

**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 82

WHERE TEACHERS ALSO LEARN &amp; LEARNERS ALSO TEACH

March 2022



## Annual Symposium 2022 Singapore 2030: Trending Lifestyles of our Senior Citizens

Date: **18 May 2022**

Time: **1.00pm to 5.00pm**

Venue: **Auditorium, Tampines West CC**  
(5 min walk from Tampines West MRT)

### Topics:

- Total Wellness
- Homes and living arrangements
- Staying relevant
- Friendship & Family
- Facing the unknown

Early bird price \$10 up till 31 Mar 2022

**Hurry up, register at:**

<https://www.sace.org.sg/event/singapore-2030-trending-lifestyles-of-our-senior-citizens/>



## Hampstead Wetlands

Hampstead Wetlands Park is a green sanctuary and a place for rest and recreation for the surrounding community of Seletar Aerospace Park - [nparks.gov.sg](http://nparks.gov.sg)

Date: **20 Mar Sunday**

Time: **4.00 pm**

Meet at: **Ponggol Bus Interchange Bus No.117**

Facilitator: **Julie Lim**

For SACE members only. Members who are interested to join Friends of Ramble, please email [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg)



## Bucky Chat

"The purpose of our lives is to add value to the people of this generation and those that follow." Buckminster Fuller



Happiness Cannot Be Acquired by Anthony De Mello

Can you imagine how liberating it would be to [youtube.com](https://youtube.com)

**Happiness Cannot be Acquired** by Anthony De Mello (8:23 minutes)

<https://youtu.be/iYmTaUCTcvo>



The Causes of Unhappiness

Provided to YouTube by TuneCoreThe Causes of Unhappiness - Anthony deMelloCall to Love - [youtube.com](https://youtube.com)

**The Causes of Unhappiness** by Anthony De Mello (16:45 minutes)

<https://youtu.be/n6iin5Jyykwa>

Watch the above videos on YouTube and let us discuss at Bucky Chat.

Date: **18 Mar Friday**

Time: **4pm to 5pm**

Zoom ID: **910 7494 4238**

Passcode: **123123**

Facilitator: **Quek Joo Hock**

*"Happiness is not something you acquire; love is not something you produce; love is not something you have; love is something that has you."*

*"There is only one cause of unhappiness: the false beliefs you have in your head, beliefs so widespread, so commonly held that it never occurs to you to question them."*

- Anthody de Mello

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

### Volunteers' Day Out - 4<sup>th</sup> Feb



### A Poem by Joo Hock Post Outing In the Now?

I wandered lonely around the sparkling bay, in the crowd  
Through the majestic Sentinels clawing at the clouds  
The skyscrapers ever so-tightly together squeezed  
I sauntered the tall Maze, like the breeze  
The I always racing round the bends  
Looking out for scenic spots to click his cam.

Posing for the I, that the I  
In days ahead might reminisce his past  
But the I was never really PRESENT, alas!  
For the I was caught out in some future, lost to the moment  
As the I is in search for life's many "How's"  
May miss the always and ever "Nows"

By Joo Hock  
8th Feb 2022

### A collaboration with Strong Silvers on 26th Feb



Pose with 2 bottles of  
New Moon Bird's Nest,  
download your photo to  
your Facebook .....

..... and bring these  
home.



The event has  
attracted some 23  
registered members -  
all for some good fun.

### Courses In March & April available for registration. Register early to avoid disappointment.

March	Title
1 <sup>st</sup> (Tue) AM	Culinary Herbs Usage & Cultivation (2 sessions)
2 <sup>nd</sup> (Wed) AM	Recognize Emotions & Mental Health Alarms (7 sessions)
5 <sup>th</sup> (Sat) AM	Drawing on (mixed media: water color & color pencils part 2) (4 sessions)
9 <sup>th</sup> (Wed) AM	My Beautiful Colors (4 sessions via Zoom)
15 <sup>th</sup> (Tue) PM	Living Your Legacy Now (2 sessions)
23 <sup>rd</sup> (Wed) AM	Conscious Dance - Medicine in Motion (Cha Cha Cha / Waltz) 6 sessions <b>New</b>
24 <sup>th</sup> (Thu) AM	C3A Mental Wellness (2 sessions) <b>New</b>
29 <sup>th</sup> (Tue)	Orchid Cultivation & Floristry (one full day)
Silver Infocomm IT Classes (one session)	
3 <sup>rd</sup> (Thu) PM	Facebook (social media)
8 <sup>th</sup> (Tue) AM	Cloud Storage & Sharing (Google drive)
8 <sup>th</sup> (Tue) PM	E-Entertainment
10 <sup>th</sup> (Thu) PM	Google Photo
14 <sup>th</sup> (Mon) PM	Navigating Around Singapore
15 <sup>th</sup> (Tue) PM	Using Zoom
17 <sup>th</sup> (Thu) PM	Mobile E-Payment
18 <sup>th</sup> (Fri) AM	Using WhatsApp
24 <sup>th</sup> (Thu) PM	Digital Photo Editing
25 <sup>th</sup> (Fri) PM	Using Email
April	Title
5 <sup>th</sup> (Tue) AM	How to Deal with Difficult People (DDP) (2 sessions) <b>New</b>
5 <sup>th</sup> (Tue) PM	Memory Techniques for Seniors (2 sessions)
6 <sup>th</sup> (Wed) AM	Professional Image & Grooming Etiquette (4 sessions) Via Zoom
6 <sup>th</sup> (Wed) PM	Grandparenting & Parenting for a Healthier Child (4 sessions)
7 <sup>th</sup> (Thu) AM	Use Body Language & Read People like a Book (3 Sessions)
7 <sup>th</sup> (Thu) PM	How to Manage your Aches & Pains in the Golden Years (3 Sessions)
8 <sup>th</sup> (Fri) AM	The Art of Documentary Film & Video Production (4 sessions)
9 <sup>th</sup> (Sat) AM	Drawing on Nature - Colour Pencil (4 sessions) via Zoom
11 <sup>th</sup> (Mon) PM	Positive Retirement (3 sessions) <b>New</b>
19 <sup>th</sup> (Tue) PM	Freestyle Floral Arrangement (2 sessions)
22 <sup>nd</sup> (Fri) PM	Brain Gym for Mental Fitness (2 Sessions)
23 <sup>rd</sup> (Sat) PM	Legal Matters for Seniors (6 sessions) via Zoom
25 <sup>th</sup> (Mon) PM	Choir Singing Voice Training (L2) (8 sessions)
26 <sup>th</sup> (Tue) PM	Choir Singing Voice Training (L1) (8 sessions)
27 <sup>th</sup> (Wed) AM	Creative Air Plants Wall Art (1 session) <b>New</b>
28 <sup>th</sup> (Thu)	Music Theory Outline for Singing (8 sessions) via Zoom <b>New</b>
Silver Infocomm IT Classes (one session)	
8 <sup>th</sup> (Fri) PM	Be an Instagrammer (1 session)
19 <sup>th</sup> (Tue) AM	Cloud Storage & Sharing (Google Drive) (1 session)
26 <sup>th</sup> (Tue)	E - Health & E - Wellness (1 session)
28 <sup>th</sup> (Thu) AM	Tik-Tok (1 session)
28 <sup>th</sup> (Thu) PM	E Travel (1 session)