

**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 75

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2021

## Ramble

### Hindhede Park



Located next to Bukit Timah Nature Reserve, Hindele Nature Park features a variety of activities catered for everyone. Scenic and serene, it is an excellent spot for bird watching, trekking or simply taking in the best nature has to offer. With easy trails and well-defined footpaths, the park is ideal for families with young children and the elderly – [nparks.gov.sg](http://nparks.gov.sg)

Observation of prevailing social distancing rules applies.

Date: **22 August Sunday**

Time: **4 pm**

Meet at: **Beauty World MRT**

Facilitator: **Julie Lim**

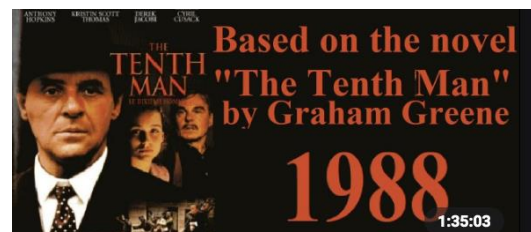
### Visit to Green Corridor on 18 July



Our learners from Choreographed Dance Performance Training Class practicing the steps of the NDP 2021 Theme Song – The Road Ahead. <https://youtu.be/rT0ScGdXKAU>

## Bucky Chat

### The Tenth Man 1988



After willing his estate to another man's family in order to save his own life in a Nazi prison, Chavel (Sir Anthony Hopkins) returns to his home in disguise, where he meets Theresa (Kristin Scott Thomas), the sister of the man who died in his place. Taking a job as a groundskeeper, he begins to fall in love with her. When a mysterious man arrives claiming to be Chavel, the real Chavel must discover the man's true identity while preserving his own relationship with Theresa.

Available on YouTube (1.35 hours)

<https://www.youtube.com/watch?v=aB6ncmkHY2k>

Watch the movie and discuss at Bucky Chat in Zoom

Date: **17 August Tuesday**

Time: **4pm to 5pm**

Zoom ID: **938 5293 8906**

Passcode: **Bucky**

Facilitator: **Quek Joo Hock**

Our facilitator **Quek Joo Hock** has been championing the thinking, philosophy and ideas of Buckminster Fuller and facilitated workshops on innovation and creativity. He presented the Idea and Innovations of Buckminster "Bucky" Fuller in Zoom on 12 July, organized by Ecohub Community & Marketspace (M'sia). The screen shot shows him holding up a Tetrahedron comprising 4 triangles. This represents the Minimum System of Universe, and thus the systemic interconnectedness of human lives and all things.



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

### Vintage Radio SG – featuring SACE learners

The Council for Third Ager (C3A) has collaborated with Vintage Radio SG to launch a Facebook Live Session series “Learning in your Silver Years”. The first session was held on 30 July. DJ Brian Richmond visited our class “Computing for Seniors” to gain the first hand experience as a learner. One of our learners Albert Loh attended this course mainly to encourage and accompany his wife to learn more about computer. Both Brian and Albert shared their views about life long learning for the seniors. To Albert, life long learning has become a lifestyle, picking up skills to keep pace with the changing world. For Brian, besides learning new skills we could also find new friends during and after the classes.



Brian Richmond (right, in red shirt) in class with trainer Poh Chee Wee (left). Watch full video at following link: <https://www.facebook.com/VintageRadio.SG/videos/1247003539076256/>

### We are in PA #Stayhome Webinar Series

SACE presented three of its courses in this one-hour webinar series in June and July for the Merdeka Generation (MG)

**WANTED** #StayHome Webinar Series

**Money Wisdom for Seniors (Online)**

Wednesday, 16<sup>th</sup> June 2021, 3:00PM – 4:00PM

Presented by Elaine Tan on 16 June

Ms Elaine Tan | Speaker  
Singapore Association for Continuing Education

**WANTED** #StayHome Webinar Series

**Preventing Dementia through Applied Neuroscience (Online)**

Friday, 9<sup>th</sup> July 2021, 3:00PM – 4:00PM

Presented by Vincent Yong on 9 July

Mr Vincent Yong | Speaker  
Dangroup International

**Mindfulness for Well-Being Online**

Date & Time: 24 July 2021 (Sat) 3-4pm

Price: Complimentary

Speaker: Mr Adrian Teo  
President of Singapore Association for Continuous Education

Presented by Adrian Teo on 21 July

More SACE courses will be featured in the coming series.

### August Courses with limited slots left

**Being here and now – practicing ones’ presence.**



Beginners’ course in Gestalt principles in self-empowerment

Thursday, 9.00 am - 1.00 pm, 5/8, 12/8, 19/8, 26/8

Trainer

**Ng Kian Seng:** master trainer in experiential learning. Obtained Gestalt certificate in International Organisation; System and Design by Gestalt Therapy; Certificate in experiential Learning by STADA



**From Zero to SEO Hero – How to think like a search engine spider**

Apply SEO strategies and technologies to improve your SEO rankings. Learn what is On-Page and Off-Page

Tuesdays, 9.30 am - 1 pm, 17/8, 24/8, 31/8, 7/9, 14/9, 21/9, 28/9, 5/10

Trainer

**Eugene Macarius Tan** was the former Digital Director of Standard Chartered Bank. He obtained certificate in Advanced Search Engine Marketing Strategies, Asia Search Engine Academy.

Other On-going courses in August:

**Legal Matters for Senior (via Zoom).**

Saturdays, 2.30 pm - 5.30 pm, 21/8, 28/8, 4/9, 11/9, 18/9, 25/9

**Drawing on Nature**

Saturday, 9:30am - 1:00pm, 28/8, 4/9, 11/9, 18/9 & Monday, 2.30pm – 6.00pm, 6/9, 13/9, 20/9, 27/9

Below is a line-up of our newly approved courses. Please visit our website for more details.

<b>Graphic design for business and recreation</b>
1 Sept, Wednesday 2.00 to 6.00pm, 3 sessions
<b>PDPA 101</b>
16 Sept, Thursday, 2.30pm to 6.00pm, 2 sessions
<b>Effective conflict management</b>
1 Oct, Friday, 2.00pm to 6.00pm, 3 sessions
<b>Learn to play chromatic harmonica, Level 1</b>
4 Oct, Monday, 10am to 12pm, 8 sessions
<b>Grandparent and parenting for healthier child</b>
6 Oct, Wednesday, 2.30pm to 5.30pm, 4 sessions
<b>How to manage yr aches and pains in golden yrs</b>
7 Oct, Thursday, 2.00pm to 6.00pm, 3
<b>Melody composition skills</b>
1 Oct, Friday, 9.30 to 12.30pm, 5 sessions
<b>Creative nostalgia</b>
6 Oct, Wednesday, 2.00pm to 6.00pm, 5 sessions
<b>Culinary herbs – usage and cultivation</b>
25 Oct, Monday, 2.00pm to 6pm, 2 sessions
<b>Orchid cultivation &amp; floristry.</b>
15 Dec, Wednesday, 9.00am to 1.00pm, 2 sessions

*Hurry up, register now to avoid disappointment, as slots are limited!*