



Monthly Newsletter

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 36

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

December 2017



Our Annual D&D is intended to be a great night for our members and guests to get together, renew contacts, make new friends and enjoy ourselves. There will be **NO** VIPs, talks, certificate presentations, etc. Just come and enjoy the company, the food & wine, and the entertainment items.

Do register early to take advantage of the early bird fees given below:

Dates	19-30/11/2017	1-15/12/2017	16-21/12/ 2017
Members	\$35	\$50	\$80
Spouse & Partners	\$50	\$50	\$80
Non-Members	\$50	\$65	\$80

Terms and Conditions:

- Payment must be made before registration can be confirmed.
- Pay via online to SACE DBS account 049-001627-1. By cheque to 'The Singapore Association for Continuing Education' and mail it to SACE Secretariat at [111 North Bridge Road #06-30/31 Peninsula Plaza S'pore 179098](#).
- By cash to the SACE Secretariat. Receipts will be issued for payments received.
- No refund will be made for any cancellation; however, replacement participants may be arranged.

Register via secretariat@sace.org.sg . Contact us at [62660648](tel:62660648) should you need any assistance.



Seniors Got Talent Competition Singapore 2017

Cash prizes of \$1,000, \$500 and \$300 will be awarded to the winner, 1st and 2nd runner-up's plus trophies, merit certificates and other non-cash prizes.

For Singaporeans & PR (age 50+) who are not professionals or paid performers. Up to 10 finalists will take part in the Finals Competition to be held on 29 Dec 2017 at Hotel Royal. Closing date for entries 8 Dec 2017.

Registrations: <https://www.eventnook.com/events/seniorsogottalentcompetiion/home>

Regular Activities

For details please refer to our weekly activities schedule

RAMBLE – RIVERSIDE WALK



Singapore River flows past many landmarks, buildings and neighbourhoods that were integral features of the riverine landscape. The origin and significance of these sites, are charted in the Singapore River Walk, which offers a journey through history via the quays, piers, bridges, religious sites and community spaces that distinguish and define this waterway.

When: Sunday 17 December 4 pm
Meet at: Raffles Place MRT
Facilitator: **Julie Lim**

DECOUPAGE



Date: Monday 11 Dec
Time: 2.30pm to 4.30pm
Place: Peninsula Plaza
Facilitator: **Serene Low**

WEEKLY VIDEOS/TALKS THAT MATTER:

Health Matters Wed morning
Money Matters Wed aft'noon
Mind Matters Thurs morning
Lifestyle Matters Thurs aft'noon

Film & Discussion

Dances With Wolves (1990)



Date:
19 Dec Tues

Time:
2.30pm

Place:
Peninsula Plaza

Facilitator:
Quek Joo Hock

A Civil War soldier develops a relationship with a band of Lakota Indians. Attracted by the simplicity of their lifestyle, he chooses to leave his former life behind to be with them. Having observed him, they give the name **Dances with Wolves**. Soon he is a welcomed member of the tribe and falls in love with a white woman who has been raised in the tribe. Tragedy results when Union soldiers arrive with designs on the land. With 7 Academy awards in 1991 this is one of those films that impacts in a manner few others do. Best Film, Best Director (for Costner himself), Best Original Music Score and others.

1 Day Tangkak Durian Tour



Join fellow members on this one day guided tour into Johor to enjoy this year's bumper harvest of durians such as XO, D24, 101, etc. (excluding Musang). The day will start at **7am** with two pick-up points. Lunch/Dinner, Shopping visit and group insurance (SGD10k) is included. Price: **SGD88 net**. Return will be approximately at **10pm**.

Please register with **Secretariat** by **5th December latest, including payment**.

Organiser: **Doreen Chan**

Facilitator: **Dr Chan Choon Hian**

Date: **Saturday 9 December**

Holistic Health Talk: Himalayan Singing Bowls



From humming to drumming to the resonance of Himalayan singing bowls – certain rhythms, sounds and vibrations can enhance the mood, reduce stress, create a deep sense of well-being and even promote healing. Sound therapy is gaining popularity as both a preventative medicine and as a complement to more-traditional treatments. Our body has its own natural resonance, and vibrational medicine is based on the idea that disease is a result of those natural resonances getting out of tune, whether due to stress, illness or environmental factors. Sound therapy works gently but powerfully to return the body's own vibrations to their natural states.

Dr Sujata Singhi, author of the book "Power of Sound" and an advanced sound bowl healer and therapist, will be giving the talk. Join us for this talk (members free, guests \$5 pp) on **Saturday, 2 December** from **11 am to 1 pm** at **Chinatown Point** with facilitator **Gwen Ling**.

U3A SINGAPORE DECEMBER 2017 ACTIVITIES

DATE	EVENT	VENUE	TIME	FEE <i>members/guests</i>
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
Fri 1st	Chess session	Peninsular Plaza	2:30pm- 5pm	Free
Sat 2nd	Holistic Talk (Himalayan Singing Bowls)	ChinaTown Point	11am-1pm	Free/\$5
Sat 2nd	Rummikub Game Session 1	ChinaTown Point	2pm-5pm	Free/\$5
Tue 5th	Backgammon session	Peninsular Plaza	3-5pm	Free/\$5
Sat 9th	1 Day Tangkak Durian Tour	Pick-up points	7am-10pm	\$88
Mon 11th	Decoupage class	Peninsular Plaza	2:30pm-4:30pm	Free (material only)
Tue 12th	Backgammon session	Peninsular Plaza	3-5pm	Free/\$5
Fri 15th	Chess session	Peninsular Plaza	2:30pm- 5pm	Free
Sat 16th	Rummikub Game Session 2	ChinaTown Point	2pm-5pm	Free/\$5
Sun 17th	Ramble - Riverside Walk	Raffles City MRT	4pm	Free
Tue 19th	Film & Discussion (Dances with Wolves)	Peninsular Plaza	2:30pm- 5.30pm	Members only
Thu 21st	Talk on Brain Food (followed by Rummikub session after lunch)	Tampines Library	11am-4:30pm	Free
Fri 29th	Seniors Got Talent Competition	Hotel Royal Newton	11am-3pm	See details above
Fri 29th	Annual Dinner & Dance	Hotel Royal Newton	6:30pm-10:30pm	See details above