

**Vision:** All Third Ager 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 71

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Feb 2021

## Ramble

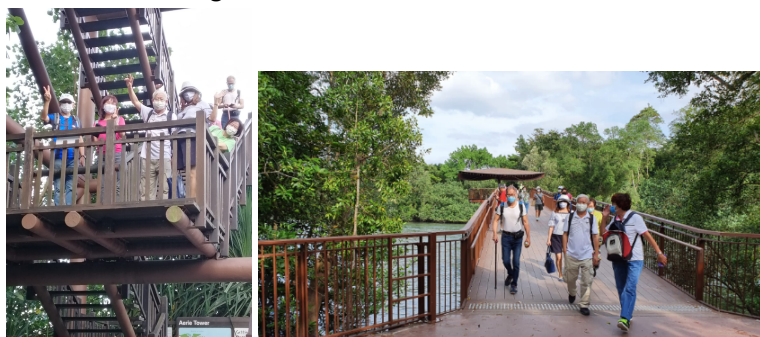
### Kent Ridge Park



Featuring natural vegetation and a high biodiversity of wildlife, Kent Ridge Park is a favourite of nature lovers. On the eastern side of the park towards the valley is a natural pond teeming with turtles and fish. Walk along Canopy Walk – an elevated boardwalk measuring 280-metres long linking HortPark to Kent Ridge Park – and you may just be able to catch sight of sunbirds, doves, squirrels, lizards, and white-crested laughing thrush. Kent Ridge Park is part of the Southern Ridges, which also comprises Mount Faber Park, Telok Blangah Hill Park, HortPark and Labrador Nature Reserve. [Nparks.gov.sg](http://Nparks.gov.sg)

Date: **21 Feb Sunday**  
Time: **4 pm**  
Meet at: **Kent Ridge MRT**  
Facilitator: **Julie Lim**

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Sungie Buloh Ramble Walk on 17 Jan



## Bucky Chat

We introduce a subject matter by watching a recommended movie, Bucky Chat is a space where we invite participants to express their views on certain subject matter from watching a recommended movie.

### Movie on Netflix: *Invictus*



*Invictus* is a 2009 biographical sports drama film directed by Clint Eastwood. It tells the inspiring true story of how Nelson Mandela (Morgan Freeman) joined forces with the Captain of South Africa's rugby team, Francois Pienaar (Matt Damon) to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of Apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's rugby team as they make their run to the 1995 Rugby World Cup Championship match — [alfiehitchie](http://alfiehitchie)

Watch the movie on Netflix and discuss at Bucky Chat

Date: **9 Feb Tuesday**  
Time: **4pm to 5pm**  
Zoom ID: **916 9376 1977**  
Passcode: **305015**  
Facilitator: **Quek Joo Hock**

Previously movies from YouTube were chosen for Bucky chat, as it is more accessible. This month we switch to Netflix as it has more variety for selection. Netflix has increasingly gained popularity due partly to COVID-19 social distancing, it allows up to 5 users per account. We hope to attract more participants to share their views as we have widened our scope in movie selection.

# SACE Learning Corner

For registration of courses, go to <https://www.sace.org.sg/course-schedule/>

## Professional Image, Style & Grooming Etiquette



### imagoimage

GROOMING SUCCESS WITH CONFIDENCE

**Course description:** So often, our personal image is forgotten when life gets busy, or slows down after leaving the workforce. The professional image course teaches how to look polished, stylish and well groomed, whether you are at home, in the community or at work. Learn how to look beautifully groomed, dress appropriately and conduct yourself well, each and everyday and for any occasion, with valuable tips on social etiquette, skin and hair care, subtle makeup and the art of dress and personal style.

**Trainer:** Denise Ng is a seasoned image consultant with over 20 years international experience in image and etiquette. Currently based in New Zealand, her online image courses have been highly rated as interactive, fun and informative.

This course is now open for registration, with a duration of 12 hours over 4 sessions on Thursdays, 9.30 to 12.30pm starting 4 March, conducted over Zoom.

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## Legal Matters

**Course description:** Acquire practical knowledge and skills to resolve legal issues. Participants will learn about commonly encountered problems/difficulties faced and the actions that they could take in these areas: healthcare, financial, housing, family, work, passing on matters.

These 6 sessions course will be conducted by 3 separate lawyers, with each handling different subjects. This is a good opportunity for you to clarify on any legal issues which you may have. The course is now open for registration, with a duration of 18 hours every Saturday 2.30pm to 5.30pm, starting 20 Feb, conducted over Zoom.

## Choreographed Dance Performance Training



**Course description:** Participants with a common interest in dancing will form a social group to learn and perform a number of choreographed dance routines. In the process, they will learn to develop body coordination with music, learn basic footwork with arm/hand/body movements, and understand basic dance/music terminology and how to read choreographers' dance step sheets.

**Trainer:** Za Elizabeth C is Artistic Director of Experimental Arts Theatre. She was previously Artistic Director for ZaRick Dance Studio.

This course is now open for registration, with duration of 20 hours every Friday over 8 sessions 3pm to 5.30pm, starting 19 Feb.

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**Acting with LIFE experience** - learn to develop the ability in acting and the appreciation of theatre art.