

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 52

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

April 2019

U3A Symposium 2019



Topics:

1. **Gratitude Changes Everything** by Dr Anne Marie Gutierrez, Behavioral Consultant
 2. **Habits of Connecting** by Mr Adrian Teo, Human Resource Consultant
- plus
Loneliness Skit produced & directed by Experimental Arts Theatre and performed by EAT and SACE members.



We look forward to your participation in this once-a-year symposium. This is an interactive session where we engage participants to share, learn and discuss subject matter that is close to our hearts. Special for SACE members - 100 complimentary places. Closing date to register for the special offer - 16/4/2019. Register early!

Travel Community Group Meeting



The meeting held in March was well attended by our travel community. The response for the **Lijiang** trip was so good that 2 separate trips were planned for the month of April with the first trip confirmed to depart on 6 April.

Following the success of Vietnam trip in October 2018, members have registered their interest to visit other parts of Vietnam, a trip to **North Vietnam and Yunnan border** is on the plan for October. Stay tuned.

U3A SACE Outreach Program

NSA Roadshow at Harbourfront Library 8, 9, 11 & 12/4/2019, 1 pm – 5 pm



Visit us at this Roadshow organised by the National Silver Academy to be held at the new library well known for its panorama view of the frontal sea view across the Sentosa island.

Library Services for the 50plus – Partners Networking Session



This is an initiative of the national library to partner various agencies across the community to brainstorm on providing services for the 50plus. Attended by some of our board members on 28 March.

Film and Discussion



Viewing of Miss Saigon on 19 March

Movie can entertain, it can also evoke reflection and provoke thoughts. Do stay behind for discussion after the show.

Health Talk on Living with Diabetes



Dr Shailendra Bajpai, a fellow member of SACE and a specialist in this area, provided a practical and insightful talk on coping with Diabetes on 23 Mar 2019. Audience was spontaneous and discussion was lively with lots of questions, taking away useful pointers from the session.

Film & Discussion
Christopher Robin



The film begins with the background of young Christopher Robin playing with his friends in the Hundred Acre Wood.

Flipping through the timeline by turning pages in a book, the audience sees the progression of Christopher's life. He seems to have lost the joy of everyday life as he enters adulthood. Watch how Winnie the Pooh arrives just in time to help Christopher rediscover his inner child.

Date: Tuesday 23rd April
Time: 2.30 pm
Venue: Peninsula Plaza
Facilitator: Quek Joo Hock

Quotable Quote from Winnie the Pooh

'I always get to where I'm going by walking away from where I have been' – if we are looking for change or growth, don't you think we'd need to walk away from some of the things that are holding us back?

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: Mon 8th April 3pm – 5pm
Venue: Peninsula Plaza
Material fee: from \$5
Facilitator: Serene Low
Must pre-register

Photo Outing
City Scape/Water Lily Pond



Another exciting field trip for our alumni members.

Date: Tuesday 16 April
Time: 8 am
Meet: Art Science Museum
Marina Bay Sands
Facilitator: To Chee Kan

Ramble
THE SOUTHERN RIDGES



Go on a hike in the great outdoors and enjoy the serenity on offer at the Southern Ridges. Comprising 10 km of green, open spaces that connect Mount Faber Park, Telok Blangah Hill Park, HortPark, Kent Ridge Park and Labrador Nature Reserve, these ridges are an alternative for walking enthusiasts, history buffs, shutterbugs, nature lovers, bird watchers and families looking for a different kind of family outing.

Date: Sunday 21st April
Time: 4 pm
Meet At: Labrador MRT
Facilitator: Julie Lim

Feel free to share your favourite moments and experiences during any of our activities. Elaine Tan @ 96353030

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

VISIT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS AND INFORMATION

U3A SINGAPORE APRIL 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 session	Peninsula Plaza	2.30 pm - 5.30 pm	Free/\$5
1st Sat of the mth Session 1 3rd Sat of the mth Session 2	Rummikub Game	Peninsula Plaza	10 am - 1 pm	Free/\$5
4th Fri of the month	Ukulele Jamming	Peninsula Plaza	7 pm to 9 pm	Alumni members
2 nd Sun of the mth Session 1 4 th Sun of the mth Session 2	Singmaster Club	Peninsula Plaza	2 pm – 5 pm	Alumni members
Mon 8 th Apr	Decoupage workshop	Peninsula Plaza	3 pm – 5 pm	Material Fee: \$5+
Tue 16 April	Photo shoot – City Scape /Water Lily	Art Science Museum, MBS	8 am	Alumni members
Sun 21 Apr	Ramble – The Southern Ridges	Labrador MRT	4 pm	Free
Tue 23 rd Apr	Film – Christopher Robin	Peninsula Plaza	2.30 pm	Members
Tue 30 Apr	<i>Third Ager Symposium 2019</i> Bridging The Disconnect – Overcoming Seniors' Loneliness	Lifelong Learning Inst. Paya Lebar Central	8.30 am – 4 pm	\$100 pp & \$50 (seniors aged 50+) 100 seats FOC for members.