



# 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 39

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

March 2018



## PERSONAL ANALYTICS FOR SELF DEVELOPMENT

The first run for this two-half day session was first conducted in August 2017 followed by another run in October 2017. Both were well attended with close to 40 participants for each run. The course provides a designed platform for self-evaluation covering aspects on wellness. Data are anonymously captured using an audience response system, digitally analysed for an insight into the following areas:

- Health – such as your eating habit, diet balance, sleep pattern, types of exercise.
- Financial status – how financially independent are you, your spending habits.
- Other areas include the Social Scores such as self-evaluation on mental health, social development from childhood to adult, personality trait and more.

Some statistical results based on average score for both runs:

Sex	Female	70%	Male	30%
Age	60 – 69	49%	50 – 59	36%
Marital Status	Married	62%	Single	22%
Educational Level	University	34%	Diploma/professional	31%
Job Status	Retiree	45%	Full time/part time	28%
Affected Ailments	Joint/back pain	54%	High cholesterol	51%
Financial Status	Financial independent	62%	No dependent to take care	34%
Future Financial Worries	Health care	62%	Food & basic needs	13%
Top 3 expenditure for food, necessities etc <\$2,000 per month				
Out of pocket expenditure for health care most spend <\$2,000 per year.				

The program provides an instant result on how you measure up among your peers, opportunities for self-reflection, and to consider needed changes. Due to its popularity, there will be a third run of this course on 29 March 2018.

## NEW !!



To cater to the working adults, SACE/U3A Singapore will begin to run certain courses and activities outside the usual working hours, so as to better serve a wider spectrum of our members and to attract new members. To kick start this initiative, we will run a **DANCERCISE** class. This is a set of 4 week Saturday afternoon classes starting from 10 March from 2pm to 4pm. Learn to enjoy and control body movements in tune with the musical rhythm, at the same time improve your body balance and blood circulation. Please check our weekly/monthly activity list or call up for more details.

**FRIENDSHIP GROUP** is a chance for you to connect with our members with like-minded interest to **share, learn and grow**. We have received good feedback and we are pleased to note that most of the interest areas are already in our current activities. Some examples of new areas requested are:

- Trips abroad, including Study Tours
- Chinese Language and Culture.
- Attend plays and concert
- Discussions on topics

As this is designed just for you, we need your active participation to make this a success. All members are invited to Groups Briefing Sessions to be held on 3th March, 5<sup>th</sup> March, 8<sup>th</sup> March. Please refer to our activities notification or call up for more details.

## Regular Activities

For details please refer to our weekly activities schedule

## RAMBLE – FORT CANNING PARK



Steeped in history and lush with flora and fauna, this is a place to go for if you are looking to appreciate heritage in the heart of the city.

