue. All you have to do is sign up by sending an email to: slr.computer.clinic@gmail.com. When you register, please mention the digital issue that you wish the student to address so that they can be prepared. If there is more demand than spots, we will strive to schedule more sessions.

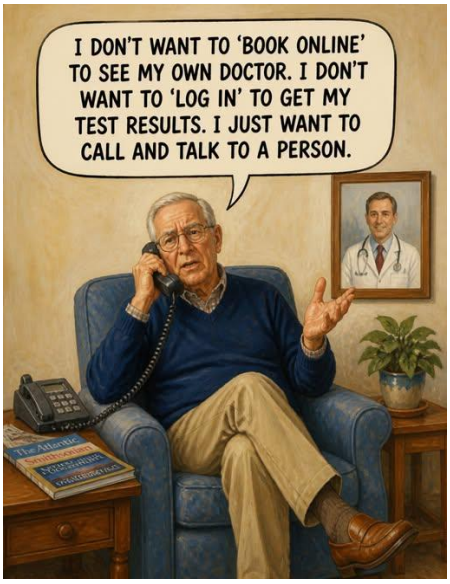


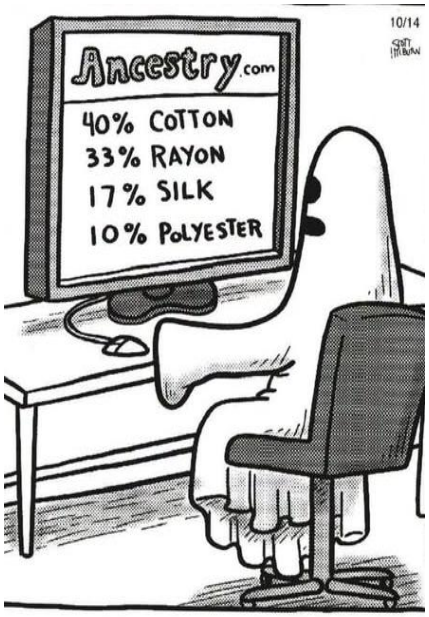
WINTER PROGRAM 2027 -Brochure to be released November 23
WINTER PROGRAM PREVIEW AND Social, Friday, November 27. Registration follows at 5 p.m



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





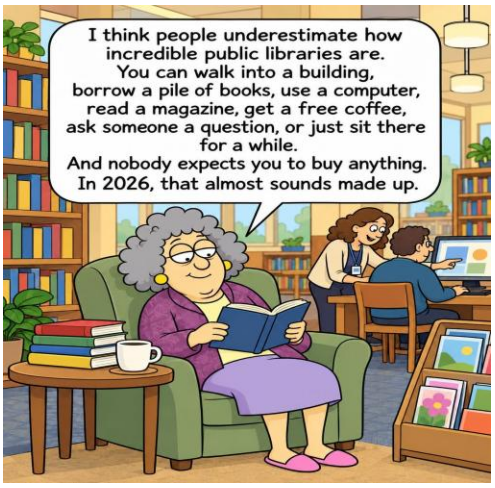








INFORMATION FOR SLR MEMBERS



While you are visiting your favourite library I want to pass on a recommendation for a book about the 1917 Halifax Explosion in Nova Scotia. **When The World Fell Silent by Donna Jones Alward.** This book is a historical fiction and a compelling read.
For the last few weeks, a group of eight SLR members have been involved in the study group **Atlantic Canada** and one of the presentations was about this tragic event in Halifax.



Happy Birthday to all our members born in November

People born in November fall under two zodiac signs — Scorpio (Oct 23 – Nov 21) and Sagittarius (Nov 22 – Dec 21) — and are often described as passionate, determined, loyal, and mysterious, with unique symbols like topaz and the chrysanthemum

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

"Aging is an extraordinary process where you become the person you always should have been." David Bowie