

ACTING CONNECTS BODY, MIND AND SOUL



“Acting is more than just acting” says Daisy Irani, Mediacorp artiste, producer/director and now with her own company HuM Theatre. Best known for her role as Daisy in the iconic TV series ‘Under One Roof’ she had received 3 Asian TV awards. Daisy will be the learning facilitator for our Acting Skills for Stage Performance course, comprising 8

no. x 3.5 sessions commencing at our U3A Activity Centre on 14 Mar 2017. From her captivating introduction to the course, those who enrolled can expect a fully hands-on participative learning experience. They will learn how drama relates to real life, how it is about breaking barriers and liberating oneself, and how it connects your body, mind and soul. This course is now fully subscribed and there are already 3 applicants on the waiting list for the next run in Jul 2017.

NSA Courses by SACE

The following courses are scheduled to commence in Mar/Apr 2017

Brain Gym for Mental Fitness	9 Mar 2017
Acting Skills for Stage Performance	14 Mar 2017
Choir Singing Voice Training	10 Mar 2017
Emotional & Psychological Realities of Ageing	17 & 18 Mar 2017
Applied Psychology for Third Agers	10 Apr 2017
Mindfulness for Well-being	10 Apr 2017
Video Stories	12 Apr 2017
Life Scripts Review	12 Apr 2017
Introduction Playwriting	12 Apr 2017
Brain Gym for Mental Fitness	13 Apr 2017

Video Meet: Dramatic Moments

Video Learning Community

We covered "dramatic moments" as a key part of modern film structure in the Video Stories course. In this session, we shall watch a movie and examine how the dramatic moment has brought out the story and the critical question being answered at the climax of the movie. Join us on 4

Mar 2017 to pick up tips and share insights in making more captivating videos.

Facilitator: To Chee Kan

Yoga Practice

For past SACE Yoga course participants come and join the practice session on 4 Mar 2017, 9.30 am – 10.30 am.

Facilitator: Florence Kwok

News & Briefs

- Over 140,000 senior citizens aged 65+ who qualify (the lower 20-30%) for the Silver Support Scheme will receive \$300 to \$750 (5-room to 1/2 room HDB flats) every 3 months. There is no need to sign up and they will be notified by CPF Board before the first payout in July. This was announced by Finance when he delivered the 2017 budget on 20 Feb 2017.
- A Boston University School of Medicine study which followed a large no. of adults for 10 years found that people who sleep regularly for 9 hours or more were twice as likely to develop Alzheimer's within 10 years, compared with those who consistently slept less than 9 hours. Additionally, education seems to play a role in staving off the risk of dementia.
- Researchers at the University of York in their CASPER clinical trial focused on older people with lower-severity symptoms who are at the highest risk of becoming clinically depressed. They showed that a simple and low-cost intervention, behavioral activation, involving ways of keeping mentally and physically active, reduced the symptoms of depression in older people (aged 65+).

Rummikub Game Sessions

Game for Mental Fitness Project

Rummikub session 1 will be on Saturday 4 Mar 2017 at 2-5 pm at Chinatown Point as usual. However, Rummikub session 2 will now be from 11am-2pm on 18 Mar. This is to accommodate the Holistic Health talk which will now be at 2.30pm to 5 pm on the same day.

Facilitator: Leow Kee You

Film & Discussion: The Angriest Man in Brooklyn

Peaceful Warrior Learning Community



Join us on 16 Mar 2017 to view and discuss another thought-provoking film. Upset by the slightest things around him, this easily angered man was told by his doctor that he had 90 minutes to live. Stunned, he promptly set out to reconcile with his wife and son, in the short time he had left. (Warning, coarse language, mature audience only. Rating AA55.)

