



A message from your Convention Convenor & Registrar.
Dear Members.

It's that time of year again when we're thinking about our annual Convention, reminiscing about the past and looking forward to our **Jubilee Celebration coming in June**. Our theme this year is "Chalk to Change"! A copy of this Year's Registration Form can be found in the March issue of Connections. Beginning in early March you can also find the Registration Form on our Provincial Webpage under the CONVENTION dropdown menu. We encourage using the preferred online registration form. It is a faster and free way to register with no fear of being lost in the mail.

Using e-transfer to send the registration fee is also a fast and secure way to send your registration Fee. The email address to use for you e-transfer is **rwtoregistrarcon2026** There will also be instructions for booking rooms starting in early March, using a new and secure booking program.

Best wishes from this year's convention committee.

Judy Massey Convenor and Jane Macdonald Registrar

ENTERTAINMENT

Tuesday Evening

Get ready for an informative address from our guest speaker and then warm up your voices to join your friends or sing on your own during a fun evening of Karaoke.

Wednesday Evening

Sit back and relax as the choir of London/Middlesex Branch performs for you!

HELPFUL CONVENTION INFORMATION

FREE WELLNESS FAIR

Join in on Tuesday June 2nd from 10am – 3pm and visit our free Wellness Fair. Over 200 participants/vendors have registered to be part of this exciting and informative event! All are welcome. Hope to see you there!

STAYCATIONS

Super Aging with Angela Roberts

Principal Investigator, Assistant Professor Co-Director, Collaborative Specialization in Machine Learning in Health and Biomedical Sciences Canadian Super Aging Research, School of Communication Sciences and Disorders - Western U **FREE**

Skincare for Aging Skin

Help Prevent premature skin aging with a scientifically proven skin care regimen called the "Mary Kay Miracle Set." Let me teach you how you can have this too! **FREE**

Guided Walking/Hiking

Step out from the doors of **Clare Hall** and into a 1-hour walking tour that blends history, architecture, and nature. This guided hike follows the course of Medway Creek to the north branch of the Thames River. Learn about the history of the area (First Nations settlements) as well as the natural history of the biome. Hikers need to have a moderate level of fitness, (hills/steps) and wear suitable hiking footwear. *Hike is dependent on suitable weather/trail conditions (a campus walk might be substituted if conditions are wet).*

Max: 12 people FREE

Aging & Optimism with Jean Hewitt

Jean's belief in the need for seniors to be involved in interactive learning led her to begin a senior learning organization in Stratford. She is currently involved in the 'Super Aging' project at the University of Western Ontario. Come and hear about these amazing programs. **FREE**

TOURS

Port Stanley Adventure

Join us for a delightful trip to the charming beachside town of Port Stanley! This relaxing trip is the perfect chance to enjoy scenic views. Stroll along the main streets, browse unique local shops, and enjoy a delicious meal (not included) at the restaurant of your choice. With comfortable transportation and a leisurely pace, this outing is designed for enjoyment and ease. Walking required.

Cost: \$60 Limit: 39 max. Level: All.

Heeman's Greenhouse.

Attention Gardeners!

First stop will be at Kantana Kafe where you can enjoy the included lunch while watching flights at the local airport, then off to **Heeman's Nursery**, with 300 acres of "planty goodness". You can stroll through beautiful plants, explore seasonal displays, buy local produce, and enjoy a touch of nature at your own pace.

Cost: \$90 Limit: 39 max Level: All

Pinecroft Relaxation:

Enjoy a relaxing and scenic afternoon at **Pinecroft in Elgin County!** Travel in comfort as we journey to this charming destination, where you'll have time to browse a unique Gallery and Gift Shop, Pottery Studio, and indulge in a delicious meal (included) at the Green Frog Tearoom, Pinecroft's renowned restaurant. Located in an original cabin built in 1934, it overlooks an expansive pond which attracts a great variety of wildlife. It's a wonderful opportunity to socialize, unwind, and savor a pleasant afternoon out.

Cost: \$100 Limit: 39 Level: All.

London Charm

Discover the charm and history of **London**, on this enjoyable tour through the city! Travel comfortably as we explore notable landmarks and scenic neighborhoods, with highlights including a guided visit to the historic **Eldon House**, one of London's oldest and most beloved heritage homes. We'll start the afternoon with a stop at Covent Garden Market giving you time to choose your own lunch (not included) and explore. With additional points of interest along the way, the tour offers a perfect mix of culture, history, and leisure for a memorable afternoon out.

Cost: \$75 Limit: 39 max Level: All

See You June 2nd in London