

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 41

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

May 2018



SYMPOSIUM 2018 *Third Agers in the Digital Age*



Facilitated Group Discussion

Plenary Forum

Workshop

This whole-day event, held on 28 April 2018, was well attended by close to 100 members. Keynote speaker was Derek Gooh, Chief Information Security Officer from Government Technology Agency, he spoke on 'cyber security for seniors – safeguard yourself online'. Three workshops were variously conducted by SACE President Goh Kim Seng who spoke about 'mindset changes to meet digital challenges', SACE Director Richard Cheong on 'mastery of digital devices and applications', followed by

Dr Francis Pavri on 'lifestyle changes and adaptation'. At the end of each workshop, audience was divided into groups, facilitators were on hand to lead discussion and sharing. Audience actively participated in personal analytics using a hand-held device, instant results on general audience profile was flashed on the screen. This event came to a close with a Plenary Forum that was held by session speakers and chaired by SACE Director Adrian Teo.

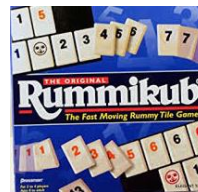
Outreach 2018



Following the successful outreach programme at Tampines Library in the East, we have secured an arrangement with the **Jurong Regional Library** in the

Western part of Singapore for a similar series of talks/activities. For six months, starting from Thursday 17th May 2018 there will be sessions every third Thursday of the month. A talk by **Shamimah Mujtaba (Brain Gym and Brain Games)** at 1.30pm followed by a Rummikub introduction session until 4:30pm. Address: 21 Jurong East Central 1 Singapore 609732 - **MRT Jurong East**

Rummikub Competition



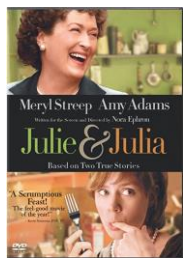
As many of our Rummikub players have honed their skills for this game over the year, it is time for us to hold a Rummikub competition, scheduled for 30th June. Details will be announced on Sat 5th May at China Town Point during the afternoon Rummikub session. Attractive prizes will be won for the winners. Stay tuned!

Get more out of your **Smart Phone & PC**

To assist our members to enhance their usage of smart phones and PCs we are conducting weekly trouble shooting sessions in using smart phones, tablets and PCs. Members are welcome to come to our Peninsula Activity Centre and seek assistance from our in-house experts on problems they encounter and to learn new features and techniques. **Computer Media Tutorials** are conducted by **To Chee Kan** every Friday 11am-12.30pm. **Richard Cheong** holds **Smart Phone Clinics** every Friday 2.30pm-4pm.

Film & Discussion

Julie & Julia (123 mins)



Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

When: **Tue 15 May 2:30pm**

Venue: **Peninsula Plaza**

Facilitator: **Quek Joo Hock**

Decoupage



Learn the art of decorating an object by gluing colored paper cutouts on to it in combination with special effects.

Date: **Mon 14 May 3 pm - 5 pm**

Venue: **Peninsula Plaza**

Material fee: from \$5

Must pre-register

Facilitator: **Serene Low**

Foodie Rendezvous

Hao Wei Lai 好味来 Peace Centre



'You don't need to visit Shanghai to taste our haoweilai Xiao Long Bao' – *as advertised.*

'One of the best Xiao Long Bao and handmade noodle you can find in Singapore.... Real good Chinese food' – *Reviews.*

Location: 1 Sophia Rd #01-08 **Peace Centre.**

MRT: **Dhoby Ghaut**

Date/Time: **Fri 18 May 2018 6pm**

Pre-registration required

Facilitator: **Irene Wee**

WEEKLY ACTIVITIES

Money Matters: Wed afternoon

Facilitator - **Goh Kim Seng**

Mind Matters: Thu morning

Facilitator - **Adrian Teo**

Health Matters: Thu afternoon

Facilitator – **Elaine Tan**

Computer Media Tutorial: Fri morning

Facilitator - **To Chee Kan**

Smart Phone Clinic: Fri afternoon

Facilitator – **Richard Cheong**

Ramble:

Boardwalk@MacRitchie Reservoir



A 12-hectare green haven bordering the country's first reservoir and the Central Catchment Nature Reserve, the MacRitchie Reservoir Park is highly visited by nature lovers and sports enthusiasts. Take a morning or evening walk and stroll along the water's edge to admire the beauty and serenity of the reservoir. Alternatively, enjoy a leisurely paddle through the calm waters or explore the forest and discover its inhabitants on the many trails. For those looking for an adrenaline rush, hike over to the Treetop Walk. The iconic MacRitchie bandstand continues to hold a special place in the hearts of many Singaporeans, and is often used to host performing arts presentations and solemnisation ceremonies.

Date: **Sun 20 May**

Time: **4 pm**

Meet At: **Bus Stop (in front of Reservoir)**

Facilitator: **Julie Lim**

U3A SINGAPORE MAY 2018 ACTIVITIES

Date		VENUE	TIME	FEE members/guests
Every Wed & Thu	Health, Money, and Mind Matters video talk and discussion.	Peninsula Plaza	11am-12:30pm 2:30pm-4pm	Free
Every Fri	Computer Media Tutorial Smart Phone Clinic	Peninsula Plaza	11am – 12.30pm 2.30pm – 4pm	Members only
Tue 1, 8, 15 & 22	Rummikub Game sessions	Peninsula Plaza	9.30am-12.30pm	Free/\$5
Tue 1, 8, & 22	Backgammon/Rummikub	Peninsula Plaza	2.30pm-5.30pm	Free
Sat 5 Sat 19	Rummikub Game Session 1 Rummikub Game Session 2	Chinatown Point	2pm-5pm	Free/\$5
Fri 11	Video meet: Attention to details	Peninsula Plaza	9.30am-11am	Alumni Members
Mon 14	Decoupage class (Registration required)	Peninsula Plaza	3pm-5pm	Material Fee: from \$5
Tue 15	Film & Discussion (<i>Julie & Julia</i>)	Peninsula Plaza	2:30pm- 5.30pm	Members only
Thu 17	Photography Outing: Cloud Forest	Gardens by the Bay	3.30pm	Alumni Members
Thu 17	Brain Gym & Brain Games	Jurong Regional Library	1.30pm -4.30pm	Free/\$5
Fri 18	Foodie Rendezvous – Hao Wei Lai	#01-08 Peace Centre	6.00pm	Self-pay
Sun 20	Ramble – MacRitchie Reservoir	Bus stop (front of Reservoir)	4pm	Free

VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION

<https://www.facebook.com/sace.sg>