

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 79

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

December 2021

Ramble

Clementi Woods Park



Tree-lined footpaths allow nature lovers to walk among the woods while listening to the chirping of birds and the soothing hum of insects. The wooded ambience of the park makes it perfect for a quiet cool stroll in the morning or evening. Visitors can also enjoy a bird's eye view of the surrounding area from a tower that is situated at one end of the park. Alternatively, dine at the restaurant located at the tower block, and bask in the tranquility of Clementi Woods Park.

Attractions: Fitness Corner, Playground, Secondary Forest and Woodball Fairways

Source: Nparks.gov.sg

For SACE members only

Date: **19 Dec Sunday**

Time: **4 pm**

Meet at: **Clementi Bus Interchange (bus no. 175) or Bus stop B17039**

Facilitator: **Julie Lim**

Prevailing social-distancing rules apply. Those who are interested to join our Friends of Ramble, please register with our Secretariat.

Learning Forest @Botanic Garden on 21st Nov



Bucky Chat

Meet Joe Black (1998)



"Don't wait till Death shows up before you start learning how to live"

"My daughter is falling in love with Death"

Brad Pitt and Anthony Hopkins give stellar performances in this film about a powerful man who receives a visit from Death and agrees to serve as his earthly guide in exchange for more time.

This movie is available on Netflix and YouTube. Watch the movie and discuss at Bucky Chat in Zoom.

Date: **14 Dec Tuesday**
 Time: **4pm to 5pm**
 Zoom ID: **940 5510 3099**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**

NOTICE

In accordance with NSA guidelines, SACE has resumed face-to-face classes from 22 Nov onwards, subject to the prevailing Safe Management Measures and Vaccine Differentiated Measures.

The following guidelines for our participants apply:

- only fully vaccinated participants can be allowed to attend the classes,
- vaccination status to be presented at point of entry,
- please keep your mask on if not required

STAY SAFE. STAY WELL



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

Interested to earn from social media doing Gigs and participating in Sample Reviews?

Get trained to use social media such as Facebook, Instagram and TikTok with SACE. Get paid when you use these skills!



SACE has partnered with StrongSilvers to allow our members to get rewarded doing social media gigs! This includes:

- Being cast as a talent for social media shoots
- Sharing about your favorite brands on social media, or
- Simply by reviewing free samples!

Example of what was done before:

Talent casting - a recent example is our seniors being interviewed to provide relationship advice: <https://fb.watch/8DMpwivmTL/>

Keep a lookout for announcements of offers when such opportunities arise. Strictly for SACE Members only.



Breaking Fall, Not Bones – An experiential movement education. Starting of face-to-face classes after the easing of Stabilizing Phase on 22 November. In this course you will learn the skills from maintaining balance to transforming a fall into a safe recovering composure again.

Your last chance to redeem your SACE Membership Subsidies (SMS) for 2021

Courses In December available for registration

Date (Dec) commencing	Title
3 rd (Fri)	Living Your Legacy Now (2 sessions) via Zoom
4 th (Sat)	Legal Matters for Seniors (6 sessions) via Zoom
4 th (Sat)	Graphic Design using Canva (3 sessions)
6 th (Mon)	Cyber Security and Me (4 sessions)
7 th (Tue)	Relationships Enrichment Process (4 sessions)
20 th (Mon)	Brain Gym for Mental Fitness (2 sessions)
28 th (Tue)	Computing for Seniors (Win 10) (5 full days)
30 th (Thu)	Emotional and Psychological Realities of Aging (4 sessions)
Silver Infocomm IT Classes (one session)	
9 th (Thu)	E-Health & E-Wellness
13 th (Mon)	Advanced iOS <i>New</i>
16 th (Thu)	Using Email
16 th (Thu)	Cloud Storage & Sharing (Google Drive)
22 th (Wed)	Using Zoom
23 rd (Thu)	Google Photos <i>New</i>

We will reset your SMS for year 2022 for as long as you are still a SACE member, ie, if your membership is valid for either one year or five years, you can redeem \$80 and \$150 respectively for course fees net of NSA subsidies within the year.

January courses available for registration:

Date (Jan) commencing	Title
3 rd (Mon)	Facebook (social media) (1 session)
3 rd (Mon)	Use Body Language and read People like a Book (3 sessions)
3 rd (Mon)	Conscious Dance Movement – Medicine in Motion (5 sessions)
4 th (Tue)	Acting With Life Experience (8 sessions)
5 th (Wed)	Culinary Herbs – Usage and Cultivation (2 sessions)
6 th (Thu)	How to Manage your Aches & Pains in the Golden Years (3 sessions)
7 th (Fri)	Video Stories (8 sessions)
7 th (Fri)	Drawing on Nature (4 sessions)
12 th (Wed)	Grandparenting and Parenting for a Healthier Child (4 sessions)
13 th (Thu)	Choreographed Dance Performance Training (L2) (8 sessions)
15 th (Sat)	Improve Wellness through FloorCurling (2 sessions)
19 th (Wed)	Orchid Cultivation and Floristry (2 sessions)

Greetings from SACE Management

