

# WINTER 2019 BROCHURE FOR WEBSITE

## DISCUSSION GROUPS

### **ENCOURAGING THE CONFIDENT TRAVELLER with Phyllis Simner and Ann Walker**

**Monday p.m. 1:30 – 3:30 (Dining Room)**

**January 21 – February 25 (no classes on February 18, Family Day) (5 sessions)**

**Fee \$30; maximum 12 members**

Share your travel knowledge and experience or learn from more seasoned travelers as we explore the whys, wheres, and hows of travel by seniors. The pros and cons of building your own adventure vs. organized tours or cruises. Finding great travel deals. Strategies and resources for solo travelers or those with health or mobility challenges. Top destinations for general travelers and those with specialized interests from birding to lost civilizations.

### **LET'S TALK ABOUT DEATH AND DYING with Susan Booth and Jane Auger**

**Tuesday a.m. 9:30-11:30 (Dining Room)**

**January 22 - March 26; 10 sessions**

**Fee: \$65; Maximum 14 members**

Death is the one great certainty in life and a personal journey each of us approaches in our own way. Let's consider our own unique path with death, dying and grieving by exploring this important although uncomfortable topic. Together we will be posing vitally important questions, sharing experiences, and offering thoughtful observations that can profoundly change the way we live and die.

### **THE PURSUIT OF HAPPINESS with Barb Dorrington and Susan Booth**

**Tuesday p.m. 1:30 - 3:30 (Dining Room)**

**January 22 – February 19; 5 sessions**

**Fee: \$30; Maximum 14 members**

What makes us happy? The general level of one's happiness is affected by many factors, including personality, self-esteem, societal pressures, age and gender. Is happiness based on health and wealth, knowledge (being smart enough), supportive friendships, or being of good moral character? Does money buy happiness? Let's explore together how age, gender, and life's challenges influence our understanding of happiness, especially in our wiser, older years.

### **TALKING GLOBAL ISSUES with George Cranton**

**Wednesday a.m. 9:30 – 11:30 (Dining Room)**

**Session 1: January 23 – February 20 OR**

**Session 2: February 27 – March 27**

**Fee \$30; maximum 14 members**

There are many issues of concern in the world today that cross national boundaries and affect the global community. Examples include trafficking in drugs, weapons or human beings, foreign aid, international trade policy, refugees, terrorism, environmental damage and advances in science and technology. Each week we will explore topics chosen by the group.

### **GOOD MAGAZINE READS with Ros Moorhead and Denise Ritchie**

**Thursday a.m. 9:30 -11:30 (Dining Room)**

**January 24 - February 21 (5 sessions)**

**Fee: \$30; Maximum 14 members**

Each group member brings an article from a recent magazine of their choice to tell the group about, followed by discussion. Topics may vary widely as articles could be chosen from different sources, including online magazines such as Wired and traditional print magazines like Walrus, National Geographic, Maclean's, or The Economist. Here's an opportunity to share and discuss the magazine articles that provoked your interest.

## **ACTIVITY GROUPS**

### **CREATING MINI-PRESENTATIONS with Richard Waring and Lydia Keras**

**Monday a.m. 9:30 – 11:30 (Computer Lab, Kinsmen Recreation Centre, 20 Granville Street)**

**February 25 – April 1 (6 sessions)**

**Fee: \$50; Maximum 12 members**

Learn how to develop, research and prepare a short presentation on any topic you like. Work individually or in a small group. In Kinsman's state of the art computing lab, you will receive instruction and practice in creating an effective 3-5 minute talk using the internet, Word, Power Point and file saving. Then, enhance your presentation skills by sharing your talk with class members. Thumb drive required.

### **DRAWING: LEARNING NEW SKILLS & IMPROVING EXISTING SKILLS with Sally Glanville**

**Tuesday a.m. 9:30 – 11:30 (Coach House)**

**January 22 – March 12 (8 sessions)**

**Fee: \$50; Maximum 10 members**

Drawing ability largely rests upon developing one's observation skills, combined with some use of diagrams and proven learning aids. This course will focus upon observation and some "tricks of the trade." Basic principles such as tone, contour and line variation and composing a pleasing arrangement will be covered. Still life setups will provide examples for members to work from. A list of required supplies will be provided.

**Suggested reading:** “Drawing on the Right Side of the Brain” by Betty Edwards (available at London Public Library). Upon completion of this course, participating members should feel better equipped to tackle any art project.

**PODCAST 101 with Shari McNeill**

**Tuesday 1:30 - 2:45 (Coach House)**

**January 22 - February 12 (4 sessions)**

**Fee: \$25; Maximum 10**

Podcasts are free audio programs on the Internet. There are podcasts out there covering almost any topic that you can imagine. Together, we'll explore this vast podcast universe. Learn how to download them to your phone or tablet, including how to get them play on your car radio.

