

SACE & U3A SINGAPORE OPEN HOUSE

We warmly invite you to visit our Secretarial Office and Activity Centre #06-30/31 Peninsula Plaza during our Open House on 9, 10 & 11 Jan 2017. We are planning a programme of activities to interest and engage you – talks, forum discussions, coffee chats, course reviews, and Rummikub sessions too. Come and add to the buzz, meet old friends and make new ones. Drop in for a cup of coffee anytime 10 am – 5 pm during these 3 days. Welcome!



Annual Dinner 2017

We kick off the new year with our celebration at Happy Joy Restaurant, Hotel Royal on 6 Jan 2017, 7 pm - an evening of song, dance and catching up with some 160 fellow members, course participants, facilitators, friends and guests.

Video Meet: Inciting Incidents

Video Learning Community

We covered "inciting incident" as a key part of modern film structure in

the Video Stories courses. In this session, we shall watch a movie and examine how the inciting incident has brought out the story and the critical question being answered at the climax of the movie. Gain insight into how a well-crafted script with an inciting incident paves the way, tells the story, and makes the story more convincing and rewarding to watch. Join us on 7 Jan 2017 to pick up tips and share insights in making more captivating videos.

Facilitator: To Chee Kan

News & Briefs

- In Singapore, the no. of seniors with disabilities arising from accidents, illness or old age, has been found to be 13.3 %. This figure, based on self-reports from a random survey of 2000 residents aged 18 and above, came from a survey by the National Council for Social Services (NCSS). In contrast the corresponding figure for those ages 18-49 is only 3.4%. MOE reported that the prevalent disabilities in the student population aged 7-18 is 2.1%.
- Some 600,000 Singapore citizens aged 60+ will receive their new Passion Silver Concession Card by 31 Mar 2017. This combines their purple transport fare concession card with the additional benefits of their seniors' passion card which has a maximum stored value of \$500. The new card needs to be activated at any TransLink Ticket Office. The existing purple card should be presented so that its remaining value may be transferred to the new card.
- Statistics from the Institute of Mental Health showed that one in 10 people in Singapore aged 60 and above suffer from dementia. The disease affects half of those aged 85 and older. By 2030, the number of dementia sufferers in Singapore is expected to more than double to 103,000.

2016 REVIEW U3A SINGAPORE

During Singapore's Jubilee Year 2015, SACE made a great impact with its 39 runs of 12 lifelong courses for seniors. In 2016 it became a leading VWO provider of lifelong learning courses under the new National Silver Academy and conducted 38 runs of 17 lifelong learning courses for seniors. These courses were professionally conducted by highly experienced facilitators and received much appreciation and acclaim by participants for the quality of their content and delivery.

U3A Singapore, founded by SACE and officially launched in 2014, made great strides in 2016. In partnership with the S-Connect (Seniors) Subcommittee of the National University of Singapore (NUS) it organised a highly successful 2-day Seniors Revalued Symposium for some 170 participants at Kent Ridge Guild House in Apr 2016. Already a member organisation of the Association of Universities of the Third Age (AIUTA or IAUTA), it became a member of the Asia Pacific Alliance of U3As (APA) and sent a delegation of 7 members to the Osaka U3A Conference held in Oct 2016. Every month U3A Singapore organises 6 – 10 events as listed below:



January – Annual Dinner 2016



February – Lunar New Year Gathering



March – Kukup Getaway



April – Seniors Revalued Symposium at NUS



May – Singapore Pools Corporate Tour



June- Photo/Video Enhancement Talk



July – Talk: Are You a Thinker, Feeler or Doer



August – Sembawang Hot Springs



September – Lijiang Trip



October – U3A Osaka Conference



November – Lifelong Learning Festival



December – Film & Discussion: The Bucket List

NSA Courses by SACE (2016)		
1. Qigong Meditation Techniques	2. Applied Psychology for 3 rd Agers	3. Mindfulness for Well-being
4. Video Stories	5. Starting a Small Business	6. Brain Gym for Mental Fitness
7. Life Scripts Review	8. Creativity by Mature Minds	9. Bonding and Relationship Management
10. Emotional & Psychological Realities of Ageing	11. Introduction to Playwriting	12. Yoga for Third Agers
13. Photo Stories – Basics Photography	14. Financial Planning for Retirement	15. Choir Singing Voice Training
16. Second Career Planning	17. Wise Leadership	

SACE, U3A Singapore's parent body, conducted 38 runs of these 17 courses over the period of Jun-Dec 2016 for some 700 participants.