When: **Sunday 18 Mar 4 pm**  
Meet at: **Fort Canning MRT (control station)**

Facilitator: **Julie Lim**

## WEEKLY VIDEOS/TALKS THAT MATTER:

### Health Matters

Wed morning  
Facilitator: Elaine Tan

### Money Matters

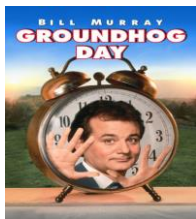



Wed afternoon  
Facilitator: Goh Kim Seng

### Mind Matters

Thurs morning  
Facilitator: Adrian Teo

### Lifestyle Matters

Thurs afternoon  
Facilitator: Irene Wee

<p><b>Film &amp; Discussion</b> <b>GROUNDHOG DAY</b> (101 minutes)</p>  <p>Phil (Bill Murray), a weatherman, is out to cover the annual emergence of the groundhog from its hole. He gets caught in a blizzard that he didn't predict and finds himself trapped in a time warp. He is doomed to relive the same day over and over again until he gets it right.</p> <p>When: <b>Tuesday 20<sup>th</sup> March 2:30pm</b> Venue: <b>Peninsular Plaza</b> Facilitator: <b>QUEK Joo Hock</b></p>	<p><b>Foodie Rendezvous</b> <b>Chong Qing Grilled Fish</b></p>  <p>Inspired by the rich heritage of Sichuan's legend and anecdote, Chong Qing Grilled Fish is the first in Singapore to bring to the local F&amp;B scene the best representation of the vibrancy and multiplicity of Chong Qing cuisine. Come and enjoy a full sensory cultural experience.</p> <p>Location: 18 Mosque Street #01-01 MRT: <b>DT19 Chinatown</b> Date: <b>Saturday 17th March</b> Time: <b>6pm</b></p> <p>Registration: Not later than THREE days before event (Minimum 5 pax)</p> <p>Facilitator: <b>Henry Lim</b></p>	<p><b>Visit: Peranakan Museum</b></p>  <p>Southeast Asia has been a crossroads for trade since ancient times. Prevailing winds brought traders from distant lands to Southeast Asia. Some of these traders put down roots and married local women. Their descendants are the ancestors of the Peranakans. The Museum showcases the world's finest and most comprehensive collections displayed in 9 galleries.</p> <p>Location: <b>39 Armenian Street</b> Visit Date: <b>Monday 26th March</b> Time: <b>11am</b></p> <p>Facilitator: <b>Dennis Carroll</b></p>
<p><b>DECOUPAGE</b></p>  <p>Date: Monday 26 March Time: 3.00pm to 5.00pm Place: Peninsula Plaza Material fee: from \$5 Pre-registration is required</p> <p>Facilitator: <b>Serene Low</b></p>		

### U3A SINGAPORE MARCH 2018 ACTIVITIES

DATE	EVENT	VENUE	TIME	FEE members/guests
Every Tue	Rummikub Game Sessions	Peninsula Plaza	9.30am-12:30pm	Free
Every Wed & Thu	Health, Money, and Mind video talk and discussion. <i>(see weekly activities schedule)</i>	Peninsula Plaza	11am-12:30pm 2:30pm-4:30pm	Free
Sat 3rd	Friendship Groups Briefings	Chinatown Point	2pm-3:30pm	Free
Sat 3rd	Rummikub Game Monthly Session 1	Chinatown Point	3:30pm-6:30pm	Free/\$5
Mon 5th	Friendship Groups Briefings	Peninsular Plaza	11am-12:30pm	Free
Tue 6th	Backgammon / Rummikub Game sessions	Peninsula Plaza	2pm-6pm	Free/\$5
Thu 8th	Friendship Groups Briefings	Peninsula Plaza	4pm-5:30pm	Free
Sat 10th	Dancercise for working members	96 Sophia Rd	2pm-4pm	Free/\$10
Tue 13th	Backgammon / Rummikub Game sessions	Peninsula Plaza	2pm-6pm	Free/\$5
Thu 15th	Photo Outing - Wildlife photography (Windsor Park)	Main Entrance	8am	Alumni Members
Sat 17th	Dancercise for working members	96 Sophia Rd	2pm-4pm	Free/\$10
Sat 17th	Rummikub Game Monthly Session 2	Chinatown Point	2pm-5pm	Free/\$5
Sat 17th	Foodie rendezvous - Chong Qing Grilled Fish	18 Mosque Street	6.00pm	Self-Pay
Sun 18th	Ramble - Fort Canning Park (MRT DTL station)	Stn Control Point	4pm	Free
Mon 19th	Video meet - Attention To Details	Peninsula Plaza	10am-1pm	Alumni Members
Tue 20th	Film & Discussion (Groundhog Day)	Peninsula Plaza	2:30pm - 5.30pm	Members only
Sat 24th	Dancercise for working members	96 Sophia Rd	2pm-4pm	Free/\$10
Mon 26th	Visit - Peranakan Museum	Museum entrance	11.30am-1pm	Free/\$5
Mon 26th	Decoupage class (Pre-registration required)	Peninsula Plaza	3pm-5pm	Material Fee: From \$5
Tue 27th	Backgammon / Rummikub Game sessions	Peninsula Plaza	2pm-6pm	Free/\$5
Sat 31st	Dancercise for working members	96 Sophia Rd	2pm-4pm	Free/\$10

**DO VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION**  
<https://www.facebook.com/sace.sg>