

Film & Discussion

BLACK Swan (2010)



The plot revolves around a production of Tchaikovsky's Swan Lake. Nina (Natalie Portman) is a perfect fit to play the innocent and fragile white swan, while also fighting to play the dark sensual

Black Swan. Nina is overwhelmed by a feeling of immense pressure when she finds herself competing for the part, causing her to lose her tenuous grip on reality and descend into a living nightmare. This movie depicts the psychological and physical challenges one has to endure in order to achieve artistic perfection.

When: Tuesday 16 Oct 2:30 pm
Venue: Peninsula Plaza
Facilitator: Quek Joo Hock

WEEKLY ACTIVITIES FOR OCTOBER

Money Matters / Mind Matters:

Mon afternoon
 Facilitator - Goh Kim Seng

Wellness Matters: Wed afternoon
 Facilitator – Elaine Tan

Video meet: Friday morning
 Facilitator - To Chee Kan

Smartphone Clinic Friday afternoon
 Facilitator – Richard Cheong

Please check our weekly circular for latest updates.

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

Decoupage Workshop



Learn the art of decorating new or up-cycled collectible items with napkins to create paint effects.

Items to bring: Table rags, container, Your own collectible item (optional).

Date: Thursday 11 October 3 pm - 5 pm
Venue: Peninsula Plaza
Material fee: from \$5
 Must pre-register
Facilitator: Serene Low

Photo Outing & Video Meet

(for alumni members only)

Photo Outing

Photo shooting a big old sailing vessel that berths at Vivo City.

Date / Time: Thu 11 Oct @ 4 pm
Meet At: Harbour Front MRT

Video Meet:

Documentary and corporate production
Date / Time: Fri 19 Oct 10.30 am to 12.30 pm

Venue: Peninsula Plaza
Facilitator: To Chee K an

Quotable Quotes

*“Creativity is thinking of something new
 Innovation is the implementation of something new” – Paul Sloane*

“Creativity is the making of the new and the re-arrangement of the old’ – Mike Vance, Disney Corp

Ramble: ADMIRALTY PARK



With several trails within the 20-hectare nature area, visitors can discover the different species living in the forest. Alternatively, emerge from the secondary forest near the car park and admire the butterflies and different species of birds as you walk through the grassland. The walking trail also showcases interesting flora like the Putat Kampung Tree and climbers like Hedgehog Rattan, an increasingly rare plant in Singapore.

Date: Sunday 21 Oct
Time: 4 pm.
Meet At: Woodlands MRT Station
Facilitator: Julie Lim



Ramble Walk at Punggol Waterway on 16 September

U3A SINGAPORE OCTOBER 2018 ACTIVITIES

DATE	ACTIVITY	VENUE	TIME	FEE members/guests
Every Mon, Wed & Fri	Weekly activities (see above)	Peninsula Plaza	Per weekly activity circular	Free
Every Tue Tues except movie day	Rummikub Game sessions Backgammon/Rummikub	Peninsula Plaza	9.30 am-12.30 pm 2.30 pm -5.30 pm	Free/\$5 - ditto -
Sat 6 th Sat 13 th	Rummikub Game Session 1 Rummikub Game Session 2	Chinatown Point - ditto -	2 pm-5 pm - ditto -	Free/\$5 - ditto -
Sat 6 th	SACE Travel Community – Lijiang trip briefing	- ditto -	5 pm – 6 pm	Members & Guests
Thu 11 th	Decoupage Workshop	Peninsula Plaza	3 pm – 5 pm	Material Fee: from \$5
Thu 11 th	Photo outing	Vivo City	4 pm	Alumni members only
Fri 12 th & 26 th	Ukulele jamming sessions	- ditto -	7 pm to 9 pm	Group members only
Sun 14 th & 28 th	Singmaster Club Meetings	Peninsula Plaza	2 pm – 4.30 pm	Group members only
Tue 16 th	Film & Discussion	Peninsula Plaza	2:30 pm- 5.30 pm	Members only
Thurs 18 th	Library Talk	Jurong Regional. Library	1.30 pm – 4.30 pm	Open to all
Fri 19 th	Video Meet	Peninsula Plaza	10.30 am – 12.30 pm	Alumni members only
Sun 21 st	Ramble – Admiralty Park	Meet – Woodlands MRT	4 pm	Free