

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 73

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

May 2021

Ramble

West Coast Park



A linear park comprising 50 hectares of parkland, the park runs parallel to West Coast Highway. Standing at the center core of Area 3 is the Adventure Play Area that caters to people of different age groups, from toddlers to young adults. This is the heart and most active zone of West Coast Park. If you like a quiet and peaceful environment, the eastern portion at Area 1 would be a good choice for park users to rest and relax. The western portion of the park has been transformed into a haven for park visitors who enjoy challenging and adventurous activities - nparks.gov.sg

Date: **16 May Sunday**

Time: **4 pm**

Meet at: **Clementi Bus Interchange (bus no. 175)**

Facilitator: **Julie Lim**

Bucky Chat

Sir Ken Robinson: Finding Your Element

Available on YouTube (55 minutes)

<https://www.youtube.com/watch?v=17fbxRQgMIU>:

About discovering your 'Talent' and 'Passion'. Want to know the 3 reasons why these are important in finding your element? What are the 2 conditions? Watch the talk on YouTube and discuss at Bucky Chat

Date: **11 May Tuesday**

Time: **4pm to 5pm**

Zoom ID: **916 8424 0172**

Passcode: **702560**

Facilitator: **Quek Joo Hock**

Putting Fun Back into Learning

Re-inspiring lives, through sharing the Perspectives, 'Feelings', ideas and Philosophy of Buckminster Fuller



Eat Walk Shop

Whampoa-Tampines Ikea, Giants, Courts

Date: **11 May Tuesday**

Time: **9am**

Meet at: **Whampoa Bus Terminal**

(where buses 21, 124,125,129,131 186 terminate)

Facilitator: **Alicia Tong**, please contact her at

2aliciatongdrive@gmail.com

(Group size limited to 15 pax on a first come first serve basis).

About the Facilitator



Alicia Tong, a SACE member since Sept 2015, has been participating in many SACE courses. After attending "Video Documentary" she is now preparing to produce videos of her various overseas trips and her life story. She is also a familiar face in our Ramble Walk. Alicia organised a trip to Vietnam for SACE members in the past. Besides sightseeing during the trip, the group also visited 2 orphanages, bringing along donations.

"I often encourage members to support SACE activities and courses: it is also a good way to make friends", said Alicia.



SACE volunteers organized a river cruise trip at Clarke Quay followed by a sumptuous meal on 10 April – using the Singapore Rediscover Vouchers.

Don't forget to redeem your vouchers before the expiry date on 30 June.

NEW



Graphic Design for business and recreation using Canva

Learn how to create digital posters, invitations, photo collages using Canva, the graphic design platform. In these 3 sessions of 12 hours you will be taught different formats of templates, images, texts to create posters, social media graphics, presentations etc, and share your design. You are required to bring your laptop for all the classes.

Schedule:

Thursday 2:30 - 5:30 pm, 10/6, 17/6, 24/6

Trainer

Jackie They, an ACLP certified trainer, is an experienced digital marketing professional with deep knowledge of the business and marketing landscape in the Asian region. She has 20 years of experience in advertising and marketing. She is currently working with Singapore Institute of Retail Studies (under NYP). Jackie is now actively pursuing her passion for teaching and developing courses in digital skills

NEW

Ready for a Fulfilling Future – Preparing for 3rd Age

Form your personal vision of a fulfilling Third Age, you will be led to review your life, directions and future readiness. Make plans for building a more fulfilling future for yourself and your loved ones. In these 5 sessions of 20 hours you will learn:

- Prime Time, Life Clock, Now and Then;
- Body Basics, Relationships and their impact on our wellbeing, Money Realities, Job Status / Roles and identity, Your "Position in Life and Society", Home is your Castle/Snail Shell/Safety Hole.
- Field trip; Role models and practical takeaways.
- Understanding uncertainty – living in a VUCA world, expect the unexpected, dealing with opportunities and threats, the power of positive bonding, War chest for a rainy day.

Schedule:

Tuesday, 9 am -1 pm 18/5, 25/5, 1/6. 8/6, 15/6

Trainer

Irene Wee's career path started in HR and training, where she won international acclaim for her results oriented training. In 1996 she founded initiatives International (re-named I Renew) serving CEOs in areas of leadership development, strategy and communication. She also runs her family business. She is Vice President of SACE.

NEW

Being here and now – practicing ones presence

Beginners' course in Gestalt Principles in Self-Empowerment. Topics covered:

- Introduction to Gestalt and History, Cycle of awareness, Being here and now.
- Contact and Boundary.
- Dialogue from Gestalt
- Change.
- Application of Gestalt in Life situations

Schedule:

Monday, 9.00 am - 1.00 pm, 7/6, 14/6,21/6, 28/6

Trainer

Ng Kian Seng: Conducted leadership, change and facilitation workshops for senior management for last 30 years; relevant certifications include: Gestalt Certificate in International Organisation. System and Design by Gestalt Institute of Cleveland (2001); Certificate in Gestalt Therapy (2007) organised by Spore Assn. Social Workers; Certificate in Experiential Learning by STADA(1993)

NEW

Decluttering

There are 5 key areas of decluttering. Identify useful tips to improve decluttering in each area, and create an action plan for decluttering. In these 2 sessions of 7 hours participants will discuss ideas about decluttering reflect and share current areas of challenges in their lives (in which decluttering can help to resolve). There is opportunity for learners to build relationships in the community of the classroom and to empower them to apply positive changes in their life through mutual accountability.

Schedule:

Friday, 2:30 pm - 6:00 pm, 4/6, 11/6

Trainer

Seah Beng Nah: obtained WSQ qualification, professional diploma in Leadership and People Management. Beng Nah is a Life Coach impacting lives with Positive Psychology background. She is the current team member of Ikigai Love, a community group involved in empowerment of women.