

**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 26

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Feb 2017

## ANNUAL DINNER 2017



Our Annual Dinner & Dance at Hotel Royal on 6 Jan 2017, attended by some 170 members and friends, was the largest, the most memorable, and the most enjoyable of our annual dinners to date. It was truly an event organised by members for members. It launched the budding pioneers of our SACE/U3A Choir, all graduates

from our Choir Singing Voice Training course. Their melodious and expressive rendering of "I have a Dream" did their learning facilitator Desmond Moey proud. That evening also featured our SACE/U3A dancers which performed three dances with enthusiasm and grace. These were choreographed by our member and dance leader Margaret Au.



### NSA Courses by SACE

The following courses are scheduled to commence in Feb/Mar 2017:

- |  |             |
|--|-------------|
| 1. Computer Media A-Z (1 <sup>st</sup> run)                              | 10 Feb 2017 |
| 2. Legal Matters for Seniors (1 <sup>st</sup> run)                       | 11 Feb 2017 |
| 3. Workplace Relationship Management Skills (1 <sup>st</sup> run)        | 22 Feb 2017 |
| 4. Emotional and Psychological Realities of Ageing (6 <sup>th</sup> run) | 24 Feb 2017 |
| 5. Starting a Small Business (7 <sup>th</sup> run)                       | 1 Mar 2017  |
| 6. Choir Singing Voice Practice (8 <sup>th</sup> run)                    | 3 Mar 2017  |
| 7. Brain Gym for Mental Fitness (16 <sup>th</sup> run)                   | 9 Mar 2017  |
| 8. Mindfulness for Well-Being (9 <sup>th</sup> run)                      | 13 Mar 2017 |

For course details and registration refer to [www.sace.org.sg](http://www.sace.org.sg)

### Rummikub Game Sessions Game for Mental Fitness Project

These are scheduled for 4 & 18 Feb 2017 this month. In addition, enthusiasts, will also be able to play

Rummikub at our U3A Activity Centre at Peninsula Plaza on Tuesday mornings 10am -1pm. New players are welcome.

**Facilitator:** Leow Kee You

### News & Briefs

- Between 2011 and 2015, there was an average of about 415 deaths from suicides in Singapore each year, of which an average of 116 (28%) involved persons aged 60 and above. There are no specific trends. Those in distress or who are facing crises are urged to call the Samaritans of Singapore 24-hour hotline (1800 221 4444) or IMH's 24-hour Mental Health Helpline (6389-2222).
- Singapore Silver Pages (SSP) serves as a one-stop resource on Community Care. Launched in 2011 by the Agency for Integrated Care (AIC), SSP aims to empower both seniors and caregivers in making informed care decisions. SSP is the first portal to integrate social care, healthcare, community mental health, and caregiving resources under one roof for seniors and caregivers.
- Caregivers of seniors (aged 65+), who are Singaporeans or PRs, including domestic foreign workers, may now apply for an annual subsidy of \$200 per annum to attend approved courses to better care for their loved ones. The care recipient must also be a Singaporean or PR. This Caregivers Training Grant (CTG) is an initiative by Agency for Integrated Care (1800-650-6060).

## Lo Hei and Buffet lunch



In response to requests we are repeating our Lunar New Year celebration event of last year at Orchid Hotel. Spouses and friends are welcome to join in the fun and fellowship at this festive event. This was circulated earlier and we have already received 40+ registrations.

**Facilitator:** Henry Lim

## QiGong for Self-Healing

Energy Healing Learning Community

Join us on 11 Feb 2017 at our next Energy Healing Learning Community meeting as Dennis Wang shares his qigong journey and unique perspective on qigong for self-healing. Dennis is an acknowledged qigong master capable of the "Fa Qi" feat (emitting qi) for healing purposes, an ability that took him years to develop. This session will be of great value to those who seek to improve

their health and vitality, or wish to develop their ability to heal.

**Facilitator:** Raymond Chong

## Healthy Food Preparation

Holistic Health Learning Community

As a follow-up on Dr Ang's popular talk on Healthy Ageing by Food, our member Alicia Tong will conduct a demo on healthy food preparation on 18 Feb 2017. Come and pick up ideas and techniques for healthy meals and snacks that are nutritious and tasty using the right products and ingredients. Alicia has given such talks to Wings, Changi Sailing Club, etc.

**Facilitator:** Goh Kim Seng

## Film & Discussion: The Sea Inside

Peaceful Warrior Learning Community



The Sea Inside is based on the real-life story of Ramón Sampedro (played by Javier Bardem), who was left quadriplegic after a diving accident, and his 28-year campaign in support of euthanasia and the right to end his life. He eventually did so, planning it in such an ingenious way that avoided implicating anyone. It won the Academy Award for best foreign film

(Spanish with English subtitles). Join us on 16 Feb 2017 to watch and discuss this traumatic struggle on whether to live or not to.

**Facilitator:** Quek Joo Hock

## Karaoke

Singing Learning Community

This month we will try out having a karaoke session at our new Peninsula Activity Centre on 19 Feb 2017. To have adequate floor time we will limit to 12 participants. To save internet search time those coming could download their favourite songs in a thumb drive and bring this along.

**Facilitator:** Trevina Wan

## Ramble: Bukit Timah Nature Reserve

Nature Ramble Learning Community

After two years of restoration works Singapore's second ASEAN Heritage Park, Bukit Timah Nature Reserve is now open to the public. On 26 Feb 2017, we will explore the restored trails and boardwalks which has made walking more comfortable for the elderly and young. We shall walk along the winding forest trails covered in dense tropical foliage to see a variety of plants, insect and animal's life typical of a humid climate.

**Facilitator:** Derek Kwok

# U3A Singapore February 2017 Activities

Date	Event	Venue	Time	Fee Members/Guests
4 Feb	Rummikub Game Session 1	Chinatown	1 pm – 5 pm	Free/\$5
5 Feb	Lo Hei Lunch	Orchid Hotel	11.30 am - 1 pm	Self-pay
11 Feb	QiGong Practice Session ( <i>SACE past qigong course participants only</i> )	Chinatown Point	2.30 pm – 4 pm	Free/\$10
11 Feb	QiGong for Self-Healing – Demo & Talk	Chinatown Point	4 pm – 6 pm	Free/\$10
16 Feb	Film & Discussion: The Sea Inside	Peninsula Plaza	7 pm – 9.30 pm	Members only
18 Feb	Rummikub Game Session 2	Chinatown	1 pm – 5 pm	Free/\$5
18 Feb	Healthy Food Preparation – Demo & Talk	Chinatown Point	11 am – 1 pm	Free/\$10
19 Feb	Karaoke	Peninsula Plaza	3 pm – 6 pm	Free/\$5
24 & 25 Feb	Emotional & Psychological Realities of Ageing course	Chinatown Point	9.30 am – 5.30 pm	\$10 (special)
26 Feb	Ramble: Bukit Timah Nature Reserve	Visitor Centre	4 pm – 6 pm	Free

Please register at least 2 days (2 weeks for courses) before each event by email to [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg) or [enquiry@u3a.sg](mailto:enquiry@u3a.sg)

Full venue details and joining instructions will be emailed to registered participants.

Additional activities are listed in Events SACE/U3A Singapore Activity Centre, issued weekly