

## Third Ager Symposium 2019

### Bridging the Disconnect – overcoming Seniors' Loneliness.

The Symposium was held on 30<sup>th</sup> April 2019. Around 90 members attended the Symposium. The talk on overcoming loneliness was followed with 4 break-up groups to recap, reflect and to share on the related topic.



The talk was given by Dr Ann Marie and Mr Adrian Teo with Irene Wee as a moderator.



Break-up group discussion after the talk.

**Polling results:** Using a polling device to analysis the profile of the audience, here are some of the results: 75% live with their family, have a wide circle of close friends and relatives. Above 80% have a positive image of themselves and their loved ones and understand that loneliness is dependent on their relationship with others. Majority agrees that loneliness is a public health issue, and a challenge faced by our society. 51% of the audience polled are above 60 years old and 25% above 70, with female forming 85%.

## Travel Community – Private Tours



All tours are organised by the community, for the community. Learn the culture of other countries; forge friendship amongst the SACE travellers.

### North West Vietnam Tour 17<sup>th</sup> – 26<sup>th</sup> Sept

This is a follow-up of Alicia Tong's presentation of this trip on 11 May. Following are the details:

**Visit:** Hanoi, Halong Bay, Mai Chau, Dai Yam Waterfall, Son La, Dien Bien Phu, Lai Chau, Pha Din, Sapa, Y Linh Hu, Lao Cai.

**Highlights of the tour:** Halong Bay cruise, visit cave, surrounded by scenic mountains and valleys, waterfalls, museum, handcraft wares in local market, Sappa village with view from the top, ancient church, Central Market Please call **Alicia @ 90173373** for more details. Please register early to lock in the tour and airfare prices and to avoid disappointment as spaces are limited.

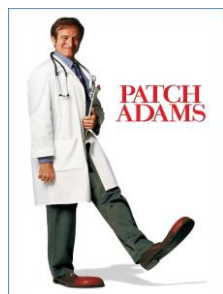
### China Fujian Cultural Tour 21 Oct – 28 Oct

Riding on the travel season of mild weather in China, the community has lined up another tour in October. Most of our ancestors came from south China comprising mostly Hokkien, Cantonese, Hakka, and Teochew. This is an opportunity for us to visit our forefathers' provinces of origin.

**Visit:** Xiamen, Shantou, Chaozhou, crossing Guangdong, Mt Wuyi.

**Highlights:** Gulangyu island, piano city under the influence of old Europe settlement (UNESCO heritage site) , YongDing Hakka round house (UNESCO), outdoor hot spring, bamboo boat rafting, easy climb to Tianyu Peak, taste the local delights of regional provinces.

**Come for the Community Meeting at 11.00 am on 8 June (Sat) at Peninsula Plaza to learn more about the above tours.**

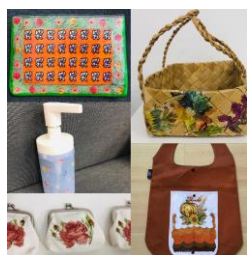
**Film & Discussion****Patch Adams**

After struggling with depression in a mental hospital, Hunter "Patch"

Adams (Robin Williams) decides he wants to become a doctor. He enrolls at Virginia Medical University but is disillusioned by the school's clinical perspective on patient care. With the aid of a wealthy friend, Adams opens his own medical clinic for those without insurance. He forms a deep bond with fellow medical student Carin Fisher (Monica Potter) before a tragedy causes Adams to re-evaluate his approach.

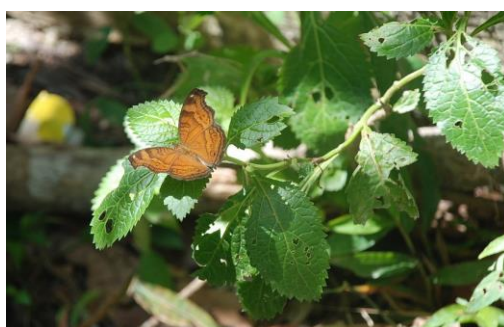
**Date:** Tuesday 18<sup>th</sup> June  
**Time:** 2.30 pm  
**Venue:** Peninsula Plaza  
**Duration:** 1 hr 55mins  
**Facilitator:** Dennis Carroll

*Your experience with activities organised by U3A is important to us. Feel free to share with us in this space. Elaine Tan @ 96353030 for contact.*  
[www.sace.org.sg](http://www.sace.org.sg)  
<https://www.facebook.com/sace.sg>

**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:** Friday 7<sup>th</sup> June 3pm – 5pm  
**Venue:** Peninsula Plaza  
**Material fee:** from \$5  
**Facilitator:** Serene Low  
*\*Must pre-register*

**Photo Outing**

**Windsor Nature Park @Venus Drive, Upper Thomson**

Capture the beauty of flora and fauna with your viewfinder.

**Date:** Tuesday 18<sup>th</sup> June  
**Meet At :** Entrance to Windsor Park  
**Time:** 4 pm  
**Facilitator:** To Chee Kan

**Ramble****Mt Emily Park**

The Park is located in District 9, next to Istana and close to Little India and Bugis. Its mature trees serve to moderate the climate in the nearby areas.

**Date:** Sunday 16<sup>th</sup> June  
**Time:** 4 pm  
**Meet At:** Little India MRT (Exit A)  
**Facilitator:** Julie Lim

**Makan & Karaoke**

Satiate all your senses during this Hari Raya festive season.

**Date:** Wednesday 5<sup>th</sup> June  
**Meet At :** Boon Keng MRT  
**Time:** 11.15am for lunch  
 1pm to 5.30pm Karaoke  
**Facilitator:** Patrick Oei

*Bring your DVD/VCD if you wish. Register with Secretariat*

If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.

— J. R. R. Tolkien —

**U3A SINGAPORE JUNE 2019 ACTIVITIES**

DATE	ACTIVITIES	VENUE	TIME	FEE members/guests
<i>Please also refer to our weekly circular for latest update.</i>				
Every Tue, except movie screening day	Rummikub Game sessions	Peninsula Plaza	2.30 pm -5.30 pm	Free/\$5
1st Sat of the month Session 1 3rd Sat of the month Session 2	Rummikub Game	Peninsula Plaza	10 am - 1 pm	Free/\$5
4th Friday of the month	Ukulele Jamming	Peninsula Plaza	7 pm to 9 pm	Alumni members
2nd Sun of the month Session 1 4th Sun of the month Session 2	Singmaster Club	Peninsula Plaza	2 pm – 4.30 pm	Alumni members
Wed 5 June	Makan & Karaoke	Peninsula Plaza	11.15pm-5.30pm	Free
Friday 7 June	Decoupage class	Peninsula Plaza	3 pm – 5 pm	Material Fee: \$5+
Sat 8 June	Travel Community	Peninsula Plaza	11.30 am – 1 pm	Free
Sun 16 June	Ramble – Mt Emily Park	Little India MRT	4 pm	Free
Tues 18 June	Photo Outing – Windsor Park	Entrance of the Park	4 pm	Alumni members
Tues 18 June	Film – Patch Adams	Peninsula Plaza	2.30 pm	Members