

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 47

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

November 2018

Support for Purchase of SACE Premises



After the introduction of SACE Fellowship Scheme and a call for contributions to support our purchase of SACE promises during the EGM held on 21 September,

it is heartening to note that we have received good response from our members, friends and associates to support this good cause. Apart from monetary support we also see members selling cakes to raise funds and other forms of donations matching our intakes for activities we organised. Thank you all for your contributions and let our spirit of generosity and act of kindness continue.

SACE Outreach Programme

Jurong Regional Library



Elaine Tan
conducting *Music for Health & Vitality* with
harmonica
demonstration on
18th Oct.

SACE Outreach Programme started its run in Jurong Regional Library from May 2018, running talks and exercises ranging from *brain gym*, to *psychological realities of aging, mindfulness, mind body analytics, dancercise and music for health and vitality* as its final run in October 2018. All these sessions were followed with an introduction to Rummikub board game with hands-on participation from the audience.

SACE/U3A 2018 Dinner & Dance



Do make note of the date!

Friday 28th December

Exciting New Location: Novotel

Singapore On Stevens

Including a sumptuous 7 course

dinner from their renowned

chef. Details follow in the coming weeks and in the December newsletter

Seniors Got Talent 2018



Seniors Got Talent

competition is back again, with the final round to be held at the **Play Den, Arts** House (former Parliament

House). Auditions and selections will start in November and into December leading to the final on **27**th **December.**



The Play Den is a state-of-the-art Black Box Theatre that is fully equipped with lighting and sound systems, befitting the stature of the competition. We are pleased to have the support of **The Musicians Guild of Singapore** and in organising this event. We will launch this event on 1 November. Look out for our flyers for more details of this event

New Event: Resistance Band Exercise. free



Sarcopenia is a condition which shows a decline in skeletal muscle with age, the muscles loss is replaced by fat and fibrous tissue. This can happen as early as age 40. With the support of Singapore Health Promotion Board, SACE will be organising a 6 sessions

Resistance Band Exercise to counter / prevent muscles loss and at the same time to strengthen and tone our muscles. You can bring home the resistance band, sponsored by HPB after completion of all the sessions.

Date: 7 Nov 2018

Time: 11.15 am – 12. 15 pm **Venue**: #04-02 Chinatown Point

Facilitator: Jan Kiang

Film & Discussion

Florence Foster Jenkins (2016)



In this
2016 biographical film,
it stars **Meryl Streep** as
Florence Foster
Jenkins a New York
heiress known for her
poor singing who

dreamed of becoming an opera singer despite having a terrible singing voice. **Hugh Grant** plays her protective husband and manager, St Clair Bayfield. Despite all odds, she bravely performed in a sold-out performance in Carnegie Hall to the appreciative and forgiving audience. To some, 'music is not how good you are. It is about how big is your dream'.

When: Tuesday 20th Nov 2:30pm

Venue: Peninsula Plaza Facilitator: Quek Joo Hock

WEEKLY ACTIVITIES FOR NOVEMBER

Money Matters / Mind Matters:

Mon afternoon

Facilitator - **Goh Kim Seng Wellness Matters**: Wed morning

Facilitator – **Elaine Tan Lifestyle Matters:** Thu morning

Facilitator – Irene Wee
PC/Video Advisory: 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 LASTEST NEWS AND INFORMATION

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

Join us at NSA Roadshow @ Tampines! SCUMMINGAL Roadshow @ Tampines Our Tampines Hub, Festive Walk East 2 – 3 November 2018 Hundreds of

Don't forget to visit our booth at this event on 2 to 3 November 11am – 8pm. Sign up as SACE member, \$50 entrance fee waived (only at Roadshow)

Decoupage Workshop

11am - 8pm



Learn the art of decorating new or upcycled collectible items with napkins to create paint effects. Items to bring: table

rags, container,

Your own collectible item (optional).

Date: Thursday 8 Nov 3 pm - 5 pm

Venue: Peninsula Plaza Material fee: from \$5 Must pre-register

Facilitator: Serene Low



Decoupage workshop held on 11 October.

Ramble:

Changi Boardwalk



Tucked away in the western end of Changi Point is a boardwalk which offers a beautiful view of the coastline. What was just bare coastline in the past is now a well-lit boardwalk that blends in with the flora and fauna. It begins from the Changi Creek in the east and stretches to the western rocky coast near Changi Beach Club, before finally linking up to Changi Point or Loyang Park Connector at Netheravon Road. Soak in the rustic and natural ambience of the place, where the terrain, flora and fauna have been well-integrated into the design of the boardwalk.

Date: Sunday 18 Nov

Time: 4 pm.

Meet at: Changi Point Bus Interchange

Facilitator: Julie Lim

Photo Outing & Video Meet

Events closed for November.

Quotable Quotes

He who apologizes first is the bravest. He who forgives first is the strongest. He who forgets first is the happiest

U3A SINGAPORE NOVEMBER 2018 ACTIVITIES

DATE	EVENT	VENUE	TIME	FEE member/guest
Every Mon, Wed, & Fri	Weekly activities (see above)	Peninsula Plaza	As wkly activity circular	Free
Every Tue except movie	Rummikub Game sessions	Peninsula Plaza	9.30am-12.30pm	Free/\$5
screening day	Backgammon/Rummikub		2.30pm -5.30pm	- ditto -
Sat 17 th	Rummikub Game Session 2	Chinatown Point	2pm-5pm	Free/\$5
Fri & Sat 2 nd & 3 rd	NSA Roadshow at Tampines	Tampines Hub	11 am – 8 pm	Free
Sat 7 th	Resistance Band Exercise	Chinatown Point	11. 15 am – 12. 15 pm	Free (Full)
Thu 3 rd	Decoupage class	Peninsula Plaza	3pm – 5pm	Material Fee: frm \$5
Thu 17 th	Bite sized course -Emotional & Psychological Realities of Aging	Tampines Regional Library	2pm – 5pm	\$10 pp register with C3A
Fri 9 th & 23 rd	Ukulele jamming sessions	- ditto -	7pm to 9 pm	Alumni members
Sun 11th & 25th	SingMaster Club Meet	Peninsula Plaza	2pm – 4.30pm	Alumni members
Sat 17 th	Travel & Local Trips Reminisces	Chinatown Point	210.20am – 1pm	Members only
Sun 18 th	Ramble – Changi Boardwalk	Meet at Changi V Bus Interchange	4pm	Free
Tue 20 th	Film & Discussion	Peninsula Plaza	2:30pm- 5.30pm	Free