

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 51

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

March 2019

Upcoming Activities

Video Contest



As a follow-up of our successful runs of Video courses, SACE is organising a video contest for graduates and other members to demonstrate the skills they have acquired. Take part in this contest and stand a chance to win the top prize of \$600, second prize of \$400 and third prize of \$200. Entry deadline is 2 March and submission deadline is 20th April.

Travel Community Group Meeting

Now is spring time in most parts of the world, time once again to think where to go next. Our next Travel Community Meeting will be held on 2 March to consider and discuss any proposals. As many of you have registered interest in Lijiang Yunnan, we have invited Ron Shing, owner of Adonis Lijiang resort to brief you on the itinerary for group package and other details in this meeting.



Visit to Lijiang by members and friends. "Impression of Lijiang" by Zhang Yimou at the foot of the Jade Dragon Snow Mountain

Snippets of Past Activities



CNY Lohei @ Hotel Royal (Queen) on 16th Feb. A yearly affair to welcome the year of pig with SACE members and friends



Visit to Ang Mo Kio Park on 20 Jan organised for the Ramble Naturegroup. This is the monthly affair facilitated by Julie Lim.



SACE Travel Community's visit to Vietnam in Oct 2018. Besides sightseeing, the group also visited the local orphanage.



Visiting members doing their part in collecting donations for the orphanage



New Members Welcome Meetings attended by some 30 new members.

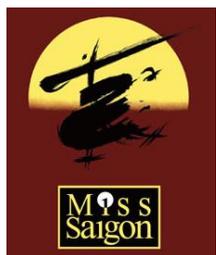
NOTICE:

Effective 16 Mar 2019 Rummikub sessions will be held at SACE centre, #07-05/06 Peninsula Plaza as follows:

- Every Tue: 2.30 pm to 5.30 pm
- 2nd & 3rd Saturdays: 10 am – 1 pm

Film & Discussion

MISS SAIGON



This is a musical film based on Giacomo Puccini's opera *Madame Butterfly* and similarly tells the tragic tale of a doomed romance involving an Asian

woman abandoned by her American lover. The setting of the plot is relocated to 1970s Saigon during the Vietnam War and *Madame Butterfly's* story of marriage between an American lieutenant and a geisha is replaced by a romance between a US Marine officer and a 17 years old South Vietnamese bargirl.

Date: Tue 19th Mar

Time: 2.30 pm

Venue: Peninsula Plaza

Facilitator: Quek Joo Hock

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: Thu 21st Mar 3 pm – 5 pm

Venue: Peninsula Plaza

Material fee: from \$5

Facilitator: Serene Low

Must pre-register

Photo Shoot Outing

For those who have missed the photo shooting of



lotus last month, here is another opportunity to capture your object of desire in your camera at a different location.

Theme: Lotus in the Pond

Date: Tue 19th Mar

Meet At / Time: Khatib MRT @ 8 am

Facilitator: To Chee Kan

Health Talk

LIVING WITH DIABETES

Diabetes can take a toll on nearly every organ in your body. It is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation. It also takes a heavy toll in fatalities and WHO projects that diabetes will be the 7th leading cause of death in 2030. Many studies show that controlling your diabetes can help you avoid any of these problems or stop them from getting worse. Come and learn from an expert specialist in this area, Dr Shailendra Bajpai on how to live with diabetes and avoid many of its devastating complications and consequences.

Date: Sat 23rd Mar 11 am – 12.30 pm

Venue: Peninsula Plaza

Fee: Members free. Guests \$10pp

Facilitator: Goh Kim Seng

Ramble

CHINESE GARDEN



Chinese Garden is a park in Jurong East built in 1975. The Garden's concept is based on Chinese gardening art. The main characteristic is the integration of architectural features with the natural environment. The Chinese Garden is modelled along the northern Chinese imperial style of architecture and landscaping. It is located next to Chinese Garden MRT station and connected to the adjacent Japanese Garden by a bridge.

Date: Sunday 17th Mar

Time: 4 pm

Meet At: Chinese Garden MRT

Facilitator: Julie Lim

Calling all members who participated in our activities, we would appreciate if you could capture your favourite moments into your camera and share with us in this newsletter. You can WhatsApp your photos or anecdotes to the editor Elaine Tan @ 96353030

<https://www.facebook.com/sace.sg>
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LATEST NEWS AND INFORMATION

U3A SINGAPORE MARCH 2019 ACTIVITIES

DATE	ACTIVITIES	VENUE	TIME	FEE members/guests
<i>For weekly activities please refer to the weekly notification for latest update.</i>				
1 st & 2 nd Tue (5 th & 12 th) 4 th Tue (26 th)	Rummikub Game	Peninsula Plaza	9.30 am-12.30 pm 2.30 pm -5.30 pm	Free/\$5 - ditto -
1 st Sat of the month 3 rd Sat of the month	Rummikub Game	Chinatown Point Peninsula Plaza	2 pm-5 pm 10 am – 1 pm	Free/\$5
2 nd Fri of the month	Ukulele Jamming	Peninsula Plaza	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 5 pm	Alumni members
Sat 2 nd	Travel Community Meet	Peninsula Plaza	10.30 am – 12.30 pm	All
Sun 17 th	Ramble – Chinese Gardens	Chinese Garden MRT	4 pm	Free
Tue 19 th	Film & Discussion – Miss Saigon	Peninsula Plaza	2.30 pm	Members
Tue 19 th	Photo Shoot Outing	Near Khatib MRT	8 am	Members
Thu 21 st	Decoupage Workshop	Peninsula Plaza	3 pm – 5 pm	Fee: \$5+
Sat 23 rd	Health Talk: Living with Diabetes	Peninsula Plaza	11 am – 12.30 pm	Free/\$10