

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 72

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

April 2021

Ramble

Sengkang Riverside Park



Featuring a constructed wetland and rich biodiversity, Sengkang Riverside Park is a favourite of nature lovers. Visitors can hike on the park's many trails to view the manually planted marshes and get close to the inhabitants of the marshland. Home to many aquatic plants, the constructed wetland doubles up as a wildlife habitat and attracts a variety of mangrove birds and damselflies. Alternatively, embark on an educational journey to explore the fruit trees planted around the park. Besides common edible fruits such as star fruit, chiku and dragon fruit, you may even discover exotic fruits that cannot be found in local stalls and supermarkets. Visitors can also visit Singapore's largest man-made wetland, PUB's Sengkang Floating Island, which is located within the park – *National Park Board*

Date: **18 April Sunday**

Time: **4 pm**

Meet at: **Outside Anchorvale Community Club**

Facilitator: **Julie Lim**

Walking in Green Corridor on 21 Mar



Kudos to those who braved the rain.

"8 of us proceeded despite the rain. Enjoyed the rare walk in the rain" Hena Roy

Bucky Chat

Movie on Netflix: the Pursuit of Happiness



Without any money or a wife, but committed to his son, Chris sees a chance to fight for a stockbroker internship position at Dean Witter, offering a more promising career at the end of a six-month unpaid training period. During that period, Chris goes through a lot of hardship personally and professionally. He is forced at one point to

stay in a bathroom at a train station, and must scramble from work every day to the Glide Memorial United Methodist Church, which offers shelter to the homeless. At work, there are nineteen other candidates for the one position. One day, he is called into an office and in it were the heads of Dean Witter.....

Watch the movie on Netflix and discuss at Bucky Chat

Date: **13 April Tuesday**

Time: **4pm to 5pm**

Zoom ID: **912 3262 8470**

Passcode: **550913**

Facilitator: **Quek Joo Hock**

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Sace Singapore

The Singapore Association for Continuing Education

LAUNCH OF GERAGOGY GUIDELINES

The Introduction to Geragogy Guidelines, organized by C3A and SUSS, was attended by SACE President Adrian Teo and Michael Lum on 12 Mar 2021 at the IAL. Below is a summary of the learning points recorded by **Michael Lum**:

Key components of the guidelines

1. Understanding senior learners
 - a. Challenges faced
 - b. Key learning characteristics
2. Effective teaching methods
 - a. General principles
 - b. Strategies to address 6 key specific learning character
3. Effective trainer characteristics
 - a. Trainer traits preferred by seniors
 - b. Scenarios where such traits are effective

Characteristics of Senior Learners

Poll results from the audience, notably: enthusiastic, inquisitive, creative, humble, tenacious, eager, curious, experienced, sensitive, stubborn, knowledgeable, young-at-heart, vibrant, complicated, forgetful and practical.

Characteristics of Good Trainers

Poll results from the audience: 'edutaining', engaging, flexible, practical, consider constraints of senior participants, high EQ, empathetic, knowledgeable, relevant, relatable, respectful. Tips for trainers: develop senior-friendly course materials, adapt to enhance readability, provide hard copies, communicate slowly in simpler language, support those who have slower learning, provide opportunities for recap.

Common challenges faced by seniors

Structural: Lack of background skills, cannot keep pace in class, unable to practice and apply skills, not familiar with IT.

Emotional: Fear of speaking up, low self-esteem, lack of learning skills, lack of motivation support and learning resources

Physical: loss of flexibility, poor memory, short attention span and prone to fatigue

"I expect C3A, SUSS and the Government to push members of Silver Academy to adopt these guidelines. Funding would likely be made available to courses and trainers who follow the geragogy guidelines." – Michael Lum ACTA, DACE, MA (Training and Dev), M.Com, B.Acc

Anyone who stops learning is old. Anyone who keeps learning, stays young - Henry Ford

Silver Infocomm IT classes specially curated for Seniors to be tech-savvy

NEW

Course	Date	Day & Time
Using Whatsapp	05 Apr	Mon, 9:30 - 12:30 pm
Intro to iOS	12 Apr	Mon 9.30 – 12.30pm
Using Zoom	03 May	Mon, 9:30 - 12:30 pm
E-Health & E-Wellness	10 May	Mon, 9:30 - 12:30 pm
Be an Instagrammer	17 May	Mon, 9:30 - 12:30 pm
Navigating Around Singapore	03 Jun	Thurs, 2.30 - 5.30 pm

NSA subsidised-fee of \$10 applies for all the above one-session courses.

Acting with LIFE Experience

Course description

Drama, Expressive Dance and Vocal is a skill set that is helpful and advantageous for all individuals and characters regardless of age. The broad aim of this course is to help participants develop his or her potential for self-expression and communication as well as to understand and appreciate the art of theatre performance. A skill set for one's life career.

Schedule:

Tues, 2.30pm – 5pm weekly, 27 April to 15 June

Trainer

Za Elizebeth C is Artistic Director of Experimental Arts Theatre. She also performed in the category of 'stage dancers and actors' organised by various production companies.

Food for Healthy Ageing

Course description

Let Food Be Your Medicine

- Introduction to Healthy Aging
- Preventing Obesity and Diabetes
- Preventing Heart Attack
- Staying Smart Staying Cancer-free
- Healthy Longevity

Schedule:

Wed, 2.30pm – 6pm. Weekly 14 April to 19th May

Trainer

Dr Ang Poon Liat, retired in 2019 after 49 years of Paediatric practice, now dedicating significant time giving health related talks to many organisations. He is also the author of 'The Wonders of Nutrition' and 'The Roadmap to Recovery'.