

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 42

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

June 2018

OUTREACH PROGRAMME Jurong Regional Library 17 May 2018.



Ms Shamimah Mujtaba conducting a library talk during the SACE outreach programme



Introducing **Rummikub** board game to the audience after the talk.

Nest session will be held on 21 June 2018, 1.30pm-4.30pm. Topic for discussion **Emotional and Psychological Realities of Aging**. This session will address how to cope with external vagaries by developing inner beauty which enhances with age. The talk will be followed by a Rummikub session.

Singmaster friendship group was formed on 20 May 2018. This is a follow up for our students of Choir Singing Class who are keen to put into practice their singing skills learned from our singing coach Desmond Moey. Emulating the Toastmasters style, singers will be evaluated by their peers to improve their singing techniques – an idea mooted by our president Goh Kim Seng. This friendship group will meet on every 2nd and 4th Sunday of each month.



VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION
<https://www.facebook.com/sace.sg>

FRIENDSHIP GROUPS

Since its inception towards end of last year, several Friendship Groups have successfully been formed in recent months. A **Holistic Health Talk on Achieving Social Well Being** was conducted on 19 May 2018 to introduce the concepts behind this project. It explores the critical factors that determine our social wellbeing, apart from just health and wealth. This is a member-led initiative, as members know best what their needs are, this will also provide opportunities for our members to manage and to lead the activities and to create the bondage.

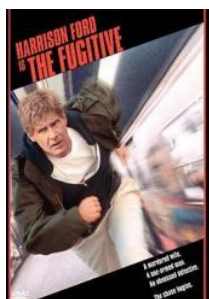


Places of Interest friendship group kicked start with a visit to **SHATEC** (the International Hotel and Tourism school) on 7 May 2018 which was well attended by 14 members. The next visit to **MediaCorp** scheduled for this month on 28th has already secured a maximum number of 25 members on a first-come-first served basis.

Other Friendship Groups that have been formed include the **Singmaster friendship group**, the **Places of Interest friendship group** and many more. To suit the varied interests amongst its members under the Travel Interest group, we have decided to divide into sub-groups: Sightseeing, Free & Easy, Local Exploration and Eats, Volunteer/Mission, Learning/Study. For those who are under Travel Interest friendship groups please register your area of interest with our office.

Film & Discussion

The Fugitive (2 hours and 10 mins)



Wrongfully accused of murdering his wife, Richard Kimble (Harrison Ford) escapes from the law to find her killer and clear his name. Pursuing him is a team of U.S. marshals led by Deputy Samuel Gerard (Tommy Lee Jones), a determined detective who will not rest until Richard is captured. As Richard leads the team through a series of intricate chases, he discovers the secrets behind his wife's death and struggles to expose the killer before it is too late.

When: **Tuesday 19th June 2:30pm**
 Venue: **Peninsula Plaza**
 Facilitator: **Quek Joo Hock**

Decoupage



Learn the art of decorating an object by gluing colored paper cut-outs onto it in combination with special effects.

Date: **Monday 18th June 3 pm - 5 pm**
 Venue: **Peninsula Plaza**
 Material fee: from \$5. Must pre-register
 Facilitator: **Serene Low**

Ramble:

Bishan-Ang Mo Kio Park

As one of the largest urban parks in central Singapore, Bishan-Ang Mo Kio Park is a wonderful place for families to have a fun day out. Under the PUB's Active, Beautiful and Clean Waters (ABC) Programme, the old concrete canal has been transformed into a beautiful 3 km meandering river with lush banks of wildflowers.

Date: **Sunday 17th June**
 Time: **4 pm.**
 Meet At: **Bishan MRT Station**
 Facilitator: **Julie Lim**

Rummikub Competition

Rummikub board game is a favourite past time amongst our members. As a motivation to enhance our players' skill and to promote interest in this game, a competition will be held on 30th June. Winner of competition will bring home an attractive prize of \$300 plus a trophy. Winner and finalists will get a chance to represent SACE for external competition.



Registration closing date: **16 June.**
 Facilitator: **Ow Man Fatt**

WEEKLY ACTIVITIES

- Health Matters:** Wed morning
Facilitator – **Elaine Tan**
- Mind Matters:** Thurs morning
Facilitator - **Adrian Teo**
- Money Matters/Lifestyle Matters:** Thurs afternoon
Facilitator - **Goh Kim Seng**
- Home Entertainment set up:** Friday morning (1st half of the month)
Facilitator: **Ow Man Fatt**
- Computer Media Tutorial:** Friday morning (2nd half of the month)
Facilitator - **To Chee Kan**
- Home Entertainment Tutorial:** Friday afternoon
Facilitator – **Ow Man Fatt**

Please refer to our weekly notification for updated information



Boardwalk @ MacRitchie Reservoir 20 May 2018

U3A SINGAPORE JUNE 2018 ACTIVITIES

Date	Event	Venue	Time	Fee members/guests
Every Wed, Thu, Friday	Health, Money, and Mind video talk and discussion. Home Theatre, Computer Media Tutorial. (See weekly activities schedule)	Peninsula Plaza	11am-12:30pm 2:30pm-4pm	Free
Tue 5, 12, 19 & 26 Tue 5, 12, 26	Rummikub Game sessions Backgammon/Rummikub	Peninsula Plaza	9.30am-12.30pm 2.30pm -5.30pm	Free/\$5 Free
Sat 2 nd Sat 16 th Sat 30 th	Rummikub Game Session 1 Rummikub Game Session 2 Rummikub Competition	Chinatown Point	2pm-5pm 2pm-5pm 2pm-6pm	Free/\$5 Free/\$5 Members (FOC)
Sun 10 th & 24 th	Singmaster	Peninsula Plaza	2pm – 4.30pm	Alumni members
Sat 2 nd	Wining and Dining	Andaz Hotel	6pm – 10pm	Self-pay
Sat 2 nd	Floor Curling Demonstration	China Town Point	10am – 12pm	Members only
Fri 15 th	Video Meet	Peninsula Plaza	9.30am-11am	Alumni members
Sun 17 th	Ramble – Bishan-Ang Mo Kio Park	Bishan MRT	4pm	Free
Mon 18 th	Decoupage Class (Pre-registration required)	Peninsula Plaza	3pm-5pm	Material from \$5
Tue 19 th	Film & Discussion (<i>Fugitive</i>)	Peninsula Plaza	2:30pm - 5.30pm	Members only
Thurs 21 st	Photography Outing	TBA	3.30pm	Alumni Members
Thurs 21 st	Emotional & Psychological Realities of Aging plus Rummikub game session	Jurong Regional Library	1.30pm - 4.30pm	Free
Thurs 28 th	MediaCorp Visit organized by Travel Group	MediaCorp Campus	11am-12pm	\$12 members only