

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 85

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

June 2022

Symposium on 18th May



Group discussion

Followed by plenary session



- From left:
 Chung Yin Wah (facilitator)
 Prof Tay Kheng Soon (keynote speaker)
 Vincent Yong (facilitator)
 Joyce Tan (facilitator)
 Irene Wee (organising chairman)
 Ernest Chen (facilitator)
 Michael Lum not in photo (facilitator)



On our feet with dance steps led by Vincent Yong

Feedback

Majority voted for good quality of speakers, good participation and a well organised event.

Management would like to thank all for your active participation.

This is the first time that I attended such an event, and I find it quite enlightening.

A nice gathering of members and good content extrapolated into smaller and varied subject.

Overall it's very educational and plenty of personal sharing. On HDB housing, would like to hear more on assisted living, new old age homes, current retirement homes etc



Bucky Chat

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



Alain de Botton: Status Anxiety

The past 200 years have seen staggering increase in wealth and economical opportunities and yet there is no comparable increase in our level of happiness... This is **Status Anxiety**. Let **Alain de Botton** explain how it affects our lives and what we can do about it. Watch this on YouTube and discuss at Bucky Chat, 49 mins. Search using the highlighted key words above or <https://www.youtube.com/watch?v=edX7hdpKdbQ>

- Date: **17 June Friday**
 Time: **4pm to 5pm**
 Zoom ID: **82467672767**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**



June: Pearl's Hill Park

- Date: **19 June Sunday**
 Time: **4.00 pm**
 Meet at: **Chinatown MRT. Exit D**
 Facilitator: **Julie Lim**

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

Visit to Marsiling Park on 15 May



Rain or shine, Just Do It!

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

44th Annual General Meeting on 18 May



This year's AGM was carried out after our Symposium at 5pm, and concluded at around 6pm.

Don't miss this opportunity to register as a member and sign up for courses. Enjoy the good deals during the Road Show. **A few days left!**



For Non-Member - Enjoy a fee waiver of SACE membership (worth \$50) when you sign up for any NSA course by SACE during the NSA Virtual Roadshow.

For New & Current Members - Sign up for 2 or more NSA courses by SACE during NSA Virtual Roadshow and get a free course (ranging from 1 to 4 sessions) of your choice to attend in 2022.



Call 62660648 or email secretariat@sace.org.sg for more details



When asked when she was most happy in life, Ms Kane Tanaka, who passed away on 19 April 2022 at the age of 119, said "Now."

- ST 26 April 2022

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

June Start Date	Title
3 rd (Fri) PM	Choreographed Dance Performance Training (L2) (8 Sessions)
4 th (Sat) AM	Drawing on Nature (Color Pencil Part 2)(4 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)
8 th (Wed) AM	Solutions-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) 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)	
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

July Start Date	Title
2 nd (Sat) AM	Learn to Play Chromatic Harmonica Level 1 (8 Sessions) via Zoom
2 nd (Sat) AM	Drawing on Nature (Color Pencil) (4 sessions)
5 th (Tue) AM	My Beautiful Colors (4 sessions) via Zoom
6 th (Wed) AM	Thriving Life's Transition (3 sessions) New
7 th (Thu) AM	Creative Air Plants Wall Art (1 Session)
7 th (Thu) PM	Emotional & Psychological Realities of Ageing (4 sessions)
8 th (Fri) AM	Drawing on Nature (Pencil Sketching)(4 sessions) via Zoom
8 th (Fri) AM	Photo Stories (4 sessions)
8 th (Fri) PM	Graphic Design for Business & Recreation using Canva (3 sessions)
12 th (Tue) AM	How to Manage your Aches & Pains in the Golden Years (3 sessions)
13 th (Wed) PM	C3A Mental Well-being curriculum - Riding the Waves of Change Smiling 8 (2 sessions)
14 th (Thu) AM	Use Body Language & Read People Like a Book (3 sessions)
18 th (Mon) AM	Preventing Dementia through Applied Neuroscience (7 sessions)
19 th (Tue) PM	Freestyle Floral Arrangement (2 sessions)
25 th (Mon) Full day	Orchid Cultivation & Floristry (Full day)
27 th (Wed) AM	Money Wisdom & Seniors (4 sessions)
29 th (Fri) PM	Learn to Uke for Stress Relief (6 sessions)
Silver Infocomm IT Classes (one session)	
4 th (Mon) AM	Tik Tok (1 session)
6 th (Wed) PM	Using Telegram (1 session)
12 th (Tue) PM	Mobile E-Payment (1 session)
18 th (Mon) PM	E Travel (1 session)