

# Newsletter

**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 81

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

February 2022



**Bukit Timah Hill** 



This 163-ha Bukit Timah Nature Reserve includes Singapore's highest hill, Bukit Timah Hill, which stands at 163 m and retains one of the few areas of primary rainforest in the country. The forest on the hill has been a botanical collection ground for more than a century, and the first known specimens of many species of Malayan plants have been obtained here. – nparks.gov.sg

For SACE members only
Date: **20 Feb Sunday**Time: **4.15 pm** 

Meet at: Beauty World MRT Station

Facilitator: Julie Lim

Those who are interested to join Friends of Ramble, please

register with our Secretariat

Ramble @Yishun Park on 23 January





#### **Bucky Chat**

The purpose of our lives is to add value of the people of this generation and base that follow "Ruckminster Fuller

Freedom from Attachment – Anthony de Mello & Alan Watts Ft Terence Mckenna & Ug Frishnamurti



What do we normally attach ourselves to? Things that bring us pleasurable experiences? What do love and happiness mean to us? These are thought provoking questions.

Watch this 15:20 minutes video on YouTube and let us discuss

https://youtu.be/4 ETRONDuG4



Date: **11 Feb Friday**Time: **4pm to 5pm**Zoom ID: **924** 7705 5663

Passcode: **123123** 

Facilitator: Quek Joo Hock

Chua Ah Lay Yali
Rest in Peace
11 January 2022
With Condolences from
SACE Volunteers
Friends From Ramble



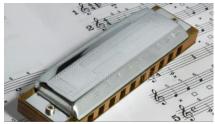
For registration of courses, go to <a href="https://www.sace.org.sg/course-schedule/">https://www.sace.org.sg/course-schedule/</a>

# **Orchid Cultivation and Floristry Workshop**

We have completed our 2<sup>nd</sup> run of the workshop on 22 January, comprising 2 sessions conducted at SACE premises Peninsula Plaza. New class will commence on 29 March.



# **Learn to Play Chromatic Harmonica**



After completing Level 1, our learners were able to play simple tune in C chord such as Down by the Sally Gardens, Jasmine Flower, Ju Hua Tai. In Level 2, learners were taught how to blow the harmonica in 3 octaves, basic music theories, finding notes position in the harmonica for various major minor keys, time signature, blowing technique, learn to play songs in different keys such as Scarborough Fair, Silent Night, Greensleeves etc., complete with music accompaniment – a great way to improve your timing.

Level 2 (extension), starting 14 Feb over 8 sessions, is now open for registration. For those who have some foundation in playing harmonica and would like to develop their skills further, please register with us. For more information about this course please email secretariat@sace.org.sg



#### **Courses In February available for registration**

February Start Date	Title
14th (Mon) AM	Learn to Play Chromatic Harmonica Level 2 Extended (8 sessions)
14th (Mon) PM	Conscious Dance Movement (5 Sessions)
16 <sup>th</sup> (Wed) PM	Food for Healthy Aging (6 sessions)
22nd (Tue) PM	Brain Gym for Mental Fitness (2 sessions)
25 <sup>th</sup> (Fri) AM	The Art of Documentary Film & Video (4 sessions)
Silver Infocomm IT Classes (one session)	
10 <sup>th</sup> (Thu) PM	E Travel
15 <sup>th</sup> (Tues) PM	Be An Instagrammer
18th (Fri) AM	Shop & Pay Online
21st (Mon) PM	Advanced IOS
23rd (Wed) AM	Basic Computer (Win 10)
28th (Mon) AM	E-Health & Wellness

### **Courses In March available for registration**

March Start Date	Title
1st (Tue) AM	Culinary Herbs Usage & Cultivation (2 sessions)
2 <sup>nd</sup> (Wed) AM	Recognize Emotions & Mental Health Alarms (7 sessions)
7 <sup>th</sup> (Mon) AM	Regaining Your Youth thru Science & Art of Movement (7 sessions)
8th (Tue) AM	World's Hidden Epidemic – Loneliness? (4 sessions via Zoom)
9th (Wed) AM	My Beautiful Colors (4 sessions via Zoom)
15 <sup>th</sup> (Tue) PM	Living Your Legacy Now ((2 sessions)
17 <sup>th</sup> (Thu) PM	Choreographed Dance Performance L2 (8n sessions)
24th (Thu) AM	C3A Mental Wellness (2 sessions) <i>New</i>
Silver Infocomm IT Classes (one session)	
3 <sup>rd</sup> (Thu) PM	Facebook (social media)
8th (Tue) AM	Cloud Storage & Sharing (Google drive)
8th (Tue) PM	E-Entertainment
10 <sup>th</sup> (Thu) PM	Google Photo
14th (Mon) PM	Navigating Around Singapore
15 <sup>th</sup> (Tue) PM	Using Zoom
17th (Thu) PM	Mobile E-Payment
24 <sup>th</sup> (Thu) PM	Digital Photo Editing

