

U3A SINGAPORE 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 43

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

July 2018

OUTREACH PROGRAMME

Jurong Regional Library



Adrian Teo conducting a library talk on 21 June 2018, on the topic **Emotional and Psychological**

Realities of Aging. Next session will be held on 19 July 2018, 1.30pm-4.30pm. Topic for discussion **Mindfulness for Well Being.** This session is about mindful living on the here and now, without the trappings of the past and the trepidation of the future. The talk will be followed by a Rummikub session.

Silver NATIONAL ROADSHOW @ Buona Vista ACADEMY

The Star Vista, B1 Star Plaza
27 - 28 July 2018
11am - 8pm

Hundreds of Learning & Volunteering opportunities for seniors aged 50 and above!

SACE / U3A S'pore have secured a booth at this roadshow to inform the public about the NSA courses conducted by our team of professional coaches and the activities carried out by our volunteers. We will go on stage to showcase **Dancercise** on both days to entertain the public.

Rummikub



Rummikub Competition

When: Sat 30 Jun 2018; 2pm to 5pm

Where: Chinatown Point

This competition limited to SACE members, has attracted 19 competitors. Top prize of \$300 will go to the winner. Light refreshment will be served.

VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION

<https://www.facebook.com/sace.sg>

FRIENDSHIP GROUPS



SACE Foodies

20 of our members attended this **Wining and Dining** event at Alley on 25 Andaz Singapore Hotel on 2 June 2018.

SACE Local Trips



MediaCorp Experience Tour

on 28th July 2018 attracted maximum 25 members. We took a sneak peek on how TV dramas were made, news reporters and DJs at work, experienced simulation of being a

DJ, newsreader and stepped into the scene in *Little Nonya* to play virtual roles - with the help of technology. Next intended trip: Esplanade Theatre Back of House Tour – date yet to be confirmed.

SACE Travel Community

Saigon & South / Central Coast and H'land Tour

Date for this tour is already confirmed for the period 21 Oct to 28 Oct 2018. As this is partly a mission trip, there will be visit to 2 orphanages, travellers are welcome to bring and donate clothing etc to the orphanages. Sightseeing tour includes visit to Vung Tau / Mui Ne and Dalat along the southern and central coast and highland. Enjoy the beautiful sun set along its famous beaches fronting the South China Sea.

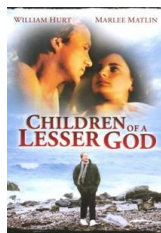
4D/3N Kuching Retreat (date yet to be confirmed)

Enjoy a pleasant retreat to this populous city in the state of Sarawak. Highlights include city tour visits to cultural village, wildlife centre, longhouse, organic farm etc.

There will be a briefing on 7 July, Sat 11am -1pm for the Travel Community @ Chinatown Point for the above tours and other travel related matters.

Film & Discussion

Children of A Lesser God 119 minutes



A troubled young deaf woman (Marlee Matlin) working as a janitor at a school for the deaf. An energetic new teacher, (William Hurt) arrives at the school and encourages her to set aside her insular life by learning how to speak aloud. Romantic interest develops between both, though their differences eventually strains their relationship to the breaking point, as he continues to want her to talk, and she feels somewhat stifled in his presence. Are they able to resolve their differences? Don't miss this captivating movie which won Marlee Matlin a Best Actress academy award in 1986.

When: **Tuesday 17th July 2:30pm**
 Venue: **Peninsula Plaza**
 Facilitator: **Quek Joo Hock**

Decoupage Class



Date: **Monday 2 July 3 pm - 5 pm**
 Venue: **Peninsula Plaza**
 Material fee: from \$5. To pre-register
 Facilitator: **Serene Low**

SACE Foodies

Penang Place buffet @Suntec City



The Penang buffet has more than 30 perennial hawker favourites which include Char Koay Teow, Penang Hokkien Mee, Penang Laksa, Penang Rojak, Chendol, Ice Kachang, Nasi Lemak etc. Having been around for more than a decade and run by the Ooi family, "they look into every little detail and make sure everything is done properly". Don't miss Chef Alvin's Char Koay Teow, "he has perfected the arts of controlling fire for that wok hei flavor".

When: **Saturday 7th July 6pm**
 Venue: **Suntec City Mall West Wing #02-314-316**
 Facilitator: **Georgia Leo**



Ramble in Bishan-Ang Mo Kio Park on 17 June 2018.

Ramble:

Mt Faber



Mt Faber is one of the oldest parks in Singapore. It offers a

panoramic view of the southern part of Singapore and the southern islands. Mt Faber is covered by a secondary rain forest. The vegetation on the slope helps to stabilise the terrain besides beautifying the park.

Date: **Sunday 22nd July**
 Time: **4 pm.**
 Meet at: **Harbourfront MRT Station**

Facilitator: **Julie Lim**

WEEKLY ACTIVITIES AT PENINSULA

Health Matters: Wed morning
 Facilitator – **Elaine Tan**

Hi-Fi Advisory: Wed afternoon.
 Facilitator – **Ow Man Fatt**

Mind Matters: Thu morning
 Facilitator - **Adrian Teo**

Money Matters/Lifestyle Matters:
 Thu afternoon
 Facilitator - **Goh Kim Seng**

Computer, Video & Photo Tutorial
Video meet:

Friday morning
 Facilitator - **To Chee Kan**

Smartphone Clinic: Friday afternoon
 Facilitator – **Richard Cheong**

Please refer to our weekly notification for updated information.

U3A SINGAPORE JULY 2018 ACTIVITIES

Date		Venue	Time	Fee members/guests
Every Wed, Thu, Fri	Weekly activities (see above)	Peninsula Plaza		Free
Sun 8 & 22	Singmaster Meet	Peninsula Plaza	2pm – 4.30pm	Alumni members
Tue 3, 10, 17, 24, 31	Rummikub Game sessions	Peninsula Plaza	9.30am – 12.30pm	Free/\$5
Tue 3, 10, 24, 31	Backgammon/Rummikub		2.30pm – 5.30pm	Free
Sat 7	Rummikub Game Session 1	Chinatown Point	2pm – 5pm	Free/\$5
Sat 21	Rummikub Game Session 2	- ditto -	- ditto -	- ditto -
Mon 2	Decoupage class (to pre-registrater)	Peninsula Plaza	3pm – 5pm	Material Fee: from \$5
Sat 7	SACE Foodies	Penang Place buffet	6pm	Self-pay
Sat 7	SACE Travel Community	Chinatown Point	11am – 1pm	Members only
Tue 17	Film & Discussion (<i>Children of a Lesser God</i>)	Peninsula Plaza	2:30pm – 5.30pm	Members only
Thu 19	Mindfulness for Well-being	Jurong Regional Library	1.30pm – 4.30pm	Free
Thu 19	Photography Outing – Seletar Reservoir (Casuarina Trail)	Meet at Casuarina Curry, off Upper Thomson)	4pm	Alumni members only
Sun 22	Ramble – Mt Faber	Harbourfront MRT	4pm	Free