



**November 2023
BELLRINGER
E-BLAST**

Helen Reid - Editor, President president37@districts.rtoero.ca
Facebook <https://www.facebook.com/RTOERODistrict37Oxford/>
Website <https://district37.rtoero.ca/>

October Luncheon Highlights

Click on the link below to see highlights from our October Luncheon. Thank you to Karen for taking the pictures.

<https://flipbookpdf.net/web/site/bc5f973ad43cd57fc681e136febae1c65d0f627d202310.pdf.html>

Still time to join Chair Yoga (via Zoom) with John this Fall.



The dates are: Nov 8, Nov 29, Jan 10, Jan 24, Feb 14, Feb 28, Mar 20, Apr 3, May 15. *EVERY SESSION WILL BEGIN AT 10 AM.* Click the link and fill out the form below indicating (to the best of your ability) which sessions you will likely be able to attend.

<https://forms.gle/XG5eCsYRr5qW7XHf7>

Nutrition for Diabetics and Pre-diabetics Workshop

This session will run virtually on Wednesday, November 15 at 10:00 a.m. [Jesse Leduc, Woodstock General Hospital Dietician](#), will be presenting and will cover the following topics:

1. Defining Diabetes
2. The ABCDE's of Diabetes
3. Factors that affect Blood Sugars
4. The Relationship between Blood Sugars and Food, Stress, Smoking and Drinking

Complete the registration by clicking on the link below.

<https://forms.gle/rMMNoXrMJHhQZiRV9>

Attention to all those who attended the Bob McDonald “The Future is Now” presentation on September 25th

You are eligible to enter a draw for one of the five books District 37 purchased. Send your name to Helen at rtoeroxford@gmail.com We will place the names in a hat and deliver the book to your home.

See next page for invitation to the next Columbia Shop for Nov 10th - Dec 3rd
Remember to take the invitation with you.

GOLDEN TICKET

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**EXCLUSIVE INVITATION TO THE COLUMBIA EMPLOYEE STORE FOR:
Retired Teachers of Ontario - District 37 Members (Oxford)**

ITEMS MARKED WITH EMPLOYEE STORE PRICING

VALID DATES	WHAT TO BRING	LOCATION	HOURS
<p>11/10/2023 - 12/03/2023</p> <p>VALID FOR YOU + 4 GUESTS</p>	<ul style="list-style-type: none"> THIS INVITATION PHOTO I.D. PROOF OF AFFILIATION <i>business card membership card company email signature pay stub original email other form of affiliation</i> 	<p>1-1425 Max Brose Dr London ON, N6N 0A2</p>	<p>Holiday Hours Begin 11/4 MON-FRI: 9AM - 9PM SAT: 9:30AM - 7PM SUN: 10AM - 6PM *check online for latest hours*</p>



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Questions? Please email: LondonEmployeeStore@columbia.com

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