

Vision: All Third Agers living meaningful and happy lives

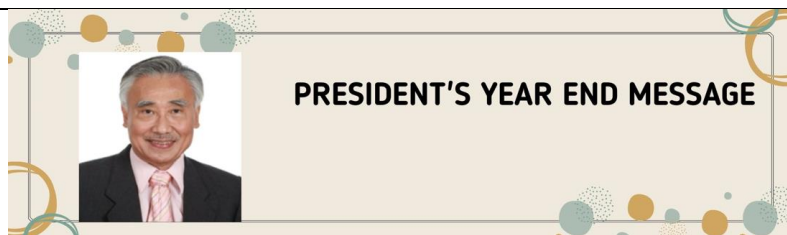
Mission: Provide learning and enrichment activities and programs for third agers.

Learning Communities: A place where members gather to connect and to learn together

Issue 80

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

January 2022



2021 has been a difficult year because of Covid 19 and its delta and omicron variants. The interim measures curtailed our courses and activities. We closed shop for three months and that was worrying certainly from a financial perspective. The good news is that in the final two months of November and December, we are seeing our courses bouncing back in financial health. We are not totally out of the woods but what is encouraging is to see our board of directors and our core volunteers putting their shoulders to the wheel and working even harder than normal in order to get us back on track.

To further strengthen the governance of SACE, we continue to work on the two key dimensions that will enable SACE to grow: (1) leadership development and (2) volunteer development. Both dimensions call for continuous education and transformation. Team SACE must develop competencies in living, loving and learning the story of SACE to implement courses, activities, functions and events that will serve a rapidly aging community in Singapore.

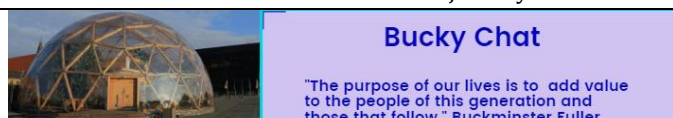
As SACE is an association for continuous education, our courses must be significant and relevant to develop *gero-transcendence*, the wisdom to become *conscious elders* that can balance between doing and being as we live our life day by day, in the here and now.

The story of SACE needs to be told to more people. We want to partner others to make our nation stronger and smarter. Narratives must reflect realities. We continue to welcome like-minded people to join SACE to help us develop FIT bodies, minds and souls within and outside SACE. We hope our financial, intellectual and technological efforts will develop for us dreamers and pragmatists alike who are resilient and resolute to enable us to overcome any thresholds we may encounter in the days ahead.

I want to thank all who have made SACE what it is today and wish you a Merry Christmas and a Happy New Year 2022.

Live . Love . Learn

Adrian Teo, President



Curing Alzheimer's with Science and Song

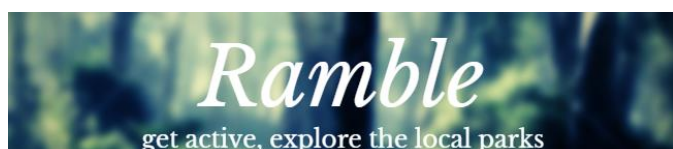


Dr Rudy Tanzi discusses the alarming growing rate of Alzheimer's cases as our lifespan rapidly outpaces our 'brainspan'. The good news is there is opportunity for stopping this disease. He is joined by recording artist and actor Chris Mann for a performance of their anthem of hope 'Remember Me'.

