

Vision: All third agers living meaningful and happy lives.

Mission: Provide learning and enrichment activities and programmes for third agers.

Learning Communities: Members meet at monthly learning sessions on a specific subject

Issue 31

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Jul 2017



BIZHUB UPDATE

Earlier this year there was an initiative to set up BIZHUB, a platform for SACE members who wish to provide a product/service to other members. A committee was set up comprising of Dennis Carroll, Alan Choo, Mak Chee Feng and Gwen Ling. Shortly after this the SACE board approved this initiative and provided advice and financial support to this effect. On the 19 April, we had the official launch of BIZHUB and the opportunity was given to members to register. The event was very well attended with over 40 members making it. As a result, and to date we have more than 10 successful registrations with a range of products/services being made available. The next move is to give these members an opportunity to present and promote themselves.

On Saturday 8 July at 2pm there will be a showcase and promotional event at Chinatown Point and all are invited to attend and get to know more about these products/ services. This is also an opportunity for us all show our support and encouragement. The event is planned to go on until 5pm and refreshments and snacks will be available to all.

All are welcome! Do join us.

Problems, Issues and Concerns in Caring for Seniors

Holistic Health Learning Community

On 15 Jul 2017 Margaret Au, Director of a nursing home will speak to us on caring for our seniors. She has Master of Gerontology, SIM University (Singapore); Bachelor of Applied Science (Nursing), Curtin University, Australia; and Certificate in Pedagogy of Teaching, National Education Institute, Singapore. She will also be conducting a Caregiver Skills for Seniors course covering:

- Ageing Process and Caregiving
- Person-centred Care
- Falls Prevention and Mobility Equipment
- Infection Control and Toileting
- Food Safety, Nutrition and Health
- Skin Care and Hygiene

- Health Monitoring & Medication
- First Aid and Medical Emergencies.

Facilitator: Dennis Carrol

Night Photography Field Trip – Marina Barrage

Photography Learning Community



Shutterbugs, get your cameras and head for Marina Barrage roof top lawn, 6pm on 13 Jul 2017 for a night photography practice session.

Facilitator: To Chee Kan

• Karaoke & Singalong



De-stress and singalong on Sunday 16 Jul 2017, 3 pm – 6 pm at our Peninsula Plaza Activity Room.

Facilitator: Trevina Wan

• Rummikub Game Sessions

Join an increasing crowd at our popular Rummikub sessions to both exercise your mind as well as catch up with old friends or make new ones. Saturday sessions take place 2 pm-5pm at Chinatown Point on 1 & 15 Jul 2017. We also have Rummikub sessions every Tuesday morning at Peninsula Plaza activity centre, 9.30pm -12.30pm.

Facilitator: Leow Kee You

• Stone Art Decoupage Handicraft Learning Community



On 17 Jul 2017 interested participants will be able to exercise their creative skills in creating original art pieces on stone which can serve as decorative art pieces or act as paper weights. Material costs may apply.

Facilitator: Serene Low

Seafood Galore

Foodie Learning Community

Dancing Crab Restaurant exudes the spirit of Louisiana dining, which evokes a casual, lively and vibrant atmosphere. It serves a mix of robust country-style Cajun seafood and the distinctive richness of Creole cuisine is a refreshing American counterpart to any city with a preference for seafood and rich flavours. We will dine at the Dancing Crab Restaurant in VivoCity #03-10, 1 Harbourfront Walk, Singapore 098585. Tel: 6222 7377

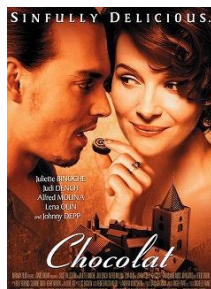


Facilitator: Henry Lim

Chocolat - Film & Discussion

Peaceful Warrior Learning Community

When mysterious Vianne and her child arrived in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on



the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop. Join us on 20 Jul 2017 to view this academy award nominated movie for best picture.

Facilitator: Quek Joo Hock

2D1N Durian/Malacca Trip

Travel & Trips Learning Community

Over 30 members and friends have signed up for this delightful getaway on 22 & 23 Jul 2017. Meet at Newton carpark at 8 am sharp. Nearest MRT Newton Circus. Let your hair down, take care of each other and have a pleasant trip.

Facilitators: Dr Chan Choon Hian

Ramble: Haw Par Villa – Singapore Theme Park

Nature Ramble Learning Community

Embark on an unforgettable journey into Chinese folklore and mythology

at the Haw Par Villa theme park. Five things you never know of Haw Par Villa – 1. From Tiger Balm to Haw Par Villa 2. The Real Haw Par Villa 3. The Legendary Tiger Cars 4. The Japanese Watch Tower 5. The Hauntings of Haw Par Villa remain today



Facilitator: Julie Lim

U3A Singapore welcome you to join us

Enrich: improve your quality of life

Engage: share with like-minded people

Enjoy: talks, rambles, visits, trips, etc.

Learn: for fun and enrichment

- no prior knowledge needed

- no academic joining criteria

- no examinations

Join only those groups that interest you

Start a group in your area of interest

Contribute by volunteering your help

Extend your network, make friends

Maintain your mental fitness

U3A Singapore July 2017 Activities

Date	Event	Venue	Time	Fee Members/Guests
1 Jul	Rummikub Game Session 1	Chinatown Point	2 pm – 5 pm	Free/\$5
8 Jul	BizHub Showcase and Promotion	Chinatown Point	2 pm – 5 pm	Free
Every Tue	Rummikub Game Sessions	Peninsula Plaza	9.30 am – 12.30 pm	Free
Every Wed	Video Talks & Discussion	Peninsula Plaza	2.30 am – 4.30 pm	Free
13 Jul	Night Photography Field Trip	Marina Barrage	6 pm onwards	Free
15 Jul	Holistic Talk – Problems, Issues and Concerns in Caring for Seniors	Chinatown Point	11 am – 1 pm	Free/\$10
15 Jul	Rummikub Game Session 2	Chinatown Point	2 pm – 5 pm	Free/\$5
15 Jul	Foodie Rendezvous – Seafood Galore	Dancing Crab Restaurant VivoCity	6 pm	Self-pay
16 Jul	Karaoke Singalong Session	Peninsula Plaza	3 pm – 6 pm	Free
17 Jul	Stone Art Decoupage	Peninsula Plaza	3 pm – 5 pm	Free (material cost)
20 Jul	Film & Discussion: Chocolat	Peninsula Plaza	7 pm – 9.30 pm	Members only
20 & 27 Jul	Brain Gym for Mental Fitness (19 th run)	Chinatown Point	2.30 pm – 6 pm	\$22.40
22 & 23	2D1N Durian/Malacca Trip	Newton Car Park	8 am sharp	Self-pay
25 Jul	Resolving People Problems – Counselling Approach (2 nd run)	Chinatown Point	2.30 pm – 6 pm	\$67.20
30 Jul	Ramble: Haw Par Villa Theme Park	Haw Par Villa Entrance	4.30 pm	Free

Please register at least 2 days (2 weeks for courses) before each event by email to secretariat@sace.org.sg or enquiry@u3a.sg
Full confirmation details inclusive of procedure to apply for SFC where applicable will be emailed to registered participants.