**DOCS AND SNACKS with Diana Lloyd and Jane Skinner**

**Wednesday 9:30 - 11:30 (Drake Room)**

**January 23 - March 27 (10 sessions)**

**Fee: \$65; Maximum 19**

With the increasing popularity of documentary film making, we will be offering a choice of docs each week to participants who are interested in this form of journalism, advocacy or personal experience. We will be viewing stories that are compelling and provocative. During the coffee break, snacks supplied by group members will add to the enjoyment as we discuss the weekly doc.

**BE A PLAYER with John Husband**

**Thursday 1:30 - 3:30 (Dining Room)**

**January 25 – April 4 (no class February 14, Founders' Lunch) (10 sessions)**

**Fee: \$65; Maximum 16 members**

This is a “learn by doing” improv acting class. Skills developed in the workshop will be applied in rehearsed readings of duologues or short plays to be presented in the last two classes. The classes help develop confidence and presentation skills and are great fun.

**UKE IT UP with Noële Hall**

**Friday p.m. 1:30 - 3:30 (Coach House)**

**January 25 - March 29 (10 sessions)**

**Fee: \$65; Maximum 12 members**

Learn to play the versatile little four-stringed ukulele. Together we will learn a little strumming, a little finger picking, and even a few cool solos! Absolutely no musical background or ability to read music is required. Bring a ukulele, music stand, and the Hal Leonard Ukulele Method Book1, Audio Access version. (Purchase at Long and McQuade, \$15.95).

## INTEREST GROUPS

### **FRIENDS OF THE HYLAND with Mary Evans and Helen Bullas**

Continued from Fall Term to June 2019

Meets 2<sup>nd</sup> Sunday of the month for early matinee at Hyland Theatre, followed by lively discussion at a local restaurant.

### **COMPUTER CLINIC with Western Students and Jean Surry**

Tuesdays, 12:00 noon – 1:00 p.m. and Thursdays, 3:00 p.m. – 4:00 p.m.

January 22 – March 28 (no clinics February 19 or 21)

Here's a great opportunity to expand your IT skills. Western student volunteers are matched with SLR members to provide one-on-one assistance at Grosvenor Lodge. Bring your laptop, tablet or smart phone and your questions. Weekly registration: slr.computer.clinic@gmail.com

The following interest groups begin in the Fall Term and continue on to June 2019. The groups are currently full, but if interested, please check with the SLR office to see whether there have been any withdrawals.

### **PHOTOGRAPHY CLUB with Jeff Keenor**

Continued from Fall Term to June 2019 **(FULL)**

1<sup>st</sup> Thursday of month, 11:45 – 1:00 p.m.

### **RECORDER ENSEMBLE with John Morgan**

Continued from Fall Term to June 2019 **(FULL)**

Meets every other Thursday 2:00 p.m. - 3:30 p.m.

### **GINA BARBER SLR SINGERS with Susan Jones and Mike Zadorsky**

Continued from Fall Term to June 2019 **(FULL)**

Friday a.m. 11:45 - 1:00

### **JULIET with Judi Emery, Lynn Hamilton, Lydia Keras and Diana Lloyd**

Tuesday p.m. 12:00 – 2:00 p.m. **(FULL)**

January 18, February 15, March 15, April 12 (4 lunches remaining)

### **ROMEO with John Husband**

Wednesday p.m. 12:00 – 2:00 **(FULL)**

January 16, February 13, March 13, April 17 (4 lunches remaining)

## SOCIAL EVENTS

Please pay for these separately

### **FESTIVE BANQUET**

**Thursday, December 6 at 12:00 noon**

**Highland Golf and Country Club**

**1922 Highland Heights (west of Ridout on Commissioners Road)**

**Cost: \$25**

This is a not-to-be-missed annual SLR tradition as we dine in style during the festive season. Share stories and camaraderie with friends while we enjoy a three-course meal and are entertained by the SLR Gina Barber singers and Brenda's famous jokes.

### **FOUNDERS' DAY LUNCH**

**Thursday, February 14, 12:00 noon**

**Highland Golf and Country Club**

**1922 Highland Heights (west of Ridout on Commissioners Road)**

**Cost: \$25**

We return to one of our favourite venues to celebrate our 24<sup>th</sup> anniversary. Spectacular views of the city from the dining room and a delicious three-course lunch make this the ideal choice for the Founders' Day event. Our guest speaker will be Brian Salt, of Salthaven, who will do a presentation on this unique wildlife haven providing rehabilitation to sick, injured or orphaned animals and birds.

### **GAMES NIGHT AT GROSVENOR LODGE**

**Wednesday, March 20, 6:00 - 9:00 p.m.**

**Grosvenor Lodge**

**Cost: \$10**

Celebrate the end of winter by joining fellow SLR members in a games night where you can participate in a social gathering where games will be set up to provide entertainment and a springboard for conversation. Have fun testing your skills as you nibble on snacks and make new friends while learning new games in this the first SLR evening at the Lodge.