EDITORIAL

The Newsletter appeared at the beginning of each month since its 1st issue in Jan 2015. It serves to provide members and friends of SACE and U3A Singapore with short write-ups on the events and activities for the month. As can be seen from the 2016 review, these range from symposiums/conferences, talks, financial discussions to nature rambles, visits to places of interest and holiday trips.

In 2017, both our SACE and U3A Singapore websites will be upgraded. Continuing learning is the key to our well-being, mental fitness, and quality of life. We are therefore planning to implement a Knowledge Resource project that will, in addition to SACE courses and U3A enrichment activities, enhance our learning and enjoyment of learning. While pedagogy (child learning) and andragogy (adult learning) are well-established disciplines, the growing interest in and understanding of geragogy (seniors learning) holds much promise on what and how we could, with the help of new media technology, greatly enhance the continuing learning experience of seniors. Happy Reading.

Editor Goh Kim Seng

Rummikub Game Sessions Game for Mental Fitness Project

Following the video talk on 7 Jan 2017 as well as on 21 Jan, enjoy energizing afternoon fellowship sessions playing the Rummikub game. Volunteers will be there to guide beginners.

Facilitator: Leow Kee You

Film & Discussion: The Theory of Everything Peaceful Warrior Learning Community



This is an outstanding 2014 British biographical romantic drama film adapted from the memoir *Travelling to Infinity: My Life with Stephen* by Jane Wilde Hawking, which deals with her relationship with her ex-husband, theoretical physicist Stephen Hawking, his diagnosis of motor neuron disease, and his success in physics. The film won high praise for its musical score, cinematography and won the Golden Globe Award for Best Actor – Motion Picture Drama for Eddie Redmayne. Let us view and discuss this intriguing film on 19 Jan 2017 at our new U3A Singapore Activity Centre at Peninsula Plaza.

Facilitator: Quek Joo Hock

Energy Healing - New Approaches and Developments

Energy Healing Learning Community

Alternative healing approaches to medical science with a history dating back to thousands of years has been gaining acceptance and many value its holistic and non-body invasive approach. Hence, we are starting a new Energy Healing Learning Community which will feature talks and demonstrations by various gurus in this field. Join us on 14 Jan 2017 when our facilitator Raymond Chong, who conducted the last two runs of our Qi Gong Meditation Techniques course, will kick start our monthly meetings giving us his perspective on the interesting approaches and developments on this intriguing topic.

Facilitator: Raymond Chong

U3A Singapore welcome you to join us

Enrich: improve your quality of life

Engage: share with like-minded people

Enjoy: talks, rambles, visits, trips, etc.

Learn: for fun and enrichment

- no prior knowledge needed

- no academic joining criteria

- no examinations

Join only those groups that interest you

Start a group in your area of interest

Contribute by volunteering your help

Maintain your mental fitness

Extend your network, make friends

U3A Singapore January 2017 Activities

Date	Event	Venue	Time	Fee Members/Guests
6 Jan	Choir Singing Voice Training Course	Sophia Road	10.30 am – 1 pm	\$64 pp
6 Jan	Annual Dinner 2017	Happy Joy Restaurant	7 pm	Self-pay
7 Jan	Rummikub Game Session 1	Chinatown Point	2. pm – 5 pm	Free/\$5
7 Jan	Video Meet: "Inciting Incident"	Chinatown Point	11 am – 1 pm	Free/\$10
9-11 Jan	SACE/U3A Open House at Peninsula	Peninsula Plaza	10 am – 5 pm	Free
14 Jan	Energy Healing-New Approach & Development	Chinatown Point	11 am – 1 pm	Free/\$10
19 Jan	Film & Discussion: The Theory of Everything	Peninsula Plaza	7 pm – 9.30 pm	Members only
21 Jan	Rummikub Game – Session 2	Chinatown Point	2 pm – 5 pm	Free/\$5

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.