



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 **rwtoeregistrarcon2026** 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