



Next Meeting: Tuesday, March 19

Our next meeting is Tuesday, March 19 at 2:00 pm at The Polish Hall, 554 Hill Street, London. Our presenters and topics will include:

- Bill Brady, a London radio legend, who will reminisce about his time on the air in his presentation "Remembering is a Lifesaver"
- Devon Mota from Meals on Wheels London, who will speak about the Meals on Wheels program in our community
- Amber Lloyd Langston, Curator of Regional History, who will talk about Museum London. Amber has a Master's in Museum Studies from U of T and a PhD in History from the University of Ottawa. Additionally, she teaches for the Ontario Museums Association and Western's Public History program

Navigating Retirement has also arranged guided tours of Museum London. More details will be available at our meeting.

Thanks in advance to Carole, Holly and Monika from the Village at Glendale Crossing who will be partnering with us and providing snacks for the meeting!

Reserve Your Spot: You can reserve your spot or book a table by replying to this email at: navigatingretirement010@gmail.com.

Monthly Charitable Door Prize

At all of our meetings, one guest is eligible to win a draw for a \$100 donation to the registered charity of their choice. The last winner was Carol and she selected The London Health Science Centre to receive the funds.

Submission to City of London on Property Tax Deferral

Navigating Retirement made a submission to the City of London budget process. It is our view that the ability to pay should be a consideration so that low-income seniors are not given a bill they cannot afford. Our submission resulted in interviews with CBC Radio and Radio 98. We also had the opportunity to meet Deputy Mayor Lewis, Councillor Anna Hopkins and Councillor Corrine Rahman.

Cities such as Toronto, Burlington and Ottawa have initiated some level of tax relief for lower-income seniors. Toronto had 8300 successful applications. London allows individuals dealing with extreme poverty to apply for property tax relief under Section 357 (1) (d) (ii) of the Municipal Act. Last year only two London residents received relief. This suggests that insufficient people are aware of the program and the criteria is too restrictive. We are hopeful the City of London will study the issue and offer property tax relief to lower-income seniors.

Age-Friendly Update

CALL FOR PARTICIPANTS - NUTRITION & AGING LAB, UNIVERSITY OF WATERLOO

Do you want to learn tips on how you can improve your nutrition? We are looking for care partners and persons with memory problems, cognitive impairment or dementia to participate in a study. Over 3 visits you will:

- Answer questions about your health and nutrition
- Complete weight, height, and muscle assessments
- Record what you eat for 1 day
- Talk with a dietitian on how you can improve your nutrition
- Visits can happen at home if you prefer. And in appreciation of your time, you will receive a \$25 grocery or pharmacy card or gift of equal value

For more information contact: Nutrition and Aging Lab, University of Waterloo

Phone: 519-888-4567 ext. 41470 or email screen.study@uwaterloo.ca.

Update: London Results in Ontario 55+ Winter Games

Once again, London had the largest delegation to the Ontario 55+ Games for the 2024 Winter Event.

We had 103 participants registered for 9 events (there was no 10-pin bowling), and then Nordic skiing was cancelled due to lack of snow. Here's how we fared in medal wins:

- Volleyball - 3 gold medal teams and 3 silver medal teams
- Prediction Skating - 2 gold medals - Men's & Women's
- Women's 60+ Hockey – 1 gold medal
- Badminton —1 gold medal and 1 bronze medal
- Alpine Skiing - 3 gold medals and 1 bronze medal
- Table Tennis - 1 silver medal and 1 bronze medal

A total of 10 gold medals, 4 silver medals and 3 bronze medals for the London delegation – great job and congratulations!

Bridge Options in the London Area

Duplicate Bridge:

- London Bridge Club - Annual Membership required. Fee with membership \$8.00. South London
- Westmount Presbyterian Church - Wonderland Road (just north of Westmount Shopping Mall). No membership fee. Drop In Fee \$5.00. Wednesday 9am -12pm
- Kiwanis Senior Centre - Wharncliffe Road / Horton. No membership fee. Drop In Fee \$5.00. Saturday mornings

Contract Bridge — Drop In:

- South London Community Centre - No membership required. Fee \$3.00. Wed 12:30pm to 3:30pm
- Byron United Church – Drop In (Co-ed) - Baseline / Boler Road / Bryon - No membership required. Fee \$3.00. Mondays 11:30am to 3:30pm
- Byron United Church —Drop in (Men's Bridge) - Baseline / Boler Road / Bryon - No membership required. Fee \$5.00. Fridays 12pm until 3:30pm

You will find that most bridge options provide beverages / light snacks covered by the fee charges along with cash prizes for top 3 player placement.

More Repair Café Dates Announced

Repair Café is a global movement to reduce waste and build skills and community. They host events where they fix your broken things for free. You bring in an item that needs fixing and have it repaired while you sit and learn repair skills. They mend clothes and jewelry, as well as lamps, bicycles, microwaves, food processors, and lots more. Thanks to their awesome team of volunteer "fixers", more than half of all the broken items that are brought in get repaired!

The Reimagine Institute for Community Sustainability (the organization who organizes the events) is pleased to announce more Repair Café dates in London over the coming months. These events will take place at library branches and also at Cherryhill Mall and Glen Cairn Community Resource Centre.

[Click here for more details...](#)

2024 Spring Meeting Schedule

- April 9, 2:00 – 4:00 pm
- May 14, 2:00 – 4:00 pm

Summer Break: June to September

We are assembling a list of speakers on various topics of interest to London retirees. If you have any input or suggestions on topics or speakers for future meetings, send an email to:

navigatingretirement010@gmail.com.