



Monthly Newsletter

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 33

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Sep 2017

Successful SACE/U3A participation at NSA Roadshow @ EAST (Bedok Mall)



SACE/U3A had a strong presence at the recently held NSA Roadshow at the Bedok Mall. Our volunteers manned our stand from Thursday 17th to Sunday 20th Aug 2017. The roadshow generated great interest with regular flow of visitors throughout. The response from the public to our

recruitment drive was encouraging despite its heartland location. 56 new members were recruited (with 15 of these committing to 5 year subscription). 51 course registrations were secured from 36 of our new members. All in all, a very successful roadshow for SACE/U3A and a big thank you to all our volunteers.



Above right: Shamimah Mujtaba introducing brain gym.

Left: engaging public with rounds of Rummikub Game. This game is very popular with our members. Sessions are regularly held at Peninsula Plaza and China Town Point. Please check our weekly schedule for details.

Regular Activities

For details please refer to our weekly activities schedule

Ramble at Fort Canning Park on Sunday 24th Sep 2017 facilitated by **Julie Lim**.



Join **Serene Low** in our monthly workshop on Stone Art Decoupage. Next session on **11th Sep 2017**.



Weekly activities that matter:



Elaine Bernard Adrian Irene

HEALTH MATTERS

For body and mind. In conversation with **Elaine Tan** after the video, followed by 20 mins of exercises suitable for all ages.

MONEY MATTERS

Protect and enhance your wealth in this weekly Video Talk. Facilitated by **Bernard Chia**.

MIND MATTERS

Facilitated by **Adrian Teo**, an authority on Mindfulness.

LIFESYLE MATTERS

Explore the arts of living, an interactive session with **Irene Wee**.

FILM & DISCUSSION

Come join us on Thursday **14th Sep** @ Peninsular Plaza 6:45pm.

THE ARTIST



In the 1920s, actor George Valentin (Jean Dujardin) is a bonafide matinee idol with many adoring fans. While working on his latest film, George finds himself falling in love with an ingenue named Peppy Miller (Bérénice Bejo) and Peppy feels the same way. But George is reluctant to cheat on his wife. The growing popularity of sound in movies further separates the potential lovers, as George's career begins to fade while Peppy's star rises.

Here is a film that charms because of its story, its performances and because of the sly way it plays with being **silent**, in the old 4x3 format and in **black & white**. "The Artist" knows you're aware

it's silent and kids you about it. Like all silent films, it's accompanied by music. The Artist was nominated for **10 Oscars** in 2012 and won; **Best Film**, Best Actor, Best Director, Best Original Music Score and Best Costume Design.

Facilitator: **Quek Joo Hock**

FOODIE RENDEZVOUS

SOON HUAT restaurant serves a



combination of commonly found foodcourt food items like Bak Kut Teh, Salted veg with Beancurd, black sauce chicken, claypot rice etc. Normally, these food items are sold separately by individual stalls. Now it's all under one roof at reasonable pricing.

Let's meet at **Chinatown Point**, #02-38 on **16th Sep (Sat)** 6pm
Facilitator: **Henry Lim**

ASIAN CIVILISATION MUSEUM

Last month we had the first of the revamped series of visits to places



of interest. 31 members joined the visit to

The Parliament House and feedback was very positive. This month we've organised a visit to **The Asian Civilisation Museum**. Travel through 5000 years of Asian cultures with the help of a friendly and knowledgeable volunteer guide. Duration of the tour is approximately one hour. Please register with Secretariat by Tuesday 19th Sep 2017 the latest.
Visit Date: **Monday 25 Sep**
Time: **11am**
Facilitator: **Dennis Carroll**

U3A SINGAPORE SEPTEMBER 2017 ACTIVITIES

DATE	EVENT	VENUE	TIME	FEE members/guests
Sat 2nd	SACE courses preview	ChinaTown Point	10:30am-1pm	Free
Sat 2nd	Rummikub Game Session 1	ChinaTown Point	2pm-5pm	Free/\$5
Every Tue	Rummikub Game Sessions	Peninsula Plaza	9.30am-12:30pm	Free
Tue 5th	Intro to playing Backgammon (boardgame)	Peninsula Plaza	3pm-5pm	Free
Every Wed & Thu	Health, Money, Mind and Lifestyle video talks and discussions. (see weekly activities schedule)	Peninsula Plaza	11:30pm-1pm 2.30pm-4pm	Free
Mon 11th	Stone Art Decoupage	Peninsula Plaza	3pm-6pm	Free (excl material cost)
Thu 14th	Film & Discussion (The Artist)	Peninsula Plaza	6.45pm-9pm	Members only
Sat 16th	Holistic Talk - Liver Transplant	ChinaTown Point	11am-1pm	Free/\$10
Sat 16th	Rummikub Game Session 2	ChinaTown Point	2pm-5pm	Free/\$5
Sat 16th	Foodie Rendezvous	Soon Huat Restaurant	6pm	Self Pay
Thu 21st	Talk on Games for Mental Fitness and followed by Rummikub session after lunch	Tampines Library	11am-4:30pm	Free
Thur 21th	Photographic field trip (Haji Lane)	Beach Rd/Haji Lane	4pm-7pm	Alumni only
Sun 24th	Ramble	Fort Canning Park	4:30pm	Free
Mon 25th	Visit to Asian Civilisations Museum	AC Museum	11am-12pm	Members only
Sun 30th	Karaoke/Singalong Session	Peninsula Plaza	3pm-6pm	Members only