

**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 74

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

July 2021

## Ramble

### Green Corridor



Back by popular demand! Our last trip was in March 2021 when the group started the walk from King Albert MRT. For this month we shall start our walk from Bouna Vista MRT.

Singapore's Green Corridor (aka the Rail Corridor) used to be part of Malaysia's KTM railway line connecting Singapore and Malaysia. The 24-km Green Corridor passes through almost the entire length of Singapore, providing an oasis away from our urban environment. Come and join us in exploring the Corridor known for its 'lush natural landscapes and elements of rich heritage'.

Observation of the prevailing social distancing rules applies.

Date: **18 July Sunday**

Time: **4 pm**

Meet at: **Buona Vista MRT exit A**

Facilitator: **Julie Lim**

### Know Our Facilitator – Julie Lim



Julie has been a facilitator for our monthly Ramble for 4 years since July 2017, and she is also a SACE member since then. She said: 'A social circle has been formed through the years from the walk, this is where our members meet monthly to interact and forge friendship. Many of our members know that walking is a very good exercise for the seniors. I am often on the look out for new places to visit, places that I find suitable in terms of safety and accessibility for our seniors.' Julie also works as a volunteer at an eldercare centre where she conducts program such as aqua aerobics, outdoor workouts in parks for the seniors etc

## Bucky Chat

**Shawshank Redemption** was the movie we discussed in June. The movie tells the story of goodness and virtues of a wronged man locked in prison for 20 years before he broke free with his sheer determination, perseverance and most of all, with plenty of hopes.

After our movie discussion, the Bucky group went on to discuss on the docu-movie **Wisdom of Trauma**.

'Trauma, as defined by Dr Gabor Mate, is not what happens to us, but how we respond internally to what happens to us. It's like a wound from the past that has not been healed yet.' – *Quek Joo Hock, facilitator*.

'Treat the trauma ie the hurt self with true humanity and the addiction will treat itself' – *Anne Marie Gutierrez, counseling psychologist, SACE member*.

This has led us to our next discussion in July:



Available on YouTube (57 mins)

<https://www.youtube.com/watch?v=07nOSCAHnXI>

Is addiction the biggest crisis we've ever faced? Can we do anything about it? In a candid conversation about addiction, Gabor Maté and Joe Polish define what addiction is, and why it's actually a solution to the pain.

Date: **13 July Tuesday**

Time: **4pm to 5pm**

Zoom ID: **952 2454 0163**

Passcode: **Bucky**

Facilitator: **Quek Joo Hock**

## SACE 43<sup>rd</sup> Annual General Meeting

The meeting was successfully convened on 11 June via Zoom. As we were still caught under Phase 2 (heightened alert), we regret that our planned activities for the AGM had to be cancelled.

## Know Our Trainer – Seah Beng Na



### Tea and Empathy

This is an initiative of our SACE trainer Seah Beng Nah to engage our learners post completion of her courses, to encourage them to apply what they learn in class via a series of meet-up sessions, in her words: journey does not stop at class. Beng Nah conducts various courses for SACE: **The Positive of Negative Emotions, World's Hidden Epidemic – Loneliness and Decluttering.**

‘While we nurture our body, we also minister to our emotions by sharing different perspectives and lend each other a listening ear. Sometimes all it takes is to open our eyes to a different point of view or simply having someone there to hear us out’.



Above shows an activity for after-class bonding sessions attended by participants over cups of tea and snacks. Participants using positive-psychology cards as a tool to express their inner thoughts and challenges, seeking clarity to move forward.

According to Terence Chin, course participant of all her courses, also an active member of **Tea and Empathy**:  
 “Beng Nah is a very committed and passionate facilitator. Her class is always very interesting and engaging, using technological tools such as Kahoot to engage the learners and to refresh what we learned. Beng Nah has the ability to bring difficult concepts in psychological terms and present these in simple language, for concepts that are applicable to our daily life. I like her well-planned lessons and coaching style – answering your questions with questions, guiding us into self-searching for root cause and solutions to our problems. I highly recommend anyone to attend her classes.”

## Moetise your passion 102 – how to make a living doing what you enjoy



This is a follow up of Monetise your passion 101

*Course objective:*

Inspire trainees to explore ways of making money by being self-employed.

*Description:*

Session 1: Discover your unique gift.

Session 2: Develop your gift Into a service.

Session 3: Getting paid

*Schedule:* Tuesday, 9:00 am - 1:00 pm, 27/7, 3/8, 10/8

*Trainer*

**Gea Ban Peng** runs his own management consultancy business with more than 35 years of experience servicing MNC SME clients from various parts of the region, including provision of training and coaching services for Toastmasters International in the SE Asian region. He is also SACE director (Hon Secretary)

## Other on-going courses for July, left with limited slots

### 1. Computing for Seniors (Windows 10)

*Schedule:*

Monday, 9.30 am - 5:30 pm, 12/7, 19/7, 26/7, 2/8, 16/8

*Trainer:*

Poh Chee Wee, founder, creator of iCreationLab Pte Ltd. He specializes in integrated web systems and solutions

### 2. Food for Healthy Aging

*Schedule:*

Wednesday, 2:00 pm - 5:30 pm 7/7, 14/7, 21/7, 28/7, 4/8, 11/8

*Trainer:*

Dr Ang Poon Liat, retired paediatric, currently giving public lectures on medical nutrition.

### 3. Money Wisdom for Seniors

*Schedule:*

Wednesdays, 9.30 am - 1.00 pm, 7/7, 14/7, 21/7, 28/7

*Trainers:*

i) Elaine Tan: she has over 30 years of financial and audit working experience. She was a CFO of a listed company before she retired.

ii) James Tan: a certified financial trainer, a senior financial consultant with PIAS.