

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 84

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

May 2022

Symposium on 18th May

For those who have signed up for the Symposium, please arrive at 12.00pm for registration, lucky draw and fellowship. The Symposium will start at 1.00pm sharp at the Auditorium, Tampines West Community Club, 5 Tampines Ave 3, S529705.

44th Annual General Meeting on 18 May

Notice of the Annual General Meeting (AGM) was circulated to all members on 18th April 2022. AGM will start at 5.00pm after the Symposium ends, to be held at the same venue.



Marsiling Park



With its lush greenery and peaceful ambience, the park features activity areas and amenities for visitors of all ages. Visitors can enjoy the view of the picturesque pond from the viewing tower or the boardwalks. Nature-lovers will appreciate the butterfly-attracting plants and educational interpretive boards around the playground, as well as the enhanced mangrove habitat along the western edge of the park. – *nparks.gov.sg, extract.*

Date: **15 May Sunday**

Time: **4.00 pm**

Meet at: **Marsiling MRT. Exit D**

Facilitator: **Julie Lim**

For SACE members only. Members who are interested to join, please email secretariat@sace.org.sg

Ramble at Fort Canning Park on 17 April

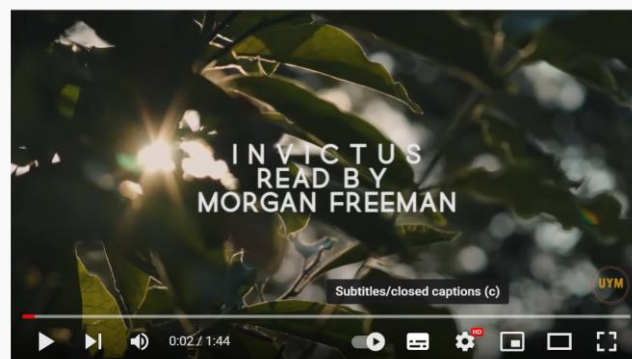


Bucky Chat

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



Search



#MotivationalPoem #PoetryWithBackgroundMusic

Invictus by William Henley read by Morgan Freeman | Inspirational Poetry

Recitation of **William Henley's poetry 'Invictus'** by Morgan Freeman (1 min 44 seconds), a poem that inspired Nelson Mandela.

Watch the above on YouTube and discuss at Bucky Chat.

<https://www.youtube.com/watch?v=3Uc9ws3DOPo>

Date: **20 May Friday**

Time: **4pm to 5pm**

Zoom ID: **838 5831 2367**

Passcode: **123123**

Facilitator: **Quek Joo Hock**



Visit to the ArtScience Museum on 10 April. In this exhibition Bucky plotted a new way to combine design and science with the revolutionary potential to change the world.



The visit was facilitated by Joo Hock. He shared a few 'games' to intrigue and engage participants with

Fuller's perspectives of a Generalized Principle operating in Universe, PRECESSION found in the Tensegrity structure 'game'.

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

Volunteers' Team Building Cruise
31 March to 4 April on board of
Quantum of the Sea - Royal Caribbean

Using the age-old mindfulness process of practice-study-serve, the team of eight spent 3 out of 4 mornings in a dedicated training room on board the cruise for some deep sharing and honest reflection. Team members shared their life-story journey, highlighting the essence of their best self (head, heart, habits) and their best work and contribution since joining SACE. We make agreements to be impeccable with our word, not to take anything personally, not make assumptions and to always do our best. We connected with each other not just during the workshop activities but also at meals, games and entertainment sessions. With frequent eating, we learnt how to find balance using deep breathing and fast walking. We meditated on the wheel of awareness to see what emerges from our rim and hub. The focus of attention, using our eight senses, helps us to presence kindness and compassion from the very core of inner being. Sherry Teo was the director in charge of our team building cruise, and President Adrian Teo facilitated the team attachment sessions.



TEAM HARMONY

Together
Everyone
Achieves
More

"The longest road you will ever walk is the sacred journey from your head to your heart" – Phil Lane, a Native American teacher.

Wishing all our readers
HAPPY LABOUR DAY
SELAMAT HARI RAYA
HAPPY VESAK DAY

Courses In May and June available for registration.
Register early to avoid disappointment.

| May Start Date | Title |
|---|---|
| 4 th (Wed) PM | Food for Healthy Ageing (6 sessions) |
| 5 th (Thu) AM | Drawing on Nature (Mixed Media: Line & Wash) (4 Sessions) |
| 7 th (Sat) AM | Learn to Play Chromatic Harmonica Level 1 (8 Sessions) via Zoom |
| 10 th (Tue) AM | Effective Conflict Management – How to get a Positive Response (3 sessions) |
| 10 th (Tue) PM | Smart Phone & seniors (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) |
| 25 th (Wed) AM | Conscious Dance – Medicine in Motion (6 sessions) |
| 28 th (Sat) AM | Improving Wellness Thru FloorCurling (2 sessions) |
| Silver Infocomm IT Classes (one session) | |
| 11 th (Wed) AM | Using Telegram (1 session) |
| 23 rd (Mon) PM | Facebook (Social Media) (1 session) |
| 25 th (Wed) AM | Cloud Storage & Sharing (Google Drive) (1 session) |
| 30 th (Mon) PM | E-Entertainment (1 session) |
| 31 st (Tue) AM | Using Zoom (1 session) |

| June Start Date | Title |
|---|---|
| 2 nd (Thu) AM | C3A Mental Well-being curriculum – Riding the Waves of Change Smiling (2 sessions) |
| 3 rd (Fri) PM | Choreographed Dance Performance Training (L2) (8 Sessions) |
| 4 th (Sat) PM | Learn to Play Chromatic Harmonica Level 2 (8 Sessions) Via Zoom |
| 6 th (Mon) AM | Critical Thinking Skills (2 Sessions) New |
| 7 th (Tue) AM | Professional Image, Style & Grooming Etiquette (4 sessions) via Zoom |
| 7 th (Tue) Full day | Computing for Seniors (5 full day Sessions) |
| 7 th (Tue) PM | Choreographed Dance Performance Training (L1) (8 Sessions) |
| 8 th (Wed) AM | Solution-Focused Coaching for real life situations & Challenges (4 Sessions) New |
| 9 th (Thu) PM | Knit One Purl One – Stress Reliever (4 Sessions) |
| 13 th (Mon) PM | Creative Nostalgia (3 Sessions) |
| 16 th (Thu) AM | Web Design Made Easy for Seniors (5 Sessions) |
| 16 th (Thu) PM | Melody Composition Skills (5 Sessions) Via Zoom |
| 22 nd (Wed) PM | Living With Your Legacy now! (2 Sessions) |
| Silver Infocomm IT Classes (one session) | |
| 1 st (Wed) AM | Basic Computer (Win 10) |
| 2 nd (Thu) PM | Google Photo |
| 6 th (Mon) PM | Be an Instagrammer |
| 17 th (Fri) PM | Navigating Around Singapore |
| 20 th (Mon) AM | Digital Photo Editing |
| 24 th (Fri) PM | Shop & Pay Online |
| 27 th (Mon) AM | Advance IOS |