## **MARK YOUR CALENDARS**

### **MODERATOR/FACILITATOR TRAINING**

**Monday, Nov 26, 10:00 – 12:00 noon**

### **WINTER PROGRAM PREVIEW AND REGISTRATION**

**Wednesday, Nov 28, 1:30 – 3:30 (Doors open 1:00; Presentations begin 1:30 sharp)**

**Siloam United Church, 1240 Fanshawe Park Road East**

Listen to the moderators and facilitators describe their courses and activity groups, and then be among the first to sign up. Our Program Previews are lively and fun, with each moderator or facilitator trying to convince you that his/her course is the right one for you. A chance to socialize and enjoy free coffee and cookies.

### **WINTER OPEN HOUSE AND REGISTRATION**

**Thursday, January 10, 10:00 a.m. – 1:00 p.m.**

This is your last chance to register for the Study, Activity, Discussion and Interest Group(s) of your choice and talk with the moderators and facilitators. It's also a time when current members can co-register (see policy under Registration Information). A short information session will be presented for prospective and current members who would like to get an overview of SLR and discover all we have to offer. As usual, refreshments are free. Everyone is welcome - and don't hesitate to bring your friends.

### **PRESENTATION WORKSHOP**

**Thursday, January 17, 10:00 a.m. – 12:00 noon**

This workshop is designed to take all the worry out of making a presentation. All are welcome – newcomers and current members – who want to improve their presentation skills, including PowerPoint. You will receive advice on researching, preparing and presenting your topic. All this at no cost!

### **SPRING 2019 PROGRAM BROCHURE**

Our brochure with the Spring 2019 selections will be available late March. The Spring term begins the week of April 22<sup>nd</sup>.

### **SOCIAL EVENTS (See Social Events for details)**

- **FESTIVE BANQUET, Thursday, December 6, 12:00 noon**
- **FOUNDERS' DAY LUNCH, Thursday, February 14, 12:00 noon**
- **GAMES NIGHT AT GROSVENOR LODGE, Wednesday, March 20, 6:00 - 9:00 p.m.**

## **REGISTRATION INFORMATION AND POLICIES**

In the spirit of fairness for both current and new members and also to reduce the workload of our volunteer registration staff, we are making the following changes to the registration process:

- Registration opens upon distribution of the brochure.
- All registrations received in the office after the brochure is distributed will be placed in the order received, but will not be processed until after the Program Preview.

- At the Program Preview, AFTER the presentations are over, completed registration forms will be reviewed by an Ambassador for completeness before payment will be accepted.
- Registration forms will then be numbered in the order the reviewed form and payment are received by the Treasurer.
- After the Program Preview, the office will interleave those received at the Program Preview with those received prior, thus assuring a level playing field for both current and new members and keeping volunteer work at a minimum.

After the Program Preview, all registration forms with payment can be sent either by mail or dropped off in the SLR locked mailbox located on the 1<sup>st</sup> floor foyer of Grosvenor Lodge. They can also be handed in at the Open House. (For the date, time and location of the Program Preview and Open House, see the [Mark Your Calendars](#) section in the brochure and/or visit [www.slrlondon.ca](http://www.slrlondon.ca).)

Credit card, cheque or cash payments are all acceptable at Program Previews and Open Houses. Cheques are acceptable at all times and are made payable to [SLR London](#).

Note: We are unable to process post-dated cheques. Please do not send cash through the mail.

Registration is complete only when full payment has been received by SLR.

## **MAILING ADDRESS**

**Society for Learning in Retirement**  
**Grosvenor Lodge**  
**1017 Western Road**  
**London, ON N6G 1G5**  
**519-438-3525**  
[slrlondonontario@gmail.com](mailto:slrlondonontario@gmail.com)  
[www.slrlondon.ca](http://www.slrlondon.ca)

## **CO-REGISTRATION POLICY**

To guarantee a place in a Study, Activity or Discussion Group, payment is required for each course at time of registration. If, however, there is space available in another course you would like to take AND you have already registered and paid for at least one course of equal or higher value, you may apply for the additional course AT OR AFTER the Open House or Program Preview at no charge by going to the Co-Registration table to submit your request. You may also make your application by email or telephone at any time following the Open House or Program Preview.

Applications will be processed the week prior to term commencement and all applicants will be contacted as to the status of their applications.

## **REFUND POLICY**

No refunds are issued for annual membership fees.

If SLR cancels a program, a full refund is issued.

Refunds will be issued if a withdrawal occurs prior to the commencement of the program. Refunds are subject to a \$5.00 administration fee.

No refunds will be issued after the first week of classes.

Exceptions will be considered for medical or compassionate reasons.