

**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 63

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

March 2020



Due to popular demand, three sessions of the CNY Lohhei celebration were held separately on 3<sup>rd</sup>, 6<sup>th</sup> and 7<sup>th</sup> in February. We would like to thank SkillsFuture Advisory, NE CDC for sponsoring the food and giving us a talk on the benefits of SkillsFuture Credit.



President Adrian Teo took this opportunity to unveil our SACE tagline **Live . Love . Learn**. (see above).



Tables were set up for the LohHei sessions, which followed the traditional step-by-step chants to usher in the Lunar New Year.



Rounding up with a CNY sing-along session accompanied by our ukulele players.

### *Third Age Symposium May 2020*

We are pleased to announce that our **Third Age Life Long Learning Symposium** will be held on 30 May 2020 at Lifelong Learning Institute, next to Paya Lebar MRT Station. This will be followed with the **SACE AGM**. Mark a date in your calendar. Detailed programme will be announced soon. Stay tuned to register for the two events.

### *Online Platform for membership management*

We have successfully updated members' particulars in our new membership platform in **EventBank** since January this year. You can now register and renew your SACE membership online, update your personal particulars, make membership payments via this platform. As an outreach initiative, this online platform also enables us to regularly blast out notices and circulars such as our Weekly Notice of Activities, monthly Newsletters as well as ad hoc news to all on our registered mailing list.

### *Team-Building and Bonding Retreat*

The two-day experiential workshop on 25<sup>th</sup> and 26<sup>th</sup> Feb involved various hands-on activities that focused on enhancing inter- and intra- personal relationships. SACE President Adrian Teo facilitated



the session. Participants experienced the **GRPR** (goals, roles, processes and relationships) of a successful high-performance team. It was a fun



learning time of sharing and caring ending with a rousing song and dance for some deep reflection

in an enchanted setting.

**Film & Discussion**



A stage director and his actor wife struggle through a grueling, coast-to-coast divorce that pushes them to their personal and creative extremes.

**Date:** Tuesday 17<sup>th</sup> March  
**Time:** 2.30 pm  
**Film:** MARRIAGE STORY  
**Venue:** Peninsula Plaza  
**Genre:** Drama  
**Duration:** 136 mins  
**Facilitator:** Dennis Carroll



**The Farewell**

Film & Discussion held on 18 Feb

“ The tone of the movie is truly intercultural, where the families who have migrated to the US and Japan return to China for the first time in 25 years on the excuse of the wedding but the truth is to possibly see Nai Nai for the last time. The themes of facing death and addressing one’s mortality of crafting one’s legacy and designing one’s destiny were addressed by SACE President Adrian Teo with the 22 participants present. The film appreciation ended in rich, interesting, meaningful and insightful sharing ”  
 - Ann Marie Gutierrez



**Ramble  
East Coast Park**



East Coast Park is one of Singapore's most treasured urban getaways, offering an invigorating and exciting diversity of sporting, dining and recreational activities. With the theme “Recreation for All”, the park has an activity for everyone. It has a total land size of 185 hectares, and a scenic coastline that stretches over 15 km, and attracts a visitor ship of more than seven million a year.  
 – nparks.gov.sg (extract)

**Date:** Sunday 15<sup>th</sup> March  
**Time:** 4 pm  
**Meet At:** Bedok MRT  
**Facilitator:** Julie Lim

*A timely reminder in face of Covid-19 outbreak*

Stay **Calm** when things go wrong, Stressing about it will not help you a bit. It will only make you more miserable with the same problem at hand.

Stay **Calm** when facing any challenges. Stress and worry will only bring the worst in you. It has no value and a complete waste of time and energy.

Being **Calm** will bring the best in you.

So stay **Calm!**

- Julius Sevilla.

**Decoupage Workshop**



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

*Material fee:  
\$5 - \$15 depending on materials used*

**Date:** Tuesday 17<sup>th</sup> March  
**Time:** 10.30 am to 12.30 pm  
**Venue:** Peninsula Plaza  
**Facilitator:** Serene Low

**Other Monthly Activities**

Activities	Date/Time
<b>Rummikub</b>	Every Tues 2.30 pm – 5.30 pm Except movie screening day
	1 <sup>st</sup> and 3 <sup>rd</sup> Sat of the month 10 am – 1 pm
<b>Ukulele Jamming</b>	4 <sup>th</sup> Friday of the month 6 pm – 8 pm

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