

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 76

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

September 2021

Ramble

Lorong Halus Wetlands



The 3-kilometer Lorong Halus Park Connector connects the estates of Pasir Ris and Punggol, and runs through the Pasir Ris Farmway which may bring back your nostalgic memories of the nearby old pet and fish farms. It also serves as the green corridor link between Pasir Ris Park and Coney Island Park, bringing park users to explore the rusticity of the eastern side of Singapore. – nparks.gov.sg

Prevailing social distancing rules apply.

Date: **19 September Sunday**

Time: **4 pm**

Meet at: **Bus No 381, Punggol Interchange MRT**

Facilitator: **Julie Lim**

Ramble walk to Hindhede Park on 22 August



SACE volunteers' day out on 28 August Mt Imbiah Nature Trail, Sentosa



Bucky Chat

Les Misérables (1978)



Based on a novel by Victor Hugo, the story needs no introduction. "So long as Laws shall exist which create Hells in the midst of Civilization; so long as Men are degraded, Women ruined and Children afraid, so long as there shall be Ignorance, Poverty and Wretchedness on this earth, stories such as

this one must be told" - Victor Hugo

Available on YouTube (2 hours)

[https://youtu.be/ kj_gZkotfQ](https://youtu.be/kj_gZkotfQ)

Watch the movie and discuss at Bucky Chat in Zoom

Date: **14 September Tuesday**

Time: **4pm to 5pm**

Zoom ID: **925 3457 9892**

Passcode: **Bucky**

Facilitator: **Quek Joo Hock**

Silver NATIONAL
ACADEMY
learning continues @ 50+

**Virtual
Roadshow**

30 September – 15 October 2021

Visit our virtual booth at the upcoming roadshow, where we will be promoting more NSA courses by SACE! Stay tuned for more details nearer to date!

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

Know our member: Chung Yin Wah



Chung Yin Wah, a SACE member since 2020, has just completed writing a book “**RETIRE HAPPY!**”. She said: “As I neared retirement, I started to find out everything I could about retirement. I realised that there are different aspects to retirement, all essential to retire happy. Having learned so much, I felt that what I had distilled for myself could benefit others in Singapore, who are also seeking to retire happy. The book draws on research into gerontology theories and the science of ageing, policies supporting retirement, as well as resources available to retirees in Singapore. You’ll also see how retirement can be a positive and active phase of life as you learn about the myriad social and learning opportunities available to retirees in Singapore.

Foreword from SACE President Adrian Teo: SACE prepares retiring seniors to be fit in body, mind and soul, promoting a culture of lifelong learning, spirit of volunteerism and active ageing for adults, through education and enrichment, physical well-being, fellowship, volunteering and community engagement. Yin Wah’s book is not just a must-read, it’s must-practise. Retire happy and you will be a happy retiree!



The book is available in bookstores and online. For more information and an invite to the virtual book launch on Sat 18 Sept 2021, 3pm to 4pm, visit <http://bit.ly/chungyinwah>

An active member of SACE, Yin Wah participates in our activities such as Ramble, Bucky Chat, and joins the various after-class singing activities via zoom organized by our Choir Singing trainer Desmond Moey. Having acquired the singing skills from Desmond’s classes, she can now accompany her singing with guitar strumming. She added: “I have found many supportive and inspiring friends in SACE, having fun learning together”

SACE carries a wide range of courses that cater to the needs of seniors and retirees, there is something for everyone. Our over 80 NSA approved courses come under the following categories:

- Aging & Life Skills
- Health & Wellness
- Media, Arts and Design
- Finance & Business
- IT & Science

What better time than now to join us for lifelong learning, be part of our learning community – and stay Happy.

Upcoming New Courses



Melody Composition Skills

Friday, 9:30 -12:30 pm, 1/10, 8/10, 15/10, 22/10, 29/10.

Suitable for those who wish to advance their musical knowledge with creating melody. Coverage: music theory on scales and chords, song structure, melody forms, time signature and transposition, personalizing song arrangement, and finally presenting to class.

Trainer

Desmond Moey is an experienced singer-song writer, and producer of musicals, concerts and events. Qualification: master degrees in Mass Communication (USA), MBA (NUS) and a degree in Engineering (NUS)



Learn to play chromatic HARMONICA Level 1

Monday, 10:00 am - 12:00 pm, 4/10, 11/10, 18/10, 25/10, 1/11, 8/11, 15/11, 22/11

It is easy to learn harmonica, a convenient musical instrument to carry, you can perform anywhere anytime. It has the health benefit of expanding your lung power with deep and controlled breathing. Coverage: learn music theory and read standard musical notations. Appreciate different genres of music, from pop to classical and jazz. Learn the techniques of playing in scales of C and Am on harmonica, practice etudes and songs with enhanced techniques. Perform a complete musical piece for the class.

Trainer

Eddy Ooi is a regular performer at public venues such as Esplanade Recital Studio. Qualification: degree in Mass Com, Certificate for Professional Guitar (Berklee College of Music), ‘The Blues, understanding and performing an American Art Form’. For sample of his performance, visit YouTube: Big Fish Harmonica cover by Eddy Ooi



Creative Nostalgia

Tues, 2:00 -6:00 pm 5/10, 12/10, 19/10, 26/10, 2/11

Coverage: exploring a common / individual past, making sense of the past. Case studies of how some people recover from a painful past to build a positive future. Supporting one another, using memories to strengthen ourselves to become stronger and wiser in relation to life style and relationship. Celebrating our past, facing our brighter future.

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 (I Renew) serving CEOs in areas of leadership development, strategy and communication. She is also the vice president of SACE.