

Vision: All Third Ager 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 to the people of this generation and those that follow." Buckminster 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**



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

Orchid Cultivation and Floristry Workshop

We have completed our 2nd 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

VOLUNTEER WANTED !

FOR THOSE WITH A VOLUNTEERING SPIRIT AND A GOOD TEAM PLAYER

If you fulfill any of the following requirements

- Good communication & telephone skill at front desk.
- Good at Excel spreadsheet
- Able to spend one day a week at reception desk.

Please apply to vicepresident@sace.org.sg

Courses In February available for registration

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

Courses In March available for registration

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

