

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 83

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

April 2022

Come join in the fun of mapping our future together at SACE's coming **Symposium on 18th May!**

Dr Tay Kheng Soon, one of the pioneer architects, will be the key note speaker. He will speak on the trends and characteristics of seniors of the future.



Fort Canning Park



Date: 17 April Sunday
Time: 4.00 pm
Meet at: Dhoby Ghuat MRT. Exit B
Facilitator: Julie Lim
 For SACE members only. Members who are interested to join Friends of Ramble, please email 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



Recitation of **Rudyard Kipling's poetry 'IF'** by Michael Caine (2 min 50 seconds).

<https://www.youtube.com/watch?v=sqOgyNfHI1U>

Watch the above on YouTube and discuss at Bucky Chat.

Date: 15 April Friday
Time: 4pm to 5pm
Zoom ID: 926 4023 3943
Passcode: 123123
Facilitator: Quek Joo Hock

What is Bucky Chat? Bucky Chat was named after Buckminster Fuller, who was hailed as the Leonardo DaVinci of the 20th Century. Bucky suggested we be generalists / comprehensivists rather than specialists. He said that 'over specialization leads to extinction.' Hence the diversity, and pushing the boundaries with an experimental element, **which makes one more interesting, by adding value to our lives.** Here everyone has the chance to share their perspectives, hence it's a Chat. All are welcome to join!

Ramble at Hampstead Wetlands on 20 March



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

Highlights of Upcoming Courses

Professional Image, Style & Grooming

Course objective:

This course consists of lectures & practical sessions which will equip participants with the much-needed style & grooming skills in grooming etiquette, appropriate dressing, accessories, colour coordination for various occasions as well as basic skin & hair care.

Trainer:

Denis Ng is a seasoned image consultant with over 20 years international experience in image and etiquette. Currently based in New Zealand, her online image courses have been highly rated as interactive, fun and informative.



Positive Retirement **New**

Course objectives

Retirement like any other phases of life involves embracing new identities and letting go of the old ones. Retirement requires looking at life with new lenses. The objective of this course is to equip retirees or persons preparing for retirement to be emotionally resilient in their retirement through self-coaching.

Trainer

Jeremy Gwee : after retiring from an international banking career, he is now a Director, Principal Trainer and Business Coach at the Institute of Training and Occupational Learning for Asia and Australia. He holds a doctorate in transformational leadership, is trained in positive psychology and specializes in evidence-based leadership and personal development training.



Drawing on Nature

Objective:

Learn a new way of doing art, combining two or more mediums or

materials. Learn to draw in mixed media using water color, colored pencils, sketching, line and wash.

Trainer

Geri Koh studied graphic design; she is able to combine art ideas into commercial items such as decorative arts for gift ideas. She teaches art and craft for all ages.

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

April Start Date	Title
5 th (Tue) PM	Memory Techniques for Seniors (2 sessions)
6 th (Wed) AM	Professional Image & Grooming Etiquette (4 sessions) online
6 th (Wed) PM	Grandparenting & Parenting for a Healthier Child (4 sessions)
7 th (Thu) AM	Use Body Language & Read People like a Book (3 Sessions)
7 th (Thu) PM	How to Manage your Aches & Pains in the Golden Years (3 Sessions)
9 th (Sat) AM	Drawing on Nature - Colour Pencil (4 sessions) online
11 th (Mon) PM	Positive Retirement (3 sessions) New
19 th (Tue) PM	Freestyle Floral Arrangement (2 sessions)
22 nd (Fri) PM	Brain Gym for Mental Fitness (2 Sessions)
23 rd (Sat) PM	Legal Matters for Seniors (6 sessions) online
25 th (Mon) PM	Choir Singing Voice Training (Vocal Skills Solo) (L2) (8 sessions)
26 th (Tue) PM	Choir Singing Voice Training (Vocal Skills Solo) (L1) (8 sessions)
27 th (Wed) AM	Creative Air Plants Wall Art (1 session) New
28 th (Thu) PM	Music Theory Outline for Singing (8 sessions) online New
30 th (Sat) AM	Improving Wellness thru FloorCurling (2 Sessions)
Silver Infocomm IT Classes (one session)	
8 th (Fri) PM	Be an Instagrammer (1 session)
19 th (Tue) AM	Cloud Storage & Sharing (Google Drive) (1 session)
26 th (Tue) AM	E - Health & E - Wellness (1 session)
28 th (Thu) AM	Tik-Tok (1 session)
28 th (Thu) PM	E Travel (1 session)

May Start Date	Title
4 th (Wed) AM	Money Wisdom & Seniors (4 sessions)
4 th (Wed) PM	Food for Healthy Ageing (6 sessions)
5 th (Thu) AM	Relationships Enrichment Process (4 sessions)
7 th (Sat) AM	Learn to Play Chromatic Harmonica (L 1) (8 sessions) online
7 th (Sat) AM	Drawing on Nature (Mixed Media: Line & Wash) (4 sessions)
10 th (Tue) AM	Effective Conflict Management – How to get a Positive Response (3 sessions)
10 th (Tue) PM	Smart Phone & Seniors (Android) (4 sessions)
13 th (Fri) AM	Video Stories (8 sessions)
23 rd (Mon) AM	Breaking Fall, Not Bones – an experiential movement education (7 sessions)
23 rd (Mon) AM	Culinary Herbs – Usage & Cultivation (2 sessions)
Silver Infocomm IT Classes (one session)	
23 rd (Mon) PM	Facebook (Social Media)
30 th (Mon) PM	E-Entertainment
31 st (Tue) AM	Using Zoom