

U3A SINGAPORE 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 49

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

January 2019

Season's Greetings from Management. HAPPY NEW YEAR 2019!

Looking back 2018

SACE Strategic Planning Retreat at DaNang in January attended by the full board and Secretariat Administrators, new strategic plans were developed for the full year during this retreat.

U3A Symposium held on 28 April. Theme for this yearly event was **Third Agers in the Digital Age** on coping and adapting with the challenges of new technologies for the third agers.

Rummikub Competition held on 30 June. With Rummikub gaining popularity amongst our members, a competition was held for the first time for the players to pitch their skills in this table game.

Singmaster Club: formed for the alumni of Choir Singing class participants, it modelled along the Toastmasters concept where performances are tape-recorded for feedback and evaluation to improve participants' singing skills.

Ukulele Jamming: this was initiated by our Ukulele instructor Philip Marcelo to allow our students to continue with their practice after the end of each course.

SACE Friendship Group formed towards end of 2017, we saw the sprouting of several friendship groups during the year:

Local Trip Community with its first successful visit to SHATEC on 7 May, followed by MediaCorp Experience Tour on 28 July and finally Maritime Trail 1 on 20 September.

Travel Community: two tours were organized by the community, Vietnam Tour 21 Oct - 28 Oct, highlights of the tour include visit to an orphanage with the group donating clothing and stationeries for the needy. The other tour covers Lijiang old towns and its surrounding places of interest from 27 Oct - 1 Nov.

Outreach programme

Jurong Regional Library finishes its 6 monthly run of talks and activities in October. We are now exploring new options for further extension of this program with other libraries.

National Silver Academy Roadshow SACE participated in 3 roadshows organized by the NSA, in the regional hubs of Toa Payoh in March, Buona Vista in July, and Tampines in November.

Events in December

After months of preparation by our volunteers and members, we closed the year with a big bang with 3 major events:

Seniors Got Talent 2018



Winner: Karen Kon (centre)
1st runner up: Barbara Ong (right)
2nd runner up: Ronnie Yek (left)

After the audition on 15 Dec 10 finalists were shortlisted to enter the final on 27 Dec at the Play Den, Arts House. This event was attended by well over 100 members and friends.



Annual Dinner & Dance 28 December

President Goh Kim Seng giving his annual presidential speech. This year's event was held at Novotel Stevens accommodating 200 pax. One of the event highlights is the performance by SACE Singmaster Club. The 3 winners of the SGT also received their cash awards after entertaining the crowd with their winning tunes.



SACE Centre @ Peninsula Plaza #07-05/06

In December, SACE became the proud owner of a premises situated right in the centre of the city area. The management worked hard under tight schedule to secure these units, funded by internal resources and mortgage loan. We would like to once again extend our heart-felt thanks to all our members who responded to our calls for donation – this has certainly helped ease our cashflow in these two critical months.

<p>Film & Discussion</p> <p>PHANTOM OF THE OPERA</p>  <p>This is a musical film based on Andrew Lloyd Webber's 1986 musical of the same name. Summary of the plot: deformed since birth, a bitter man known only as the Phantom lives in the sewers underneath the Paris Opera House. He falls in love with the obscure chorus singer Christine, and privately tutors her while terrorizing the rest of the opera house and demanding Christine be given lead roles.</p> <p>Date: Tuesday 15th Jan Time: 2.30 pm Venue: Peninsula Plaza Facilitator: Quek Joo Hock</p> <hr/> <p>Decoupage Workshop</p> <p>Learn the art of decorating new or up-cycled collectible items with napkins to create paint effects. Just bring along: table rags, container, or other collectibles.</p> <p>Date: Monday 7th 10 am - 12 pm Venue: Peninsula Plaza Material fee: from \$5 Facilitator: Serene Low <i>Must pre-register</i></p>	<p>Introductory Incercise Course</p>  <p>Dennis Wang, Qigong Master in Han Yang Ruyi Gong (HYRG), a form of medical qigong. The Incercise course teaches slow limpid movements and deep breathing techniques to facilitate circulation of internal energy to achieve a state of internal equilibrium for health and vitality.</p> <p>Date: Saturday 19, 26 Jan, 2 & 9 Feb Time: 9.30 am – 10.30 am Venue: Peninsula Plaza Fee: \$10 pp Facilitator: Dennis Wang</p> <hr/> <p>Holistic Health Talk: Qigong Head/Facial Massage</p> <p>SACE Founder President Lim Hoy Pick who is also a Qigong Master will demonstrate a no. of specific massage techniques that will activate your general blood flow, relieve tension and promote skin beauty.</p> <p>Date: Saturday 19th 11.30 am - 1 pm Venue: Peninsula Plaza Members: FOC. Guest: \$5 pp Facilitator: Goh Kim Seng</p>	<p>Ramble:</p> <p>Ang Mo Kio Town Garden West</p>  <p>Recreational runners looking for a challenge can jog on the many footpaths meandering through the forest and flowing over the hilly terrain. Nature lovers can enjoy the secondary forest which has plants such as Dillenia and Vitex growing plentiful. Visitors can also climb a 120-step staircase to the plaza area to enjoy a bird's eye view of Ang Mo Kio Town Garden West or sit back and relax at the landscaped pond situated near the park's entrance.</p> <p>Date: Sunday Jan 20th Time: 4 pm Meet At: Ang Mo Kio MRT Facilitator: Julie Lim</p> <hr/> <p>Weekly Activities</p> <p>Please look out for our Weekly Activities notices for updates.</p> <p>https://www.facebook.com/sace.sg</p> <p>VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION</p>
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U3A SINGAPORE JANUARY 2019 ACTIVITIES

DATE	ACTIVITIES	VENUE	TIME	FEE members/guests
<i>For weekly activities please refer to the weekly notification for latest update.</i>				
Every Tue, except movie screening day	Rummikub Game sessions Backgammon/Rummikub	Peninsula Plaza	9.30 am-12.30 pm 2.30 pm -5.30 pm	Free/\$5 - ditto -
1st Sat of the month Session 1 3rd Sat of the month Session 2	Rummikub Game	Chinatown Point	2 pm-5 pm	Free/\$5
1st Fri of the month Session 1 3rd Fri of the month Session 2	Ukulele Jamming	Chinatown Point	7 pm to 9 pm	Alumni members
2 nd Sun of the month Session 1 4 th Sun of the month Session 2	Singmaster Club	Peninsula Plaza	2 pm – 4.30 pm	Alumni members
Mon 7 th	Decoupage class	Peninsula Plaza	10 am – 12 pm	Material Fee: \$5+
Tues 15 th	Film - Phantom of the Opera	Peninsula Plaza	10 am – 12 pm	Members
Sat 19 th (4 weekly sessions)	Introductory Incercise Course	Peninsula Plaza	9.30 am – 10.30 am	Members
	Qigong Head/Facial Massage	Peninsula Plaza	11.30 am – 1 pm	Members/\$5
Sun 20 th	Ramble – AMK Town Gdn West	Ang Mo Kio MRT	4 pm	Free
Mon- Fri 21 st -25 th	SACE Strategic Planning Retreat	Office Closed		