



Monthly

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 29

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

May 2017

SACE TRANSFORMATION



At SACE's 39th AGM on 29 Apr 2017, President Goh reported on SACE's rapid transformational growth over the 4-year period 2013 to 2016:

- a 4-fold increase in membership
- a 10-fold increase in accumulated funds
- a 50-fold increase in our events and activities

Milestone developments:

SACE

Aug 2012	Founded U3A Singapore
Mar 2013	Inaugural participation at 50plus Expo as a partner of C3A
Jan 2014	Member of National Council for Social Services (NCSS)
Jun 2015	Launch of SG50 Lifelong Learning Courses with C3A
Apr 2016	Organised Seniors Revalued Symposium with NUSS
Jun 2016	Partner National Silver Academy (NSA) as course provider

U3A Singapore

Aug 2012	Registered as a legal entity in Singapore
Dec 2012	Member, International Association of U3As (IAUTA)
Mar 2013	U3A Singapore official launch
Jun 2014	Participated in IAUTA 40th Anniversary Conference in Toulouse, France
Dec 2014	Launched Game for Mental Fitness (Rummikub) project with Foundation of Rotary Clubs Singapore (FRCS)
Jan 2015	U3A Singapore Monthly newsletter commenced publication
Oct 2015	Happiness Forums with SMU
Oct 2016	7-member delegation to Osaka U3A International Conference
Nov 2016	Member, Asia Pacific Association of U3As (APA)

Board of Directors 2017-19

President Goh Kim Seng, VP Irene Wee, VP Jeremy Seah, Hon Sec Leow Kee You, Hon Treasurer Serene Low, Asst Treasurer Elaine Tan, Members Henry Lim, Adrian Teo, To Chee Kan, Dennis Carroll, and Bernard Chia.

Rummikub Game Sessions

- At Chinatown Point #04-02 6 & 20 May 2017, 2-5 pm
- At Peninsula Plaza #06-30/31 Every Tuesday, 9.30 am - 1 pm

Practice Sessions

Yoga 6 May 2017 9.30 – 10.30 am
At Chinatown Point #04-02
Facilitator: Florence Kwok

Qigong 13 May 2017, 4 – 6 pm
At Chinatown Point #04-02
Facilitator: Raymond Chong

Mindfulness 11 & 25 May 2017,
11 – 12.30 pm
At Peninsula Plaza #06-30/31
Facilitator: Adrian Teo

Movers & Shakers - Video Talks @ PP

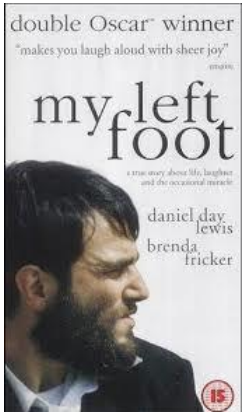
Wisdom from Warren Buffet
9 May 2017, 2.30 pm – 4 pm
At Peninsula Plaza #06-30/31
Facilitated by Jeremy Seah/
Goh Kim Seng

Jack Mah at World Economic Forum
24 May 2017, 2.30 pm – 4 pm
At Peninsula Plaza #06-30/31
Facilitated by Bernard Chia/
Goh Kim Seng

- Refer to our weekly Activity Schedule for possible updates/changes.
- Register for the above activities at secretariat@sace.org.sg or call us at 62660648.

Film & Discussion: My Left Foot

Peaceful Warrior Learning Community



Can a spastic make it in our world today, especially here in fast paced Singapore? This is the story of Christy Brown, a boy with cerebral palsy born into a working-class

Irish family. Though Christy is a spastic quadriplegic and essentially paralyzed, a miraculous event occurs when, at the age of 5, he demonstrates control of his left foot and subsequently overcomes his infirmity to become a painter, poet and author. Join us on 18 May 2017 at Peninsula Plaza to view and discuss another inspiring film.

Facilitator: Quek Joo Hock

Comparing Yoga and Qigong

Energy Healing Learning Community

The next sharing session on 13 May 2017 at Chinatown Point will delve into the comparison of two very ancient systems of self-cultivation, Yoga from India and Qigong from China, to draw from the essence of these practices and suggest how they may be combined for maximum

health benefits. Lead by Raymond Chong, who has learnt and practice both systems with accomplished teachers, the session would yield interesting and practical insights to bring your own practice to the next level.

Facilitator: Raymond Chong

Your Psychological Health

Holistic Health Learning Community

Psychological factors can affect health directly. Psychological health is concerned with understanding how psychological, behavioral, and cultural factors contribute to physical health and wellbeing. Our speaker on 20 May 2017, Dr Elizabeth Nair, is a Colombo Plan scholar and the Principal Psychologist at Work & Health Psychologists (WHP). She is a Fellow of the American Psychological Association (APA). She has served as President of the Singapore Psychological Society, and received the inaugural Award for Outstanding Service to Psychology in Singapore. She was Chief Psychologist at Mindef and had also lectured at NUS.

Facilitator: Goh Kim Seng

Tak Po Dim Sum Restaurant

Foodie Learning Community

Join us on 20 May 2017 to enjoy Hong Kong style dim sum, frog porridge

and home cooked dishes in air conditioned comfort at this famous restaurant in the heart of Chinatown. Tak Po is located at 42 Smith Street and is within walking distance of Chinatown Point.

Facilitator: Amy Sze

Ramble: Pasir Ris Park

Nature Ramble Learning Community



Charming and tranquil, Pasir Ris Park is a wonderful place for families to have a fun day out. Aside from modern park activities such as water sports, cycling, inline skating and barbeque rental, it also features a carefully preserved six-hectare mangrove forest. For the green fingers, there is also a herb garden!

With multiple trails and a Mangrove Boardwalk, visitors can explore the beauty of the mangrove forest and get close to its inhabitants. The three-storey Bird Watching Tower located within the mangrove forest allows bird enthusiasts to observe birds in their natural surroundings.

The ramble will be held on 28 May 2017, 4 pm - 6 pm. Let us have fun by the sea-side.

Facilitator: Eleanor Ong

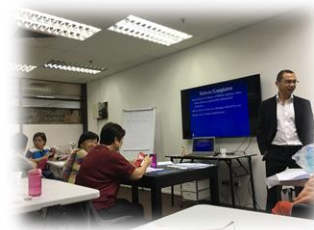
SNAP SHOTS OF OUR COURSES



Choir Singing Voice Training



Computer Media A-Z



Legal Matters for Seniors



Acting Skills for Stage Performance