

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 70

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Jan 2021

President's Year End Message



To put it mildly, 2020 has been a truly difficult year. Covid19 dominated with the wearing of masks, temperature-taking, circuit breakers, travel restrictions and social distancing. Our AGM had to be done remotely. Courses were suspended for two months. We also had to cancel our yearly functions and events such as: Annual Dinner & Dance, Symposium, Senior Got Talent, members' overseas travel.

We are grateful though that in stage 2 of the Circuit Breaker, we were able to run a number of courses, albeit with smaller participant numbers. We took to doing some courses online using Zoom. While some could get use to virtual training, others might not. We adapt and adjust to suit the learning needs of our participants. Our regular monthly activities were also suspended during the circuit breakers, and resumed right after with social distancing.

Special task force was set up to better our course administration in areas such as course scheduling, venue allocation, registration opening & closing, participants feedback, adherence to PDPA etc.

In view of job losses due to covid19, SACE was roped in through an MOU with Minister MOE and the Mayors of the five CDCs to explore ways SACE can help aging Singaporeans to use SkillsFutureCredits to design secondary careers and be entrepreneurial in starting small businesses.

We are in the midst of looking more deeply into our curriculum to ensure the relevance of our training efforts; as well as to explore ways to develop the professional competence of our trainers as geragogy course designers. In line with such a direction, we will focus on ethics and professional conduct and strengthen our feedback mechanism through a system of audit trail and invigilation. We will continue to use technology to help SACE become a smart organisation.

I wish to thank all our members, volunteers, trainers and board of directors for the great work you do during this difficult year and ask that you continue to join us in making the story of SACE come alive in 2021.

Live Love Learn

Merry Christmas and a Happy New Year!

Adrian Teo SACE President

Bucky Chat

Movie: Peaceful Warrior



Dan Millman has it all: good grades, a shot at the Olympic team on the rings and girls lining up for the handsome Berkely college athlete, all teams mates look up to with envy. Only one man shakes his confidence, an anonymous night gas station attendant, who like Socrates, keeps questioning every assumption in his life. Then a traffic crash shatters Dan's legs, and his bright future. Now Socrates's life coaching is to make or break Dan's revised ambition.

Watch the movie on YouTube and discuss at Bucky Chat
<https://www.youtube.com/watch?v=Io4q5g8y4Fw&feature=youtu.be>

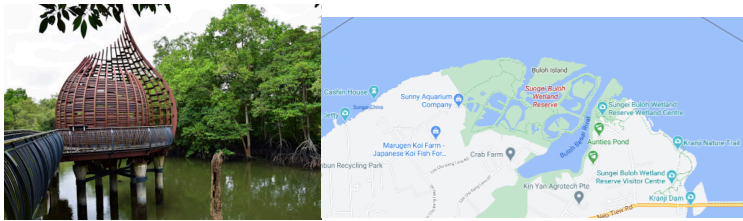
Date: **12 January Tuesday**
 Time: **4pm to 5pm**
 Zoom ID: **925 7266 4536**
 Passcode: **750981**
 Facilitator: **Quek Joo Hock**

To know more about **Camino de Santiago**, our chat last month, you can read **The Pilgrimage** written by Paulo Coelho, also available on YouTube

<https://www.youtube.com/watch?v=5ISyWAMk8LI&feature=youtu.be>

Ramble

Sungei Buloh



Discover the beauty and wonders of nature at Singapore's first ASEAN Heritage Park. Uncover a world filled with rich biodiversity as you wander through the wetlands with an extensive mangrove forest of Sungei Buloh Wetland Reserve. Trek through this ecological jewel's many trails and discover its native inhabitants such as mudskippers, crabs, shellfish, water snakes, birds, spiders, monitor lizards and otters. Admire the beauty of resident birds such as herons, kingfishers and sunbirds.

Date: **17 January Sunday**

Time: **4 pm**

Meet at: **Woodlands bus interchange, bus service no.925**

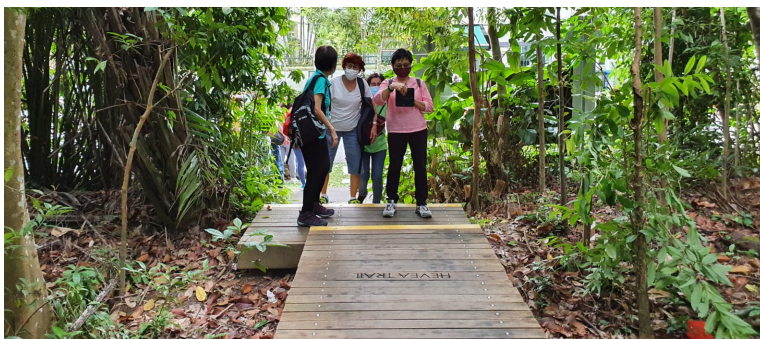
Facilitator: **Julie Lim**

Jalan Jalan & Happy Hour

We will provide program details later.



The glitters of Xmas light up in Orchard Road – 10 Dec Jalan Jalan



Keep walking – Lower Pierce Reservoir Park, 20 Dec.

SACE Learning Corner



A picture tells a thousand words. Join our class ***Drawing on Nature*** and uncover your talents.



Relationships Enrichment Process

Thursdays 7, 14, 21, 28 Jan 21 9.30-1pm at Peninsula Plaza #07-05/06. Facilitator: Adrian Teo, SACE President.

Start the new year with shedding light on your relationships, be it with spouse, parent, grandparent, children, grandchildren, siblings, colleagues, bosses, neighbours, or friends.

Want to increase your vibrational frequency & connectivity with significant others?

Come & learn how the science of relationship has enabled the successful to shift from being disasters to masters in communication, conflict resolution, closeness, compatibility & positivity.

You will use the five chairs to establish a holding space & practice the four habit processes that can change the storyline trajectory of the here & now of your love & life.

Come with a significant other & dialogue your way to a more harmonious & synchronous balance in that other relationship.

You may even welcome solitude & silence & say goodbye to loneliness, worry & regrets.

Note: As our courses are subsidized by NSA, it is a requirement that all course participants should furnish their IC details accurately. We therefore seek your cooperation when our management staff request your IC for verification at the commencement of each new course.