

**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 57

WHERE TEACHERS ALSO LEARN &amp; LEARNERS ALSO TEACH

Sept 2019

## Upcoming Events



**Lim Boon Keng, the Musical** traces the ups and downs of Lim Boon Keng, a man full of ideas and ideals, as he reflects on his life and his philosophy in the early 20<sup>th</sup> Century Singapore, and reveals his deeds and contributions.

Don't miss this musical written by Stella Kon, music by **Desmond Moey** - who is also our regular coach for our very popular Choir Singing course. With the courtesy of the producer Musical Theatre Ltd, we have been allotted 75 **free** tickets for each of the following four shows:

8pm, 10<sup>th</sup> October (Thursday)  
 8pm, 11<sup>th</sup> October (Friday)  
 3pm, 12<sup>th</sup> October (Saturday)  
 3pm, 13<sup>th</sup> October (Sunday)  
 Venue: Victoria Theatre

Register with us for your free ticket, up to 2 tickets per member, for more tickets you will be put on waiting list. Please register with us **before 10<sup>th</sup> September**

## Library Talks for the month of September

**Reality of Aging** Speaker: Mr Adrian Teo

Where: @Ang Mo Kio Public Library  
 When: 4 Sept 2pm to 3 pm

**You & Your Body** Speaker: Ms Irene Wee

Where: Bedok Public Library  
 When: 11 Sept 2pm to 3pm

**Money Wisdom** Speaker: Ms Elaine Tan

Where: Central Public Library  
 When: 18 Sept 2pm to 3pm

## Events update

### Resistance Band Training



We are now into the second run of this 6 sessions programme sponsored by the Health Promotion Board. 5<sup>th</sup> September shall be the last of the 6 sessions which started on 1<sup>st</sup> August. More of such programme will be organised for our **new members**. As a service to our members, U3A will facilitate a half-hour health related talk before the class begins. Watch this space for new classes.

### Travel Community

A meeting was held on 10<sup>th</sup> August to discuss plan for next year's travel destinations. Tentative plan:

- **Central Japan** around April 2020
- **New Zealand** (north south islands) around May June 2020
- **Tibet** from Qinghai Sept/Oct 2020

A meeting will be held soon to discuss the Japan tour. Stay tuned.

This year's tour to **Fujian** has been confirmed with 20 participants, this is an 8 day private tour from 21<sup>st</sup> Oct to 28<sup>th</sup> Oct.

### From Problem to Solution

Want to simplify your day? Have a chat with SACE President **Mr Adrian Teo**.

Email [Secretariat@sace.org.sg](mailto:Secretariat@sace.org.sg) to schedule an appointment. Conditions apply.

## Regular Monthly Activities

### Film & Discussion GREEN BOOK



A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. **Oscar winner 2019: BEST FILM, Best**

Actor, Best Supporting Actor, Best Original Screenplay, Best Film Editing

**Date: Tuesday 17<sup>th</sup> Sept**

**Time: 2.30 pm**

**Venue: Peninsula Plaza**

**Genre: Comedy Drama**

**Duration: 2 hr 10 mins**

**Facilitator: Dennis Carroll**

### Decoupage Workshop



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

Must pre-register.

**Date: Thurs 12<sup>th</sup> Sept 3pm – 5pm**

**Venue: Peninsula Plaza**

**Material fee: from \$5**

**Facilitator: Serene Low**

### Ramble Bukit Batok Natural Park



Developed on an abandoned quarry site in 1988, Bukit Batok Nature Park features stunning views and crystal clear waters. Serene and tranquil, it is an ideal place for a peaceful nature walk. Climb the look-out points that reach more than 10 storeys high for stunning views of the quarry. Stop by the park's entrance to marvel at the picturesque pond that lies at the foot of a high cliff wall – a relic from the mining days of the region.

**Date: Sunday 22nd Sept**

**Time: 4 pm**

**Meet At: Bukit Batok MRT**

**Facilitator: Julie Lim**



Ramble Walk at Jurong Lake Gardens in July, attracting 24 participants.

### Photo Outing

**Theme: shooting with reflector @Bishan Park**



**Date: Tuesday 17<sup>th</sup> Sept.**

**Meet At: Bishan Park car park A**

**Time: 8 am**

**Facilitator: To Chee Kan**

### Quotable Quotes

*Be happy not because everything is good, but because you see the good in everything.*

*Happiness is not about getting everything you want, it's about enjoying everything you have.*

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>

## U3A SINGAPORE SEPTEMBER 2019 ACTIVITIES

DATE	ACTIVITIES	VENUE	TIME	FEE members/guests
<i>Please also refer to our weekly circular for latest update.</i>				
Every Tues, except movie screening day	Rummikub Game	Peninsula Plaza	2.30 pm -5.30 pm	Free/\$5
1st Sat of the month Session 1	Rummikub Game	Peninsula Plaza	10 am - 1 pm	Free/\$5
3rd Sat of the month Session 2				
4th Friday of the month	Ukulele Jamming	Peninsula Plaza	7 pm - 9 pm	Alumni members
2nd Sun of the month Session 1	Singmaster Club	Peninsula Plaza	2 pm – 4.30 pm	Alumni members
4th Sun of the month Session 2				
Thurs 5th Sept	Resistance Band Training	Peninsula Plaza	4.30pm – 6 pm	Members
Thurs 12th Sept	Decoupage class	Peninsula Plaza	3pm – 5pm	Material Fee: \$5+
Tues 17th Sept	Photo Outing – Bishan Park	Bishan Park car park	8 am	Alumni members
Tues 17th Sept	Film – Green Book	Peninsula Plaza	2.30 pm	Members
Sun 22nd Sept	Ramble – Bukit Batok Park	Bukit Batok MRT	4 pm	Free