

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 weekly learning sessions on a specific subject

Issue 56

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2019

Coming Your Way



Coaching for Personal Mastery

Personal Mastery explained:

“An extent to which individuals feel in control of their own lives, is positively associated with mental health, particularly lower anxiety, reduced loneliness, and a reduced risk of cognitive decline among older adults” (Dude-NUS Centre for Aging Research & Education)

“..... an essential cornerstone of the learning organization’s spiritual foundation” (Peter M Senge, The Fifth Discipline: The Arts & Practice of learning organization)

Learning and change, the pivotal foundation for personal mastery, comes with a certain degree of pain. You don’t have to struggle on your own, a coach can assist you. The coach is none other than SACE President **Adrian Teo**. Done with *caring conversation with a companion of change*, Adrian as your **partner** and you as a **performer**.

Please pre-register with our Secretariat.

When: Every Thursday. 11am to 12.30pm.

Where: SACE Centre @Peninsula Plaza #07-05/06

Fee: Up to \$10, depending on your means, payments in kind such as voluntary works at SACE are welcome, at the discretion of the organizer.

Library Talks for the month of August

Reality of Aging Speaker: Ann Marie Gutierrez

Where: @Toa Payoh Public Library

When: 7 August 2pm to 3 pm

You & Your Body Speaker: Irene Wee

Where: Queenstown Library

When: 14 August 2pm to 3pm

Money Wisdom Speaker: Elaine Tan

Where: Sembawang Public Library

When: 21 August 2pm to 3pm

Up Coming Events

SACE Travel Community



Dr CH Chan, our veteran and avid traveller will be on hand to discuss and explore destinations for more future tours. He will give you ideas and listen to your suggestions. Destinations he has in mind are: Bhutan, Indonesia etc. Don’t miss

this opportunity to get a glimpse of his experience.

When: **10 August 11am**

Where: **SACE Centre at Peninsula Plaza #07-05/06**

Facilitator: Dr CH Chan

Visit us at the coming NSA Road Show

2-3 August 11am to 8pm @Central Library

Enjoy membership subscription at a promotional rate.



**Exclusive Gift
for our NSA Learners!**

FloorCurling for SACE

Let us meet at **10am** on **5 August** as earlier announced, to have fun together and to receive a gift pack from the sponsor.

**Singapore FloorCurling for Everyone!
is part of GETACTIVE! SINGAPORE
Join us!**

Date: 1 to 8 August 2019
Time: 10 am to 6 pm
Venue: OCBC Square at Sports Hub



Resistance Band Training



Starting **1 August** we will run 6 sessions on each Thursday till 5 September. Come early at 4.30pm for some yoga stretches

before the training begins at 5pm. For those who have registered with us, please attend.

Facilitator for RBT:

Jan Kiang HPB Health Ambassador

Decoupage Workshop



Decorating new or up-cycled collectible items with napkins to create paint effects. Must pre-register.

Date: **Thurs 15 Aug 10.30am – 12.30 pm**

Venue: **Peninsula Plaza**

Material fee: **from \$5**

Facilitator: **Serene Low**

*Note: there will be no **Film and Discussion** for the month of August*

“Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence” – as quoted by President Adrian Teo when he took over the helm in May.

Ramble Tiong Bahru Park



Developed in 1967, Tiong Bahru Park comes with the theme of ‘Old Frame, New Images’ which blends its existing structure with new facilities to provide a livelier ambience and to cater to different groups of park users.

Date: **Sunday 18 August**

Time: **4 pm**

Meet At: **Tiong Bahru MRT**

Facilitator: **Julie Lim**

Photo Outing

Effect Photography Learn the treats and the tricks of capturing nature’s beauty in its full glory at the break of dawn.

Location: **To Be Advised**

Date: **Tuesday 20 August.**

Time: **7.30am**

Facilitator: **To Chee Kan**

“Volunteers may not necessary have the time, but they have the heart”.

Snippets of Past Activities



A skit performance on **Loneliness is my Least Favourite** put up by SACE performers in collaboration with Experimental Arts Theatre (E.A.T.). The skit was featured during U3A Symposium 2019 in April. This programme was sponsored by SACE VP Irene Wee through her fund raising effort.



Group visit to **Bicentennial @Fort Canning Hill** on 18 July. Singapore history of the past 700 years unfolded before us amidst the sight, sound and media animation. This was followed by a walk in the Pathfinder. Around 40 SACE members registered for this event.

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www.sace.org.sg

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

U3A SINGAPORE AUGUST 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	Peninsula Plaza	2.30 pm -5.30 pm	Free/\$5
1st Sat of the month 3rd Sat of the month	Rummikub Game	Peninsula Plaza	10 am - 1 pm	Free/\$5
4 th Friday of the month	Ukulele Jamming	Peninsula Plaza	7 pm to 9 pm	Alumni members
2nd Sun of the month 4th Sun of the month	Singmaster Club	Peninsula Plaza	2 pm – 4.30 pm	Alumni members
Every Thursday	Resistance Band Training	Peninsula Plaza	4.30pm – 6.00pm	Members
Every Thursday	Coach on Personal Mastery	Peninsula Plaza	11am to 12.30pm	Members. Fee \$10
Mon 5th	Floor Curling	Sports Hub @Stadium Dri	From 10.00am	
Sat 10 th	Travel Community Meet	Peninsula Plaza	11am to 1pm	Members.
Thurs 15th	Decoupage class	Peninsula Plaza	10.30am – 12.30 pm	Fee/ \$5+
Sun 18th	Ramble – Tiong Bahru Park	Tiong Bahru MRT	4 pm	Free