Facilitator: Quek Joo Hock

Qigong Classics

Energy Healing Learning Community

Lim Hoy Pick, SACE's Founder President and a Qigong practitioner of many decades, will share with us his qigong journey and discoveries. He

will focus in on Da Mo's Yi Jin Jing (Muscle-Tendon-Marrow Transformation Qigong), arguably the most important of the qi gong classics; how the set of qigong exercises benefited the *emancipated* Shaolin monks of that era, and today, how it could help us improve our health. Join us for this interesting talk on 11 Mar 2017.

Facilitator: Raymond Chong

Foodie Rendezvous - JPot

Foodie Learning Community

This month we pay a visit to JPot at Vivo City on 18 Mar 2017. Operated by the Jumbo Group, it offers each diner with his own personal steamboat. There are several soup bases, a wide variety of dishes to choose from and a condiments bar. Join us on 18 Mar 2017 for pleasant fellowship and dining experience with a conducive ambience. Please note that prior registration is essential to ensure that we can all sit together.

Facilitator: Henry Lim

Eating Smart Staying Smart

Holistic Health Learning Community

Can food boost your brain power and are there food that is bad for you and your brain? Following his highly popular talk on Healthy Ageing by Food we are inviting Dr Ang Poon Liat back, this time to advise us on

how to stay smart by eating smart. Join us on 18 Mar 2017 for another insightful talk on eating right. Dr Ang Poon Liat, MBBS MD, has been a medical practitioner for over 45 years. With special interest in nutrition he has written two books entitled The Wonders of Nutrition and Roadmaps to Recovery

Facilitator: Goh Kim Seng

Karaoke

Singalong Learning Community

Our first session at Peninsula turned out to be a very pleasant one, well enjoyed by all. Hence, we are repeating this on 19 Mar 2017.

Facilitator: Trevina Wan

50plus Expo 2017

Singapore's biggest seniors event will take place at Suntec City Convention and Exhibition Centre on 24-26 Mar 2017. The theme for this year's Expo is 'Learn Actively, Live Happily'. As a partner of the Council for Third Age (C3A), SACE will have a booth there to help us reach out to new members and to offer our NSA courses. Our Admin Director Henry Lim, who will lead our membership drive, welcome members to volunteer their time to assist over the 3 days with 2 shifts per day.

Contact our Secretariat at 62660648 for any queries

U3A Singapore March 2017 Activities

Date	Event	Venue	Time	Fee Members/Guests
4 Mar	Yoga Practice	Chinatown Point	9.30 am – 10.30 am	Free/\$5
4 Mar	Video Meet: Dramatic Moment	Chinatown Point	11 am – 1 pm	Free/\$10
4 Mar	Rummikub Game Session 1	Chinatown Point	2 pm – 5 pm	Free/\$5
9 Mar	Brain Gym for Mental Fitness	Chinatown Point	2.30 pm – 6 pm	\$22.40
11 Mar	Qigong Classics	Chinatown Point	2 pm – 4 pm	Free/\$10
11 Mar	Qigong Practice (SACE qigong past participants only)	Chinatown Point	4 pm – 6 pm	Free/\$10
16 Mar	Film & Discussion: The Angriest Man in Brooklyn	Peninsula Plaza	7 pm – 9.30 pm	Members only
17 Mar	Emotional & Psychological Realities of Ageing	Pasir Panjang	9.30 am – 5.30 pm	*\$10
18 Mar	Rummikub Game Session 2	Chinatown Point	11 am – 2 pm	Free/\$5
18 Mar	Eating Smart Staying Smart	Chinatown Point	2 pm – 4 pm	Free/\$10
18 Mar	Foodie Rendezvous: JPot	Vivo City	6 pm – 8 pm	Self-pay
19 Mar	Karaoke - Singalong	Peninsula Plaza	3 pm – 6 pm	Free/\$5
24-26 Mar	50plus Expo 2017	Suntec City	10 am – 9 pm	Free

Please register at least 2 days (2 weeks for courses) before each event by email to secretariat@sace.org.sg or enquiry@u3a.sg
Full venue details and joining instructions will be emailed to registered participants.