

# U3A Newsletter

SINGAPORE

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**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

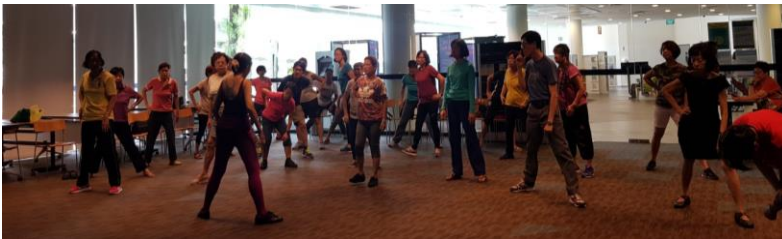
Issue 45

WHERE TEACHERS ALSO LEARN &amp; LEARNERS ALSO TEACH

September 2018

## SACE Outreach Programme

### Jurong Regional Library



Irene Wee leading participants in **Dancercise for your mind and body fitness** at Jurong Library on 16 Aug 2018. This is also a popular SACE course now into its 4<sup>th</sup> run.



Following the dancercise, participants joined in the decoupage workshop and Rummikub board game.

Next session will be held on **Thursday 20 Sep**, 1.30pm-4.30pm, SACE President Goh Kim Seng will facilitate a talk on **Mind Body Analytics**. Analytics, the collection, analysis and application of data, is now a leading methodology for effecting improvement in all areas of human endeavour. In this talk you will learn how you could use personal data to enhance your mind and body functions. Stay on for **Rummikub** for your brain exercise thereafter.



**Ramble Walk at HortPark** on 19 Aug 2018, attracting 24 SACE members.

*"Together we become better than yesterday, one step at a time"*

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

## SACE Friendship Groups

### SACE Travel Community & SACE Local Trips



In this monthly meeting on 11 Aug 2018,

which attracted about 30 members, Goh Kim Seng briefed the Travel Community that SACE would play a supervisory role and act as a platform for organising and coordinating all travelling activities, detailed plans for any particular tour would be left to the initiative of the community and led by a member. For segregation of responsibilities all tours would be handled by a tour agent, wherever possible. The main principle of the community is 'Friendship First', where everyone can come together to bond as a community during the trip, be it overseas or local.

Next monthly meeting for **SACE Travel Community** will be held on **15 Sep, 10am to 11.30am**. We will discuss proposal for Lijiang trip and to consider any other suggestions from members. This will be followed by **SACE Local Trips meet** from **11.30am to 1pm**. Please come prepared with any suggestions for future group visits after our Maritime Trails visit on **20 Sep**.

## Tampines Regional Library

In collaboration with NSA, SACE will run a bite-sized course on **Emotional & Psychological Realities of Aging** – learn how to cope with aging in 4 critical areas: alone again, third ager renaissance, the beauty within and relationships rediscovered.

**Date:** 7 Nov 2018

**Time:** 2.00pm – 5.00pm

**Fee:** S\$10

### Film & Discussion – Black Swan (2010)



The plot revolves around a production of Tchaikovsky’s Swan Lake. Nina (Natalie Portman) is a perfect fit to play the innocent and fragile white swan, while also fighting to play the dark sensual Black Swan. Nina is overwhelmed by a feeling of immense pressure when she finds herself competing for the part, causing her to lose her tenuous grip on reality and descend into a living nightmare. This movie depicts the psychological and physical challenges one has to endure in order to achieve artistic perfection.

**When: Tuesday 18 Sep 2:30pm**  
**Venue: Peninsula Plaza**  
**Facilitator: Quek Joo Hock**

### SACE Local Trips - Maritime Trails



The trails are organised by MPA aimed to let participants discover more about Singapore’s rich maritime stories. We will explore **Trail 1** which will bring us on a journey that tells the story of the progress of Singapore’s maritime industry through a guided tour. A special tour exclusively for SACE members has been arranged for 40 pax (22 pax registered).

**Date / time: Thu 20 Sep @ 10 am**  
**Meet at: To be arranged**  
**Facilitator: Doreen Tan**

### Decoupage Workshop

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

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



**Date: Mon 10 Sep 10.30 am – 12.30 pm**  
**Venue: Peninsula Plaza**  
**Material fee: from \$5**  
 Must pre-register  
 Facilitator: **Serene Low**

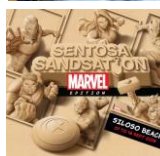
### Photo Outing & Video Meet

*(for alumni members only)*

Visit to **Sentosa Sandsation**



**Date / Time: Thurs 13 Sep @ 4pm**  
**Meet at: Vivo City Monorail Station** for ride to Sentosa Beach.



*No Video Meet for this month while the Video Stories course is on-going.*

*“Life is like a camera, focus on what is important, capture the good times, develop from the negatives, and if things don’t work out, take another shot”*

### Ramble: Punggol Waterway

Punggol Waterway Park is one of four parks linked by the North



Eastern Riverine Loop of the Park Connector Network. The Waterway runs through the Punggol Waterway Park and serves to increase park and water frontage for the housing estate while providing a green respite for residents.

**Date/ Time: Sun 16 Sep 4 pm**  
**Meet At: Punggol MRT Station**  
**Facilitator: Julie Lim**

### WEEKLY ACTIVITIES

#### Money Matters / Mind Matters:

Mon afternoon

Facilitator - **Goh Kim Seng**

#### Wellness Matters: Wed morning

Facilitator – **Elaine Tan**

#### Tech Matters: Wed afternoon.

Facilitator – **Ow Man Fatt**

#### Lifestyle Matters:

Thu morning or afternoon

Facilitator - **Irene Wee**

#### Smartphone Clinic Fri afternoon

Facilitator – **Richard Cheong**

#### Computer, Video & Photo Tutorial

Facilitator – **To Chee Kan**

Not available currently

*Please check our weekly circular for latest updates.*

## U3A SINGAPORE SEPTEMBER 2018 ACTIVITIES

DATE		VENUE	TIME	FEE members/guests
Every Wed, Thu, Fri	Weekly activities (see above)	Peninsula Plaza	Per Weekly activity circular	Free
Every Tue except movie screening day	Rummikub Game sessions Backgammon/Rummikub	Peninsula Plaza	9.30am-12.30pm 2.30pm -5.30pm	Free/\$5 Free
Sat 1	Rummikub Game Session 1	Chinatown Point	2pm-5pm	Free/\$5
Sat 15	Rummikub Game Session 2	- ditto -	- ditto -	- ditto -
Sun 9 & 23	Singmaster Club	Peninsula Plaza	2pm – 4.30pm	Alumni members only
Mon	Decoupage class	Peninsula Plaza	3pm – 5pm	Material Fee: from \$5
Thu 13	Photo outing	Sentosa Sandsation	4pm	Alumni members only
Sep 15	SACE Travel Community	Chinatown Point	10am – 11.30am	Members only
Sep 15	SACE Local Trip	- ditto -	11.30am – 1 pm	Members only
Sun 16	Ramble – Punggol Waterway	Meet: Punggol MRT	4pm	Free
Tue 18	Film & Discussion	Peninsula Plaza	2:30pm- 5.30pm	Members only
Thu 20	Mind Body Analytics	Jurong Reg Library	1.30pm- 4.30pm	Free / public
Thu 20	Maritime Trail	To be arranged	10 am – 12.30 pm	Free, members only