Our Bucky buddy Ms Alison Lim who is actively engaged with the dementia community will be on hand to share her knowledge in this field. Watch this TED Talk on YouTube and discuss

<https://www.youtube.com/watch?v=iuel1AFKSDo>

Date: **11 Jan Tuesday**
 Time: **4pm to 5pm**
 Zoom ID: **974 6823 8529**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**



Yishun Park

For SACE members only

Date: **23 Jan Sunday**
 Time: **4 pm**
 Meet at: **Bus Stop outside Yishun MRT**
 Facilitator: **Julie Lim**

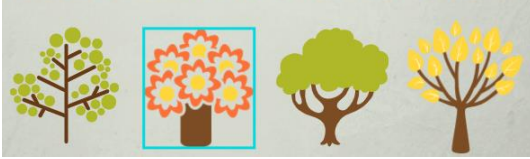
Those who are interested to join our Friends of Ramble, please register with our Secretariat

Ramble @Clementi Woods Park on 19 Dec



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

SACE GARDENING INTEREST GROUP



Our new courses **Culinary Herbs – Usage and Cultivation**, **Orchid Cultivation and Floristry** which kicked-start in December were well attended with many kept on waiting list. Subsequently an interest group was formed to further the participants' knowledge by sharing their gardening experiences. Our trainer Darren Ng readily shared with the group on more gardening tips after the course.



Introducing various types of plants at Siglap South CC – a place where trainer Darren also takes care of the orchids, ferns and some of the exotic aroids in the garden.



Repotting orchids, a hands-on experience in class.

Our trainer Darren Ng (3rd left photo) estimates he has close to 400 plants in his 2,050 sq ft conservation house. He bagged second prize in SG Garden Festival's horticultural competition in 2019.



Be a plant hobbyist, join our new classes

Cultivating Herbs: 2 sessions starting 5 Jan.

Orchid Cultivation and Floristry: 2 runs of 2 sessions each starting 15 Jan and 19 Jan

SACE Volunteers' Night Out on 18 December

Soaking in the Xmas light-up along Orchard Road shopping belt, feeling the vibes and the buzz of the festive season.



Courses In January available for registration

January Start Date	Title
3 rd (Mon)	Conscious Dance Movement – Medicine in Motion (5 sessions)
4 th (Tue)	Effective Conflict Management (3 sessions online)
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)	Drawing on Nature- Water Color (4 sessions)
10 th (Mon)	Choir Singing Voice Training Level 2 (8 s'sions online)
11 th (Tue)	Choir Singing Voice Training Level 1 (ditto)
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)	Orchid Cultivation and Floristry (2 sessions)
17 th (Mon)	Smart Phones and Seniors Android (4 sessions)
19 th (Wed)	Orchid Cultivation and Floristry (2 sessions)
27 th (Thu)	C3A Mental Wellbeing Curriculum (2 sessions)
28 th (Fri)	Video Stories (8 sessions)
Silver Infocomm IT Classes (one session)	
3 rd (Mon)	Facebook (Social Media)
7 th (Fri)	Mobile e-Payment
14 th (Fri)	Using Zoom
21 st (Fri)	Shop & Pay Online
24 th (Tue)	Digital Photo Editing <i>New</i>

Courses In February available for registration

February Start Date	Title
5 th (Sat)	Drawing On Nature- Water Color, Color Pencil (4 sessions)
7 th (Mon)	Creative Nostalgia (5 sessions) <i>New</i>
8 th (Tue)	The positive of Negative Emotions (4 sessions)
9 th (Wed)	Professional Image, Style & Grooming Etiquette (4 sessions)
9 th (Wed)	Memory Techniques for Seniors (2 sessions)
10 th (Thu)	Mindfulness for Well Being (6 sessions)
11 th (Fri)	Learn Uke for Stress Relief (6 sessions)
12 th (Sat)	Money Wisdom & Seniors (4 sessions online)
12 th (Sat)	Learn to Play Chromatic Harmonica Level 1 (8 sessions online)
14 th (Mon)	Learn to Play Chromatic Harmonica Level 2 (ditto)
15 th (Tue)	Acting with Life Experience (8 sessions)
16 th (Wed)	Food for Healthy Ageing (6 sessions)
17 th (Thu)	Freestyle Floral Arrangement (2 sessions)
22 nd (Tue)	Brain Gym for Mental Fitness (2 sessions)

This is what you learn in **Video Story**

<https://vt.tiktok.com/ZSeHeU6WV/>

New class starting 28 Jan, 8 sessions.