

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 30

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

June 2017

2017 COURSES BY SACE

SACE has launched 10 new courses in 2017, five in Jan 2017 and another five commencing in Jul 2017.

Next runs of these courses are shown below:

1. Computer Media A-Z (7 Jul 2017)
2. Nurturing an Innovative Mind (Aug 2017)
3. Resolving People Problems - A Counselling Approach (25 Jul 2017)
4. Legal Matters for Seniors (1 Jul 2017)
5. Acting Skills for Stage Performance (Aug 2017)
6. Food for Healthy Ageing (5 Jul 2017)
7. Caregiver Skills for Seniors (7 Aug 2017)
8. Deep Relationship Issues (3 Jul 2017)
9. Choreographed Dance Performance Training (Oct 2017)
10. Personal Analytics for Self-Development (20 Jul 2017)

SACE now offers a total of 28 courses, many with repeat runs. Singaporeans and PRs have their fees greatly subsidized by the National Silver Academy. Most of the courses are also eligible for payment by SkillsFuture Credit. SACE members may also use their membership subsidy of \$80 (1-year membership) or \$150 (5-year membership) to offset their fees for all SACE courses.

Film & Discussion: Meet Joe Black

Peaceful Warrior Learning Community

On his 65th birthday, on the brink of death, a millionaire tells his beloved younger daughter that he likes her fiance but doesn't sense that she truly loves him: "Stay open. Lightning could strike." It does. A few hours later, she meets a stranger. They talk and flirt and confess they really like each other. They part. He is killed. That night at dinner, she is startled to find him among her father's guests. The body of the young man is now occupied by Death, who has come to inform her Father that his end is near. Join us on 15 Jun 2017 to view and discuss this intriguing film.

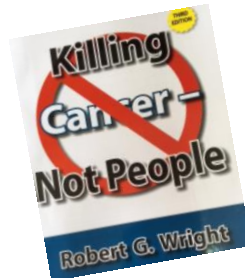
Facilitator: Quek Joo Hock



Kill Cancer Not People

Holistic Health Learning Community

This extraordinary book provides a wealth of information on how cancer survivors survive without resorting to the big three treatment options advocated by



Western medical practitioners - operation, radiation or chemo. The book will be reviewed by

our VP Irene Wee on 17 Jun 2017, who studied the its contents and diligently followed its recommendations in caring for her brother diagnosed with stage 4 prostate cancer which had spread to the spine. Previously confined to a wheelchair he is now able to walk unaided.

Facilitator: Dennis Carroll

• Karaoke & Singalong



Resumes this month on Sunday 11 Jun 2017, 3 pm – 6 pm at our Peninsula Plaza Activity Room.

Facilitator: Trevina Wan

• Rummikub Game Sessions

Join an increasing crowd at our popular Rummikub sessions to both exercise your mind as well as catch up with old friends or make new ones. Saturday sessions take place 2 pm-5 pm at Chinatown Point on 3 & 17 Jun 2017. We also have Rummikub sessions every Tuesday morning at Peninsula Plaza activity centre, 9.30pm -12.30pm.

Facilitator: Leow Kee You

• Stone Art Decoupage Handicraft Learning Community



On 19 Jun 2017 interested participants will be able to exercise their creative skills in creating original art pieces on stone which can serve as decorative art pieces or act as paper weights.

Facilitator: Serene Low

Kam's Roast

Foodie Learning Community



This Hong Kong Michelin-starred restaurant,

newly opened in Singapore at Pacific Plaza, specialises in roast meat, especially duck. On 17 Jun 2017, we will try their signature dishes - roast duck, BBQ pork and 'Toro' char siu made with premium pork belly as well as their legendary wanton noodles.

Facilitator: Henry Lim

Video Talks & Discussions

Every Wednesday afternoon 2.30pm - 4.30pm, subject to room availability at Peninsula, we will have a video talk & discussion on various topics of

interest. Past screenings have included Jack Mah speaking at the World Economic Forum; The Science of Healthy Ageing: Living Better, Not Just Longer by University of California Television; and Ancient Wisdom in Modern Times, a facilitated dialogue with alternative medicine advocate Deepak Chopra and spiritual leader Sadhguru. For topics and confirmation of screenings see our SACE and U3A SG weekly schedule of activities.

Facilitator: Bernard Chia

Ramble: Changi Coastal/Beach Walk

Nature Ramble Learning Community



This 3.3 km long linear park has stretches of pristine white beaches dotted with coconut palms and barbecue pits. On 25 Jun 2017, 4 pm – 6 pm we will walk along this park to view the scenic coastal sights and enjoy its tranquil and relaxed ambience. We will finish off with a fellowship dinner at Changi Village where good food, bargains and other facilities await

Facilitator: Julie Lim

2D1N Malacca Getaway

Travel & Trips Learning Community

Plans are in the making for a 2D1N trip to Malacca. Promises to be fun and eventful getaway. Proposed date is 22-23 July 2017. Do block up the date for those who are interested. Trip details will be announced very soon. Open to members and friends. The cut-off number is 35pax.

Facilitator: Dr Chan Choon Hian



Website training session in preparation for the launch of new SACE/U3A Singapore websites

U3A Singapore June 2017 Activities

Date	Event	Venue	Time	Fee Members/Guests
3 & 17 June	Rummikub Game Sessions	Chinatown Point	2 pm - 5 pm	Free/\$5
Every Tue	Rummikub Game Sessions-	Peninsula Plaza	9.30 am -12.30 pm	Free/\$5
Every Wed	Video Talks & Discussion	Peninsula Plaza	2.30 am -4.30 pm	Free
8 Jun	Brain Gym for Mental Fitness	Chinatown Point	2.30 pm – 6 pm	\$22.40 pp
11 June	Karaoke/Singalong Session	Peninsula Plaza	3 pm – 6 pm	Free/\$5
15 Jun	Film & Discussion: Meet Joe Black	Peninsula Plaza	7 pm- 9.30 pm	Members only
17 Jun	Killing Cancer Not People	Chinatown Point	11 am – 1 pm	Free/\$10
17 Jun	Kam's Roast: Foodie Learning Community	9 Scotts Road #01-04	6.30 pm	Self-pay
19 Jun	Stone Art Decoupage	Peninsula Plaza	2.30 pm – 4.30	Free/material fee
23-24 Jun	Emotional & Psychological Realities of Ageing	Peninsula Plaza	8.30 am – 4.30 pm	\$10/\$44.40
25 Jun	Ramble: Changi Coastal/Beach Walk	Changi Village Bus Interchange	4 pm – 6 pm	Free
30 Jun	Closing date Malacca Trip 22-23 July 2017			Self-pay

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 confirmation details inclusive of procedure to apply for SFC where applicable will be emailed to registered participants.