

# Western Retiree Chapter Newsletter



## **REMINDER**

It's that time of year again to renew your annual membership. Get ready for another fantastic year with our Chapter for a mere \$25! Don't let your membership lapse and risk missing out on all the fun (and important updates, of course). Think of it as the price of a good cup of coffee each month - only this comes with the added bonus of staying connected with your wonderful colleagues. Head over to our [online membership registration page](#) and renew before May 31!

Here are the events our group offered this year in addition to the regular meetings of the Coffee Club, Euchre Club, Book Club and Walking Club:

The past year has been busy for WRC – some recent events included:

- Holiday luncheon, St. Patrick's Day lunch, Grad Club happy hour and lunches at various London restaurants
- Tours of the Nursing Simulation Suite, Entrepreneurship and Innovation building, Anderson Brewery, and London Brewing Co-Op
- Bird Watching lecture, and Gardening workshop

We also provided connections for our members to other activities, events and programs:

- Theatre productions at Mirvish, Grand Theatre, Stratford Festival, Palace Theatre, and events like the London Air Show, and Blue Jays games
- Life-long Learning opportunities including the Seniors Learning in Retirement program, as well as workshops and lectures by various departments on campus (McIntosh Gallery, Cronyn Observatory, Faculty of Music, Departments of Psychology and History)
- Discover the World Travel Program
- Senior Alumni Program Lecture Series
- Access to events hosted by Western Alumni

Please check out the upcoming May events listed below. New members are always welcome to attend any or all of the events.

### **Events**

**May 7** - Book Club will meet at **1:00 pm** at the Convergence Centre. This month's book selections are *Five Little Indians* and *The One in a Million Boy* (from April's meeting).

**May 13** - Coffee/Breakfast Club will meet at **9:30 am** at Pur & Simple at Masonville. This casual breakfast gathering has been a staple since our chapter was formed and is well attended. Come and meet up with former colleagues!

**May 21** - Euchre Club will meet at **1:00 pm** in the main floor meeting room (across from Black Walnut Cafe) at the Convergence Centre.

**May 28** - Walking Club will meet at **10:30 am** at Gibbons Park.

Driving Directions: Parking lot near Victoria Street.

Walking Directions: From Gibbons Park to Riverside Drive and return.

Difficulty: Easy or moderate. Go at your OWN pace!

Time: About one hour.

Particulars: Circular route around the river and over bridges. Dress for drizzle or sunscreen!

Post-walk social: bring a chair and a drink to enjoy the park and company, weather permitting.

### **Upcoming WRC Events**

Here are a few events that we are continuing to work on:

Member appreciation event - June

Trivia Night

Tour of the 100 Kellogg Lane complex including Canada's first  
['Hard Rock Hotel'](#)

### **Highlight: WRC Walking Club**

Each month we hope to highlight one of our regular clubs. This month, it's the Walking Club. *(Submitted by Julie Nichols)*

The Walking Club, organized by the Western Retiree Group, is a delightful and informal gathering of individuals who cherish the joy of walking, socializing, and exploring diverse locations within the city. This club convenes once a month, offering members the opportunity to engage in a leisurely walk that typically does not exceed an hour in duration. Participants are encouraged to walk at their own pace,

allowing them to enjoy the company of both new and familiar faces as they traverse various scenic routes.

**Meeting Locations:** The Walking Club prides itself on the variety of locations chosen for the monthly walks, ensuring that members experience a fresh and dynamic environment each time. From June 2024 to May 2025, the walks took place in an array of outdoor and indoor venues, accommodating the changing seasons and weather conditions.

### Outdoor Locations

- **Springbank Park:** Nestled along the Thames River, Springbank Park offers a picturesque setting with lush greenery and serene water views.
- **Gibbons Park:** Known for its tranquil ambiance and beautiful trails, Gibbons Park provided a peaceful retreat for walkers.
- **Victoria Park:** A central urban oasis, Victoria Park's vibrant atmosphere and well-maintained paths made it a popular choice.

### Indoor Locations

- **BMO Centre:** When the weather was less favorable, the BMO Centre's expansive indoor space allowed for comfortable walking.
- **Masonville Mall:** The mall's spacious corridors and lively environment provided an enjoyable indoor walking experience.
- **Star Tech Community Centre:** This modern facility offered ample room for walking and socializing in a climate-controlled setting.

**Social Interaction:** One of the key highlights of the Walking Club is the opportunity for social interaction. Members have the chance to reconnect with old friends and make new acquaintances as they walk.

This aspect of the club fosters a sense of community and belonging among retirees, enhancing their overall well-being and enjoyment.

Hope to see you out at one of our walks soon!

**Member Benefits:**

Columbia Employee Store shopping opportunity **May 16 – June 8, 2025**. Save 40% off retail price. See the attached for all the details.

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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