

U3A Newsletter

SINGAPORE

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 44

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2018

RUMMIKUB COMPETITION



Left Picture: Ellen Woo (*champion*).

Right Picture: finalists from left to right - Carolyn Tok, Shamimah Mujtaba (*runner-up*), Ellen Woo, Venny Chua, Mary Hertenstein.

SACE's first ever Rummikub competition was successfully completed on 7 July 2018. Thanks to all the participants for your support.

Jurong Regional Library – SACE outreach programme



Goh Kim Seng conducting a library talk on 19 July 2018, on the topic **Mindfulness for Well Being**. We attracted close to 30 participants. Next session will be held on 16 Aug 2018, 1.30pm-4.30pm, **Dancercise for your mind and body fitness**. SACE VP Irene Wee will share benefits of Dancercise with some examples of movements and videos of performances by participants. Do come in comfortable clothing for hands-on participation. Stay on for **Rummikub** for your brain exercise thereafter.

Laughter is the Best Medicine:

'I have finally discovered what's wrong with my brain: on the left side, there is nothing right, on the right side there is nothing left.'

VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION

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

SACE Seniors Got Talent 2018



Time once again to prep yourselves and pitch your talent for this exciting event. Date for final competition has been fixed for 28th December 2018. Details will be announced soon. Stay tuned!



Artistic creation from Irene Wee and team on 5 Jul 2018, flower arrangement class.



The untiring spirit of our **Ramble** enthusiasts took the walk-up Mt Faber on 22 July 2018. This is a monthly affair facilitated by Julie Lim (*first from the left, front row*).

Film & Discussion

LION (2016)



Five-year-old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family.

Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years on, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

Review: 'An astonishing true story that's treated with an admirably light and artistic touch, rather than an overly dramatic heavy hand'.

When: **Tuesday 21 Aug 2:30pm**
 Venue: **Peninsula Plaza**
 Facilitator: **Quek Joo Hock**

Food for thought:

'It is most important to know what sort of person a disease has than to know what sort of disease a person has' - Hippocrates

Decoupage Workshop



Art of decorating new or up-cycled collectible items with napkins to create paint effects.

Items to bring:
 Table rag, container, your own collectible item (optional).

Date: **Monday 6 Aug 3 pm - 5 pm**
 Venue: **Peninsula Plaza**
 Material fee: **from \$5**
 Must pre-register
 Facilitator: **Serene Low**

Photo Video Aficionados

(for alumni members only)



Photo Outing

Capture the stillness of **Architecture** amidst the 'happenings' in CBD.
 Date/Time: **16 Aug 2018 Thu @ 8am**
 Meet At: **Raffles Place MRT**

Video Meet

Topic: **Corporate & Documentary**
 Date/Time: **17 Aug 2018, Fri 9.30 am - 12.30 pm**
 Venue: **#06-03/31 Peninsula Plaza**
 Facilitator: **To Chee Kan**

Ramble: HortPark



HortPark is a one-stop gardening resource centre that brings together gardening-related, recreational, educational, research and retail activities under one big canopy in a park setting. It is also a knowledge centre for plants and gardening, providing planting ideas and solutions, and offering a platform for the horticulture.

Date: **19 Aug 2018, Sun 4 pm**
 Meet At: **Labrador Park MRT Control Station**
 Facilitator: **Julie Lim**

WEEKLY ACTIVITIES FOR AUGUST

- Health Matters:** Wed morning
 Facilitator – **Elaine Tan**
- Sound System/ Home Entertainment Tutorial:** Wed afternoon.
 Facilitator – **Ow Man Fatt**
- Money Matters/Lifestyle Matters:** Thu afternoon.
 Facilitator - **Goh Kim Seng**
- Computer, Video & Photo Tutorial Video meet:** Fri morning.
 Facilitator - **To Chee Kan**

Please check our weekly circular for latest updates.

U3A SINGAPORE AUG 2018 ACTIVITIES

DATE	DESCRIPTION	VENUE	TIME	FEE members/guests
Every Wed, Thu, Friday	Weekly activities (see above)	Peninsula Plaza	Refer weekly activity circular	Free
Every Tues (except when there's movie screening)	Rummikub Game sessions Backgammon/Rummikub	Peninsula Plaza	9.30 am-12.30 pm 2.30 pm -5.30 pm	Free/\$5 Free
Sat 4	Rummikub Game Session 1	Chinatown Point	2 pm-5 pm	Free/\$5
Sat 18	Rummikub Game Session 2	- ditto -	- ditto -	- ditto -
Sun 12 & 26	Singmaster Club	Peninsula Plaza	2pm – 4.30 pm	Alumni members only
Mon 6	Decoupage class	Peninsula Plaza	3 pm – 5 pm	Material Fee: from \$5
Sat 11	SACE Travel Community – Vietnam Trip	Chinatown Point	2 pm – 4 pm	Registered participants
Thu 16	Dancercise & Rummikub	Jurong Regional Library	1.30 pm- 4.30 pm	Free
Thu 16	Photo Outing – Architecture in CBD	Raffles Place MRT	8 am	Alumni members only
Thu 17	Video Meet – Corporate & Documentary	Peninsula Plaza	9.30 am – 12.30 pm	Alumni members only
Tue 21	Film & Discussion (<i>LION</i>)	Peninsula Plaza	2:30 pm- 5.30 pm	Members only
Sun 19	Ramble – HortPark	Labrador Park MRT	4 pm	Free

Call 62660648 or email secretariat@sace.org.sg to register for the above activities. This will help us to prepare and inform you on last minute changes.