



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 34

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Oct 2017

Events Highlight

Collaboration with Tampines Regional Library



SACE and U3A had agreed with Tampines Regional Library to hold a series of six monthly public talks from Aug 2016 to Jan 2017 on the subject of **Mind-Body Fitness**. Shamimah Mujtaba, who initiated the collaboration, was appointed as SACE Ambassador Libraries. This project is part of our community outreach which comes under Adrian Teo, director of Community Outreach Committee and with Henry Lim as the organizer.

On 17th August, **Irene Wee** spoke on **Aging Realities**, dwelling on how inner beauty does not decline with age. On 21st Sept, **Shamimah Mujtaba** spoke on **Mental Fitness** illustrating with Brain Gym exercise followed by Rummikub game, a popular board game known to improve coordination and dexterity. These two events received very encouraging response from the public with a turn-out rate of between 30 to more than 40 participants. Our next speaker will be **Adrian Teo** on **Mindfulness** to be held on **19th Oct**. The timing of all our talks is 11am to 12.30pm, followed by Rummikub session from 1.30pm to 4.30pm.

Introducing Chess



Starting October, and twice monthly, **Leow Kee You** will guide and facilitate on another board game Chess. These sessions are targeted at members who enjoy the game of Chess. These sessions are also opened to members who are new to

this game and are interested to learn more. Chess has long been recognised as a builder of intellect and improve cognitive abilities including other benefits such as improve concentration, analytical / problem solving skills, promote strategic planning, and most of all Chess is fun.

Regular Activities

For details please refer to our weekly activities schedule

Ramble at East Coast Park on Sunday 29th Oct 2017 facilitated by **Julie Lim**. Meet at Parkway Parade Shopping Centre main entrance at 4.30pm



Join **Serene Low** in our monthly Decoupage sessions on Mon 9th Oct and 23rd Oct 2.30pm to 4.30pm



Let **Dennis Carroll** lead you through the rules on Backgammon every Tuesday from 3pm to 5 pm. For those who attend Rummikub session in the morning, feel free to continue the game in the afternoon.



Weekly activities that matter:

HEALTH MATTERS

Facilitator: **Elaine Tan**

MONEY MATTERS

Facilitator: **Bernard Chia**

MIND MATTERS

Facilitator: **Adrian Teo**

LIFESYLE MATTERS

Facilitator: **Irene Wee**

FILM & DISCUSSION



Going in Style is a 2017

American heist comedy. A remake of the 1979

film of the same name. It stars Morgan Freeman, Michael Caine and Alan Arkin and follows a trio of retirees who plan to rob a bank after their pensions are cancelled. Joe, Willie, and Albert are senior citizens and lifelong friends living in New York. During an unpleasant appointment at the bank, Joe is one of the victims to witness a robbery in progress. Inspired by his experience of the robbery, Joe originates the idea; Albert and Willie agree when they learn that their bank intends to steal their pensions.

Date Time: **19th Oct @ 6.45pm**

Place: Peninsula Plaza

Facilitator: **Quek Joo Hock**

FOODIE RENDEZVOUS



SBCD Korean Tofu House
북창동 순두부

Conveniently located close to Tanjong Pagar MRT, this a casual yet stylish Korean restaurant, specializing in soft tofu stew as well as dishing up a range of other Korean favourites.

Date Time: **Sat 21st Oct @6pm**

Location: **7 Wallich St #B1-02**

Tanjong Pagar Centre

Facilitator: **Henry Lim**

Visit: DIGNITY KITCHEN



Since its inception in Oct 2010, Dignity Kitchen is Singapore's first hawker training school for the disabled and disadvantaged people. With the handicapped and the elderly facing increasing challenges in the competitive job market, the school provides on-the-job training and place their graduate in jobs, giving them hope for a better future. Let us witness what's at work that has an impact on the less fortunate and at the same time enjoy some good hawker food.

Visit Date: **Monday 23rd Oct**

Meeting time: **10.45am**

Meeting place: **NEX Mall**

McDonald's #B2-05

MRT: **Serangoon Station**

Facilitator: **Dennis Carroll**

U3A SINGAPORE OCTOBER 2017 ACTIVITIES

DATE	EVENT	VENUE	TIME	FEE
				<i>members/guests</i>
Sun 1st	Karaoke/Singalong Session	Peninsula Plaza	3pm – 6pm	Free
Every Tue	Rummikub Game Sessions	Peninsula Plaza	9.30am – 12.30pm	Free
Every Tue	Backgammon	Peninsula Plaza	3pm-5pm	Free
Every Wed & Thu	Health, Money, Mind and Lifestyle video talks and discussion. (<i>see weekly activities schedule</i>)	Peninsula Plaza	11am – 12.30pm 2.30pm – 4.30pm	Free
Fri 6th	Photo meet (Studio product & food photography)	Peninsula Plaza	10am – 1pm	Alumni Members
Fri 6th	Chess session	Peninsula Plaza	2.30pm – 5pm	Free
Sat 7th	Rummikub Game Session 1	Chinatown Point	2pm – 5pm	Free/\$5
Mon 9th	Decoupage class	Peninsula Plaza	2.30pm – 4.30pm	Free (material only)
Fri 13th	Video Meet (Editing)	Peninsula Plaza	10am – 1pm	Alumni Members
Fri 13th	Chess session	Peninsula Plaza	2.30pm – 5pm	Free
Thu 19th	Talk on Mindfulness (followed by Rummikub session after lunch)	Tampines Library	11am – 4.30pm	Free
Thu 19th	Film & Discussion (GOING IN STYLE)	Peninsula Plaza	6.45pm – 9pm	Members only
Sat 21st	Health Talk - (<i>refer weekly activities schedule</i>)	Chinatown Point	11am – 1pm	Free/\$5
Sat 21st	Rummikub Game Session 2	Chinatown Point	2pm – 5pm	Free/\$5
Sat 21st	Foodie Rendezvous SBCD Korean Tofu House	Tanjong Pagar Centre	6pm	Self-Pay
Mon 23rd	Visit to Dignity Kitchen	NEX Mall at 10.45am	11am – 1pm	Free (Food self-pay)
Mon 23rd	Decoupage class	Peninsula Plaza	2.30pm – 4.30pm	Free (material only)
Sun 29th	Ramble - East Coast Parkway	Meet at Parkway Parade	4.30pm	Free