

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 86

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

July 2022



July Ramble: National Stadium to Marina Barrage



- From National Stadium to Marina Barrage via Tanjong Rhu and Marina East Park, covers **4.5km**, which takes about an hour.
- Enjoy your dinner at the popular **Satay Club**.
- Embrace the beauty of the evening city view from **Marina Barrage**.
- End the journey at Bayfront MRT via **Gardens By the Bay** which covers another 20 minutes of **1.54km** walk.

Get ready to chalk up 6km of walk with dinner in between. For those who prefer a shorter walk can turn back at Marina East Park and finish your journey with dinner at the Stadium.

Date: **17 July Sunday**
 Time: **4.00 pm**
 Meet at: **Stadium MRT, outside Exit A**
 Facilitator: **Elaine Tan**

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

Visit to Pearl's Hill Park on 19 June



Bucky Chat

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



Einstein: The Story of a Genius - Documentary

Albert Einstein was a German-born theoretical physicist. He developed the general theory of relativity, equation of $E = mc^2$, theory of quantum mechanics. This documentary describes the story of his inventions. "The journey of discovery is sometimes painful sometimes joyful. It is as old as human curiosity itself and never ever ends".

Watch this on YouTube (1:48 min) and discuss at Bucky Chat. YouTube link https://youtu.be/vN004JDgo_o

Date: **22 July Friday**
 Time: **4pm to 5pm**
 Zoom ID: **858 6445 2938**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**

Albert Einstein Quotes

There are two ways to live: you can live as if nothing is a miracle, you can live as if everything is a miracle.

No problem can be solved from the same level of consciousness that created it.

The true sign of intelligence is not knowledge but imagination

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

NEED SIGN-UPS TO OPEN THESE COURSES

1. Thriving Life's Transition
Develop a sustainable personal resiliency program based on strength-based approach

2. Creative Airplants Wall Art
Learn key Airplant types & cultivations, create & maintain a personalised wall-mount art piece.

3. Free style flower arrangement
Learn flower arrangement that is fun and exciting. Learn the fundamentals of flower and foliage

For more details please refer to the table in next column

WHAT SACE TRAINER AND VOLUNTEERS SAY

From our Trainer Dolly Yeo

Find your Ikigai

When you experience small joys in your everyday life, that is your Ikigai.

It is not lofty goals that you have to achieve.

@ikigaidolly
www.mindset-coaching.com

We impact more seniors, Stronger together!!

Thank you!

JL!

You made my day! & My Ikigai moments!



Our SACE team makes me very proud to be a fellow volunteer! Jia Yu to all - from Doreen Teo

Evelyn is another lady I met recently when I went to SACE. We know why we do what we do, our passion, purpose in impacting others. Heartwarming to meet with people who are on the same page, alignment for a Vision of helping seniors embrace change, increase confidence & celebrate Life! - from Dolly Yeo.

Courses In July & August available for registration.

July Start Date	Title
2 nd (Sat) AM	Drawing on Nature (Color Pencil) (4 Sessions)
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)
12 th (Tue) AM	My Beautiful Colors (4 sessions) via Zoom
13 th (Wed) PM	C3A Mental Well-being curriculum (2 sessions)
14 th (Thu) AM	Use Body Language & Read People Like a Book (3 sessions)
19 th (Tue) PM	Freestyle Floral Arrangement (2 sessions)
20 th (Wed) AM	Conscious Dance Movement – Medicine in Motion (6 sessions)
25 th (Mon) AM	Preventing Dementia through Applied Neuroscience (7 sessions)
25 th (Mon)	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)
18 th (Mon) PM	Advance IOS (1 session)
18 th (Mon) PM	E-Travel (1 session)
27 th (Wed)	Digital Photo Editing (1 session)
August Start Date	Title
1 st (Mon) PM	Memory Techniques for Seniors (2 Sessions)
2 nd (Tue) PM	Choreo Dance Performance (L 1) (8 sessions)
3 rd (Wed) PM	Grandparenting & Parenting for a Healthier Child (4 sessions)
4 th (Thu) AM	Web Design Made Easy for Seniors (3 Sessions)
4 th (Thu) PM	Mindfulness for Well-Being (6 sessions)
5 th (Fri) PM	Choreo Dance Performance (L 2) (8 sessions)
6 th (Sat) AM	Learn to Play Chromatic Harmonica (L2) (8 sessions)
6 th (Sat) AM	Choreo Dance Performance (L 2) (8 sessions)
15 th (Mon) AM	Basic Microsoft Excel/Word/PowerPoint (3 sessions) New
16 th (Tue) PM	Drawing on Nature (Mixed Media/Intermediate) sessions)
19 th (Fri) AM	Positive Retirement (3 sessions)
22 nd (Mon) PM	Brain Gym for Mental Fitness (2 sessions)
23 rd (Tue) AM	Emotional Intelligence (2 sessions)
24 th (Wed) AM	Knit One Purl One – (Intermediate) (4 sessions)
31 st (Wed) PM	Food for Healthy Ageing (6 sessions)
Silver Infocomm IT Classes (one session)	
2 nd (Tue) PM	E-Health & E-Wellness
5 th (Fri) AM	Google Photo
15 th (Mon) PM	Facebook (Social Media)
25 th (Thu) AM	Cloud Storage & Sharing (Google Drive)