

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 35

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Nov 2017

Events Highlight



Music moves and touches us all. It is a universal language that connects, communicates, heals and inspires. Too many of us miss out on this as we struggled through our dependent 1st age of childhood and youth and 2nd age of work and family responsibilities.

Now in our 3rd age, it is not too late to make good. To facilitate this, SACE is launching **SeniorsGotTalent**, a project comprising three important parts:

1. Encourage seniors to attend more courses on singing, dancing and other music-related activities.
2. Provide avenues and opportunities for continuing practice and skills development.
3. Hold an annual **SeniorsGotTalent** competition to recognise, reward and showcase talents that developed.

Part 1 has been ongoing. Our slate of lifelong learning courses under the National Silver Academy include Choir Singing Voice Training, Choreographed Dance Performance Training and Acting Skills for Stage Performance. For **Part 2** we are actively encouraging past course participants to form Alumni groups to engage in learning projects. **Part 3** The inaugural SeniorsGotTalent 2017 competition will be open for registrations shortly and it is likely that the Finalists performance and our SACE's Annual Dinner and Dance will be held concurrently by end Dec 2017.

Special Talk: Feng Shui 风水



Feng Shui uses the principles of chi (or subtle energy) to harmonise ourselves with the environment for success in all aspects of our lives: health, wealth, career, intelligence, wisdom and marriage/relationships. Feng Shui has been used throughout the ages to find right directions, design structures for buildings that enhances positive chi and neutralises negative chi which yield positive results. **Terelyn**, founder of the Institute of Sodo Feng Shui, will give the talk followed by a Q&A session.

Join us for this talk (members free, guests \$5 pp) on Saturday 18 November from 11am to 1pm @ China Town Point with facilitator **Dennis Carroll**.

Regular Activities

For details please refer to our weekly activities schedule

Ramble: Sentosa Walking Trail



Date: Sunday 26 November
Time: 4pm
Meeting place: Harbourfront MRT station towards VivoCity exit.
Facilitator: **Julie Lim**

Decoupage



Date: Monday 20 Nov
Time: 2.30pm to 4.30pm
Place: Peninsula Plaza
Facilitator: **Serene Low**

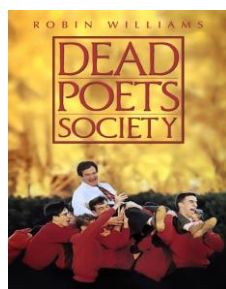
Weekly activities that matter:

Health Matters
Money Matters
Mind Matters
Lifestyle Matters

FILM & DISCUSSION

DEAD POET SOCIETY (1989)

2 hrs 9 min



Date: **21 Nov**
Time: **2.30pm**
Place: **Peninsula Plaza**

Facilitator:
Quek Joo Hock

A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students Neil Perry (Robert Sean Leonard), Todd Anderson (Ethan Hawke) and others learn to break out of their shells, pursue their dreams and seize the day. 1990 Oscar award for Best Original Screenplay.

We welcome suggestions on movie selection. To improve attendance please note change of timing.

FOODIE RENDEZVOUS

Old Street Bak Kut Teh



Founded in 2010, Old Street's unique East meets West approach, with its own special creation like the Old Street Dry Bak Kut Teh, freshly made You Tiao, offers consumers a taste and dining experience with the traditional herbal soup. It's freshly made You Tiao goes with beancurd and drinks are an excellent combination.

Date/Time: **Saturday 18 Nov, 6 pm**
Place: **#B2-07 Plaza Singapura**
MRT: **Dhoby Ghaut**
Facilitator: **Henry Lim**

TOUR: SINGAPORE MARITIME TRAIL



A journey that maps the progress and advancement of our Port, which is a major impetus to the economic development of Singapore. It is also a story of our people in the maritime sector who had contributed to our maritime success. The Trail brings together old and new maritime landmarks as a collective testimony of Singapore's rich maritime legacy and growth. Watch a video of the trail @Singapore Maritime trail – You Tube.

Tour Date: **Saturday 11 Nov**
Time: **9am to 11.30am**
Meeting Place: **Harbourfront Centre Lobby D (opp Hans Restaurant)**
Drop off point: **Marina South Pier**
Facilitator: **Dennis Carroll**

U3A SINGAPORE NOVEMBER 2017 ACTIVITIES

| DATE | EVENT | VENUE | TIME | FEE members/guests |
|-----------------|--|-----------------------|----------------|---------------------------------------|
| Every Tue | Rummikub Game Sessions | Peninsular Plaza | 9.30am-12.30pm | Free |
| Every Wed & Thu | Health, Money, Mind and Lifestyle video talk and discussion. (<i>see weekly activities schedule</i>) | Peninsular Plaza | 2:30pm-4.30pm | Free. Lifestyle Trial course Free/\$5 |
| Fri 3rd | Video meet - Sequence & Flow | Peninsular Plaza | 10am-1pm | Alumni Members |
| Fri 3rd | Chess session | Peninsular Plaza | 2.30pm- 5pm | Free |
| Sat 4th | Rummikub Game Session 1 | Chinatown Point | 2pm-5pm | Free/\$5 |
| Thu 9th | Wildlife/bird/scenic photography outing. | Meet at Yishun MRT | 4pm | Alumni Members |
| Sat 11th | MPA Tour - Singapore Maritime Trail | Meet at Harbour Front | 9am-11.30am | Free |
| Tue 14th | Backgammon session | Peninsular Plaza | 3-5pm | Free/\$5 |
| Thu 16th | Talk on Brain Gym topic (followed by Rummikub session after lunch) | Tampines Library | 11am-4.30pm | Free |
| Sat 18th | Talk on Feng Shui | Chinatown Point | 11am-1pm | Free/\$5 |
| Sat 18th | Rummikub Game Session 2 | Chinatown Point | 2pm-5pm | Free/\$5 |
| Sat 18th | Foodie Rendezvous (Old Street Bak Kut Teh) | Plaza Singapura | 6pm | Self-Pay |
| Mon 20th | Decoupage class | Peninsular Plaza | 2.30pm-4.30pm | Free (material only) |
| Tue 21st | Film & Discussion (Dead Poet Society) | Peninsular Plaza | 2.30pm- 5pm | Members only |
| Sun 26th | Ramble - Sentosa Walking Trail | Harbourfront MRT | 4pm | Free |
| Tue 28th | Backgammon session | Peninsular Plaza | 3-5pm | Free/\$5 |