

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 77

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

October 2021

Ramble

Yunnan Garden @NTU



Built in the 1950s, the Yunnan Garden was a key attraction of the Nanyang University campus, the land on which NTU Singapore is now situated. With the just-completed revitalisation effort, the Yunnan Garden is seamlessly integrated with the Chinese Heritage Centre and an expanded Nanyang Lake. More than 1,000 new trees comprising over 80 species have been planted in the Garden, enriching its biodiversity. Other enrichments include a new 5.6-metre-tall waterfall, themed mini gardens, a boardwalk, a new stormwater management system, and Wi-Fi connectivity throughout the Garden. - ntu.edu.sg

Prevailing social-distancing rules apply.

Date: **24 Oct Sunday**
Time: **4 pm**
Meet at: **Bus No 179, Boon Lay Bus Interchange**
Facilitator: **Julie Lim**

We experience high demand for this activity. Those who are interested to join our Ramble Kaki, please register with our Secretariat, for SACE members only.

Ramble walk to Lorong Halus Wetland 19 Sept



Bucky Chat

Squid Game



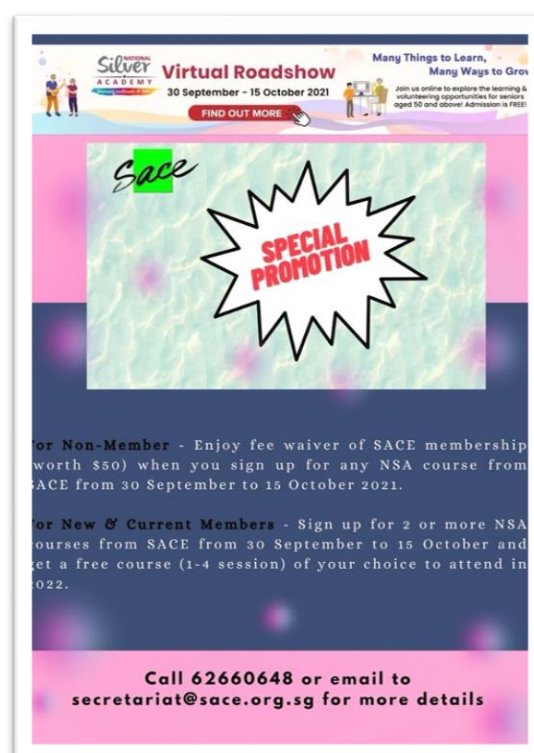
This is a Korean 9-episode series, now number1 show on Netflix, dubbed in English. It tells the story of a group of 456 people who are invited to risk their lives in a mysterious survival game.

Described as 'addictive and bingeable', be sure not to miss the final episode.

Watch these series on Netflix and discuss at Bucky Chat in Zoom.

Date: **19 October Tuesday**
Time: **4pm to 5pm**
Zoom ID: **932 3524 4245**
Passcode: **123123**
Facilitator: **Quek Joo Hock**

Visit our virtual booth at the NSA Virtual Road show from 30 September to 15 October. enjoy promotional rates for membership and course registration.



Silver Academy Virtual Roadshow
30 September - 15 October 2021
FIND OUT MORE

SACE
SPECIAL PROMOTION

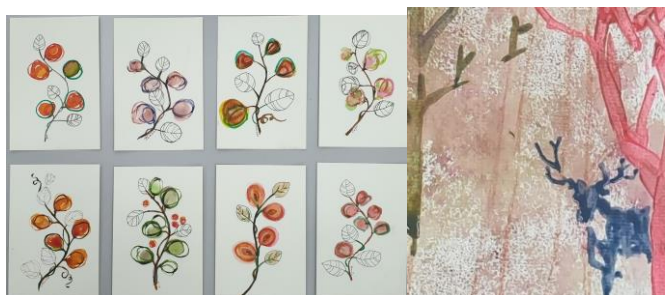
For Non-Member - Enjoy fee waiver of SACE membership (worth \$50) when you sign up for any NSA course from SACE from 30 September to 15 October 2021.

For New & Current Members - Sign up for 2 or more NSA courses from SACE from 30 September to 15 October and get a free course (1-4 session) of your choice to attend in 2022.

Call 62660648 or email to secretariat@sace.org.sg for more details

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

Drawing On Nature – samples from participants



"I am more conscious of nature after attending these classes. Observations of the leaves and the petals formation, reflection from the sunlight, texture of the object all these can be translated into drawings, according to one's interpretation. That is what drawing on nature is all about correct?" said one participant. Types of paint used in these courses are mostly watercolor, and color pencils. Other types of paint will also be taught, depends on participants' interest.

Geragogy Guidelines

Guidelines on training senior learners, developed by C3A and SUSS

"With a rapid ageing population and the increasing proportion of older adults participating in lifelong learning, there is a need to consider and address the learning needs and challenges unique to senior learners to support their learning journey, which is one of the key components of successful ageing..... As such, these needs point towards the necessity of 'Geragogy', which refers to the theory proposing that instructional practices are more effective when designed to address the distinctive physical, psychological and social realities of populations of learners characterised as elderly'" – *Abstract from Geragogy Guidelines.*

With the support of C3A, many SACE's trainers have attended the Geragogy Guideline workshops to better understand and meet the special needs of our senior learners.

NOTICE

In line with C3A guideline on Protecting Seniors Against COVID-19, SACE will follow the advice of postponing all face-to-face classes till after 31st Oct, taking effect from 6th Oct. This will not affect all our online courses.

Our office will be closed within the period of 6th Oct to 31 Oct. For all enquiries please email us at secretariat@sace.org.sg

Courses Conducted Online

With the recent rise in COVID 19 cases, SACE has taken prompt action to convert several of its physical courses to online courses. Some of our upcoming courses conducted online via zoom are:

Course Name	Start Date
Learn to play chromatic harmonica Level 1	4 October
PDPA 101	7 October
Money wisdom and seniors	13 October
Emotional & psychological realities of aging	14 October
Living your legacy now	22 October
Life script review	2 November
My beautiful color	2 November
Choir Singing Level 1 and 2	5 November
Using Whatsapp	17 November
Relationships enrichment process	18 November
Legal matters for seniors	4 December
Learn to play chromatic harmonica Level 2	6 December
Mindfulness for well-being	16 December

PA #Stayhome Webinar Series

Don't miss these opportunities to learn more about the selected topics conducted by SACE trainers

Legacy Planning for Your Loved Ones

Online

Date & Time
06 October 2021 (Wed)
3-4pm

Price
Complimentary

Speaker

Mr Soh Gim Chuan
Bachelor of Laws (Hon) (NUS),
Master of Education
(Developmental Psychology) (NTU)

Join our webinar to learn more about how you can **start planning** your legacy today, and discover what the **best approach** might be for you as you go about leaving something behind for **future generations.**

SIGN UP FOR THE WEBINAR NOW!

Techniques to Improve your Memory

Online

Date & Time
13 October 2021 (Wed)
3-4pm

Price
Complimentary

Speaker

Mr Michael Lum
Master Trainer: B.Acc, M.Com, M.A.
(Training & Development), NLP
Licensed Trainer, DBA Candidate

Join our online webinar to **better understand** your brain and discover the various techniques to improve your memory. Retrieval of your memories always starts from an **effectively organized** brain cabinet.

SIGN UP FOR THE WEBINAR NOW!