

Western Retiree Chapter Newsletter



January Events

January 8, 1:00 pm - Book Club will meet at the [Convergence Centre](#) at the Western Discovery Park. January's book is 'Tom Lake' by Ann Patchett.

January 14, 9:30 am - Coffee/Breakfast Club will meet at [Pur & Simple](#) (Masonville).

January 15, 1:00 pm - Euchre Club will meet in the main floor meeting room (across from the Black Walnut Café) in the [Convergence Centre](#) at the Western Discovery Park.

January 22, 10:00 am - Our cold January walk will see us indoors at the [StarTech Community Centre](#). Located at 501 Southdale Road West, this spacious facility offers a walking track. Please bring your indoor shoes as outside boots are not welcome in the fitness area. After our walk, we will gather for a treat or warm cuppa at the facility. Parking is free. Details attached.

Upcoming Western and Community Events

January 6 – March 26, 2025 – Kindred Spirits Exhibit @ D.B. Weldon Library

Celebrating Lucy Maud Montgomery's 150th birthday, the exhibit features 37 handcrafted books and book arts objects by the Canadian Bookbinders and Book Artists Guild. Learn more [HERE](#).

January 29 – 12 noon

Grand Theatre Matinee and Tea Talk - [Heist](#)

The Grand's next show is Arun Lakra's [Heist](#), an edge-of-your-seat action-thriller! Their special 'Tea Talk' performance is scheduled for Wednesday, January 29 with a pre-show discussion starting at 12pm (including a complimentary coffee/tea and cookie) and matinee performance at 1pm. WRC members are welcome to purchase a ticket for this show through the Box Office (in-person or call 519-672-8800) or online at grandtheatre.com/event/heist.

A subsidized ticket rate is available for seniors/groups who may be experiencing financial barriers to accessing full-priced tickets (from \$24-\$96). Simply reach out to Breanne Ritchie at britchie@grandtheatre.com to ask for a promocode for this performance.

February 20, 5 – 7:00 pm - Cognitive Caregiving: Empowering At-Risk Individuals and Dementia Caregivers through Neuroscience.

Museum London

Registration is required

This exciting event, organized by Neuroscience graduate students at Western University, aims to provide valuable insights into how our research about the brain and mind can benefit the London community.

The first part of the event will feature poster presentations from students highlighting their research on the brain and aging, art pieces related to the brain and aging, and booths from community organizations with resources around aging and dementia. Whether you are at risk for dementia, a caregiver, or simply interested in the topic, this event is for you!

Event Highlights:

- **Science and Community Booths:** Explore booths from Western University and the community, offering information about aging with ease, prevention strategies for dementia, community resources, science, cognitive testing, and more.
- **Poster Session:** Graduate and undergraduate students will present their research on aging, dementia, memory, Alzheimer's, and related topics in an accessible format. A \$200 prize will be awarded for the best poster.
- **Keynote Lecture:** Hear from a renowned Alzheimer's researcher on how to incorporate neuroscience research into your daily life and caregiving.
- **Brain Art Exhibit:** Enjoy creative works inspired by neuroscience, with submissions from individuals across all Western University departments and career stages. A \$200 prize will be awarded for the best neuroscience art.
- **Hors d'oeuvres:** Complimentary for all registrants.

May 12 - Pelee Island – An Ontario Getaway

Explore the hidden side of Pelee Island, known for its rare ecosystems, birding opportunities, and quiet charm. Visit lesser-known sites, uncover local history, and enjoy the island's natural beauty. Highlights include guided walks through unique landscapes, a look at Pelee's cultural heritage, and time to unwind in peaceful surroundings. Experience a blend of nature and community on this memorable journey.

Learn More and Register [HERE](#).

See you soon!

WRC Executive

Debbie Acton (Co-Chair), Carol Down, Najet Hassan, Karen Marshall (Co-Chair), Julie Nichols, Jacquie Rose (Manager, Alumni Partnerships), Mary Stucin, Nancy Wellard

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