

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 28

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Apr 2017

THIRD AGER RENAISSANCE SYMPOSIUM

1 Apr 2017 at Lifelong Learning Institute



Held at the Lifelong Learning Institute at Paya Lebar Central on 1 April 2017, this momentous event lived up to its 'renaissance' title and truly engaged the senior participants in exploring new realities of ageing and creating new possibilities. First speaker Dr Kanwaljit Soin urged all seniors to awaken to the new face of ageing by rejecting common negative perceptions of older people as dependent, useless & sickly and 'reboot' their lives to start again with an updated script so as to live a life of meaning, significance and impact. The second speaker Irene Wee pointed out that our espoused values are often not in accord with our true values, e.g. we may value time with children but in reality this is often overshadowed by work preoccupations. For most of us there is truly a need to **reframe** our value system to ensure that we are on the road we want to go where we want to go. The third speaker Adrian Teo focused on how we may ACT to **realise** - realise both in the aha! sense as well as in actual performance. Awareness of current situation with clarity, Choice in a desired future direction, and Trust in one's own inner resources are three critical, inter-influencing components that collectively empowers us to perform 'in the zone'. The symposium was a highly participative event; each presentation was followed by facilitated group discussions. A resounding success, rated even higher than last year's Seniors Revalued Symposium, the event this year was organised by the Rotary Club of Singapore North and supported by SACE and U3A Singapore

Rummikub Game Sessions

- At Chinatown Point #04-02
15 Apr 2017, 2-5 pm
- At Peninsula Plaza #06-30/31
Every Tue, 9.30 am -12.30 pm

Karaoke/Singalong Sessions

Sunday 23 Apr 2017

Conducive company
Comfortable ambience at
Peninsula Plaza #06-30/31

Practice Sessions

Yoga 8 Apr 2017, 9.30 – 10.30 am
At Chinatown Point #04-02

Qigong 8 Apr 2017, 4 – 6 pm
At Chinatown Point #04-02

Mindfulness 13 Apr 2017,
11-12.30 pm at Peninsula Plaza
#06-30/31

Introductory Talks on NSA courses by SACE

(at Peninsula Plaza #06-30/31)

Ageing Realities by Irene Wee
on 5 Apr 2017, 11.30 am

Mindfulness by Adrian Teo
on 6 Apr 2017, 11.30 am

Applied Psychology by Goh Kim Seng
on 6 Apr 2017, 2.30 pm

Video Stories by To Chee Kan
on 7 Apr 2017, 11.30 am

29 APR 2017

PREVIEW OF NEW COURSES
BY SACE, 2.30 – 4 pm
followed by
SACE AGM 2017, 4 – 5 pm
(for members only)

Film & Discussion: Book Thief

Peaceful Warrior Learning Community



Based on a best-selling book, the story is about a young girl given away by her parents to a German family towards the end of WWII to escape extermination by Hitler's SS soldiers. Unable to read but taught by her kind-hearted foster father, the girl begins "borrowing" books and sharing them with the Jewish refugee being sheltered by her foster parents in their home. Come early at 6.30pm to watch this long but intriguing and inspiring movie on 20 Apr 2017 at Peninsula Plaza, with discussion facilitated by Quek Joo Hock.

Stone Art Decoupage

Learn to transform a mundane object like a stone into a thing of beauty. You can use these decoupage stones as paper weights or simply as a decor piece in your home. They are so cute you can even gift them. Come and learn this gratifying art from Serene

Low who will conduct these monthly sessions on the 3rd Mondays each month at Peninsula Plaza #06-30/31.

Self-Healing Practices Energy Healing Learning Community

Energy Healing Learning Community

Raymond Chong will facilitate a sharing on self-healing practices and do a reflection and review of the group's learning journey thus far, to reinforce key concepts and fill in the gaps. Remarkably, Raymond's practice of self-healing is advanced to the extent that he has not taken western medication for about 30 years, relying mostly on very simple techniques and remedies to recover from illness. Come find out what these techniques and remedies are on 8 Apr 2017 at Chinatown Point, 2pm

Biz Hub Launch

After months of deliberation and planning, our SACE Biz Hub will be launched on 19 Apr 2017 at an evening meeting at Chinatown Point, 7pm. This is a platform to enable members to offer their professional skills and other expertise to fellow

members and friends. This could range from accounting, photography translation services to providing to tuition, child/elder care, home repair assignments, etc. Come and find out how, with the help of this scheme, you could operate a small business from home.

Ramble: Woodlands Waterfront Park



A scenic and tranquil coastal park offering an exceptional view of the sea from the north awaits you. On 30 Apr 2017, Derek Kwok will lead you to enjoy an unobstructed and panoramic view of the entire coastal park and the strait of Johore from a high vantage point. This is one of the place where you can catch a great sunset without the need to hike up a hill. The main highlight is its 400m refurbished jetty, longest recreational in Singapore, a 1.5 km waterfront promenade and views of the causeway.

Membership Growth at 50plus Expo 2017



As a partner of Council for Third Age (C3A), SACE participated in this year's 50plus Expo at Suntec City on 24-26 Mar 2017, Singapore's major event for seniors. Some 30 member volunteers worked hard over the 3 days to recruit 220 new SACE members and 120 course sign-ups. Currently SACE offers 23 courses under the National Silver Academy which Singaporeans and PRs may attend at highly subsidized fees. SACE members who are aged 50+ automatically become U3A Singapore members.