

**Vision:** All Third Agers living meaningful and happy lives

**Mission:** Provide learning and enrichment activities and programs for third agers.

**Learning Communities:** A place where members gather to connect and to learn together

Issue 65

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2020

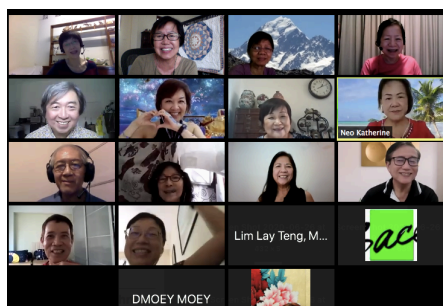
## May – July 2020

### SACE 42nd Annual General Meeting



For the first time in the history of SACE, our AGM was held virtually via Zoom on 19 June 2020 which was well attended by 47 members. After the meeting, we continued with the announcement of **Plans for 2020 – 2021** with each Director taking turn to present the CAFÉ (course, activities, function, event) under his / her charge. This was followed by a **Networking session** for the board and the management to interact and mingle online real time with our members.

### SACE Courses Went Virtual



#### Our popular Choir Singing class

Our very first course that was held virtually was **Color Me Beautiful** on 1 June; our trainer conducted all the trainings from overseas. The virtual lessons were well received by our participants. Subsequently, other lessons such as Legal Matters, Choir singing, Uke, and Brain Gym were also conducted virtually, as it would be impossible to hold physical classes due to social distancing during this period. Now with further easing of Circuit Breaker, we are bringing back more of our courses, both existing and some new ones, back to our classroom. We will continue to have some of our courses to be conducted virtually, where appropriate.

### From the Head to the Heart Series

Publication of the Newsletter stopped for three months from May to July when the Circuit Breaker kicked in due to the COVID-19 and all activities and gatherings had to put on hold. But connection with our members remained. We came up with the **From the Head to the Heart Series** to continue to engage with our members. In these series, each director took turn to share on matters that were close to our heart via messages and video clips:

- Stay Connected** (5 May) – Irene Wee, the coordinator
- Helping, Sharing, Caring** (13 May) – David J Tan
- Finding Opportunities in Adversities** (18 May) – Elaine Tan
- Staying fit mentally and physically** (25 May) – Sherry Teo
- The far reaching ripples in video stories** (4 June) – To Chee Kan
- Let's make the difference** (9 June) – Gea Ban Peng
- In this together** (16 June) – Quek Joo Hock
- Paid in full with a bowl of noodles** (27 June) – Anne Marie Gutierrez

### Virtual Road Show



**NSA Virtual Roadshow**  
27 July – 2 August 2020 (Mon – Sun)

**LIFE**  
Learn. Inspire. Fulfil. E-Nuggets.

Are you ready to explore LIFE?

Go on a digital journey and discover an exciting line-up of learning and volunteering opportunities, online talks and games. Explore it from home now!

Organised by **C3A** Aging well

- This year's roadshow has gone virtual. Join us at our virtual booth.
- Sign up as a SACE member during this promotional period and enjoy entrance fee waiver, PLUS a complimentary attendance to one of our signature courses:

**Emotional and Psychological Reality of Aging**

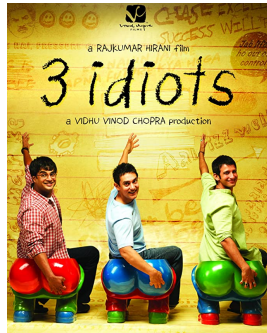
## Our Regular Activities

### Bucky Chat – Film/Documentaries

Starting next month, our normal run of Film and Discussion will take on a new shape. We shall begin with something light. Go watch the movie **3 Idiots**, a Hindi movie available in Netflix, YouTube, NLB. Reflect on it, then come and share with us in our Bucky Chat at Zoom.

*“ Movies are based largely on true human struggles in families and societies and finding their Truths. Could we connect in these Truths? ” – Quek Joo Hock*

Bucky chat date / time:  
**11 August Tues from  
3pm to 4pm**  
Zoom link:  
**ID: 985 6877 5004  
PW: 096927**  
Facilitator:  
**Quek Joo Hock**



### Happy Hour Goes online



Another new activity started in the month of July. Started with topics o: *What is Happiness and What is most Important Now.*

For August, we will hold 2 sessions of Happy Hour:

Topic: **Write and Publish Your Book for Seniors**  
Date: **14 August Friday**  
Time: **4.30pm**  
Zoom link: **TBA**  
Presenter: **Dr Ernest Chen**

*“The journey in life makes us what we are. Our books is are legacy “*

Topic: **Take a Walk Down Memory Lane**  
*Sing Along - karaoke*  
Date: **20 August Thurs**  
Time: **4.30pm**  
Zoom Link: **ID: 946 0451 3131 PW: 611723**  
Facilitator: **Gea Ban Peng**  
*WhatsApp contact: 9674 5780*  
*Email: [geabanpeng@linkmgmt.com](mailto:geabanpeng@linkmgmt.com)*

### Ramble

#### Gardens By the Bay

Explore the beautiful nature park as you ramble, in groups of 5. Don't forget to have your mask on as far as possible.

Date: **16 August Sunday**  
Time: **4pm**  
Meet @: **Bayfront MRT Station Exit B**  
Facilitator: **Julie Lim**

### Jalan Jalan Marina Barrage

Our first Jalan Jalan was a walk to Fort Canning Park on 22 July, in groups of 5. This is a new activity designed for us to walk and discover interesting sites and scenes around Singapore.

Details for our next Jalan Jalan:

Date: **19 August, Wednesday**  
Meet @ **Satay by the Bay for dinner (nearest MRT Bayfront)**  
Time: **6pm dinner, 6.45 start walking.**  
Facilitator: **Irene Wee / Gea Ban Peng**  
*WhatsApp contact: 9674 5780*  
*Email: [geabanpeng@linkmgmt.com](mailto:geabanpeng@linkmgmt.com)*



### How to Ace that Job Interview

Follow SACE President Adrian Teo in this NSA e-Nuggets Series. Take away with 3 tips:

1. **ATTITUDE:** how to stay cool throughout the interview process.
2. **COMPETENCE:** how to display and and convince the interviewer that you are the best choice.
3. **ESSENCE:** how to maintain your worth regardless of outcome of fit.
- 4.

Live chat: **11 Aug Tues / 2pm. U3A facebook page**