

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 50

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

February 2019

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Happy Lunar New year

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Good Luck & Success

Lunar New Year Celebration

Let us celebrate the Year of the Pig with an 8-course lunch, organized by our VP Irene Wee this year. Please reserve your place via secretariat@sace.org.sg or tel. 62660648 giving your name, email and contact no. (note that office is closed 4-8 Feb 2019). Here are the details:

Date & Time: **16 Feb 2019, 12 pm – 2.30 pm**
 Venue: Fu Lin Meng Grand Banquet at Hotel Royal @ Queens, #02-01, 12 Queen Street
 Cost: \$40 per pax

SACE Annual Retreat



Meeting at a lounge to discuss strategic plan.

Annual retreat for this year was a 5D4N trip, from 21 January to 25 January, in Royal Caribbean cruise with stop-overs at Port Klang and Phuket. This trip was organized for our core volunteers, and SACE Board members and Secretariat Administrators. This retreat offers us a chance to unwind, relax and enjoy the sea breeze, apart from great food and entertainment programs. This sets the mood for bonding, team building as we discussed strategic plans for the years ahead as well as looking at ways to improve our work system o – from a bottom up feedback.

We hope to bring to our members a newer and fresher look with our strategic plan. For a start, now that we have acquired a new premise, we will gradually centralize all our courses at our new centre in Peninsula Plaza for better utilization of the new space. This could also help improve efficiency in our administration of courses and activities.

Video Contest

SACE is organizing a video contest, open to members only. We specially invite those graduates from our Video Stories course to enter. Produce a very short video and win cash prizes: 1st prize \$600, 2nd \$400 and 3rd \$200. You may enter individually or with one or two partners. Come to our launch and briefing session to be held as follows:

Date & Time: 16feb 2019, 9.30 am – 11 am
 Venue: #07-05/06 Peninsula Plaza

Snippets of Activities



Resistance Band Training conducted over 6 sessions in the months of Nov and Dec 2018 with over 30 signs up. Due to popular demand, the second session is being planned.



Introductory Incense Course stretching over 4 Saturdays starting from 19 Jan. Conducted by Qigong master Dennis Wang



Holistic Health Talk: Qigong Head/Facial Massage conducted on 19 Jan. Conducted by Founder President of SACE, Lim Hoy Pick

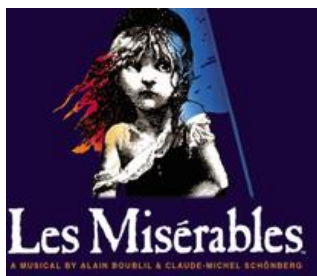


Singmaster Club comprising 40 over members with average turnout of over 20 singing enthusiasts. Photo shows viewing a video recording of previous singing session for skills improvement.

If members have any interesting articles / pictures / antedates on SACE activities which you wish to share, you may message the editor Ms Elaine Tan @ 96353030.

Film & Discussion

LES MISERABLES



The film takes place in France during the early 19th century and tells the story of

Jean Valjean who, being hunted for decades by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The story reaches resolution against the background of the June Rebellion. Don't miss this opportunity to watch and listen to this award winning musical film.

Date: Tuesday 19th Feb
Time: 2.30 pm
Venue: Peninsula Plaza
Facilitator: Quek Joo Hock

Weekly Activities That Matters
will cease its run, to make way for our impending move of all our courses to SACE centre at Peninsula Plaza

Decoupage Workshop

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.



Date: Monday 7th 10 am - 12 pm
Venue: Peninsula Plaza
Material fee: from \$5
Facilitator: Serene Low
Must pre-register

Photo Outing



Date & Time: Wed 13th Feb @ 8am
Meet at: Ang Mo Kio Courts, AMK Av 6
Theme: Photo shoot Lotus Flowers
Facilitator: To Chee Kan

Video Meet

Date & Time: Friday 15th Feb @10am
Venue: Peninsula Plaza
Facilitator: To Chee Kan

Ramble

Tiong Bahru Park

Tiong Bahru Park is a haven of tranquility for the nearby residents of Henderson, Bukit Merah and Lower Delta Road. With the theme 'Old Frame, New Images', the park



blends its existing structure with new facilities to provide a livelier ambience and to cater to different groups of park users. Fitness enthusiasts can warm up at the various fitness corners and exercise stations before jogging around the park. Alternatively, walk on the foot reflexology footpath for a relaxing foot massage.

Date & Time: Sun Feb 17th @ 4pm
Meet At: Tiong Bahru MRT
Facilitator: Julie Lim

Visit our FACEBOOK PAGE for all the latest news & information
<https://www.facebook.com/sace.sg>

U3A SINGAPORE FEBRUARY 2019 ACTIVITIES

DATE	ACTIVITIES	VENUE	TIME	FEE <i>members/guests</i>
Every Tues All 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 -
1st Sat of the mth Session 1 3rd Sat of the mth Session 2	Rummikub Game	Chinatown Point	2 pm-5 pm	Free/\$5
2nd Sun of the mth Session 1 4th Sun of the mth Session 2	Singmasters Club	Peninsula Plaza	2 pm – 4.30 pm	Reg. members
Wed 13 th	Photo Outing	AMK Lotus Flowers	8 am	Alumni members
Fri 15 th	Video Meet	Peninsula Plaza	10 am	Alumni members
Sat 16 th	Launch of Video Contest	Peninsula Plaza	9.30 am – 11 am	Members only
Sat 16 th	Lunar New Year Lunch	Hotel Royal Queens	12 pm – 2 .30 pm	All
Sun 17 th	Ramble – Tiong Bahru Park	Tiong Bahru MRT	4 pm	
Mon 18 th	Decoupage workshop	Peninsula Plaza	3 pm – 5 pm	\$5 – material fee
Tue19 th	Film & Discussion – Les Miserables	Peninsula Plaza	2.30 pm – 5.30 pm	Members only