

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

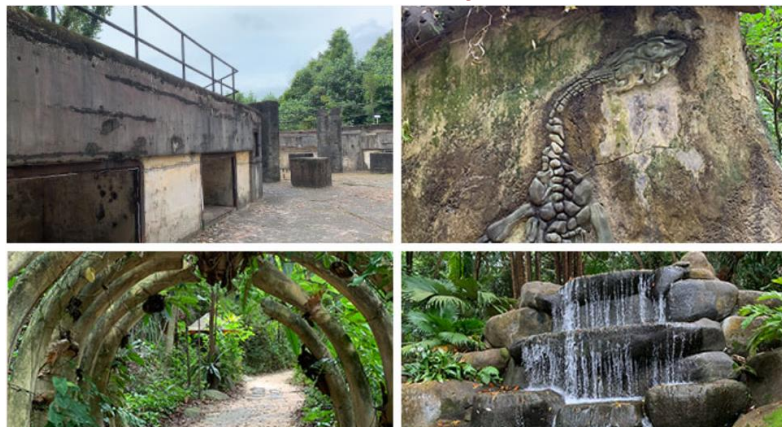
Issue 87

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2022



Imbiah Trail and Siloso Skywalk @Sentosa



Tucked away like a hidden gem in the less-known pocket of the Sentosa island is the Imbiah Trail. The trail is about 2.3km long which takes around 40 minutes to complete the walk. We will also cover Fort Siloso Skywalk stretching 181 meters long, and if time permits, we could stroll along the beach as the sun sets.

Date: 21 August Sunday
Time: 4.00 pm
Meet at: Sentosa Express ticketing office, 3rd floor Vivo City.
Facilitator: Elaine Tan / Aries Tay (NPark Volunteer)
 For SACE members only. Members who are interested to join, please email secretariat@sace.org.sg

National stadium to Marina Barrage on 17 July



Started walking from National Stadium



Marina Barrage



Walking hand in hand towards Bay Front MRT to end the journey



Bucky Chat

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

Six Experiments that Changed the World – Einstein and the Eclipse, in 2 parts



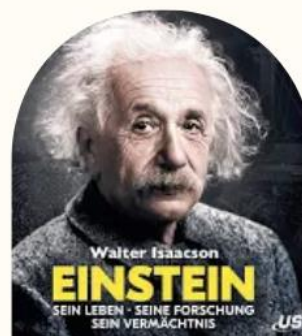
Six Experiments that Changed the World - Einstein and the Eclipse - Part 1 of 2



Six Experiments that Changed the World - Einstein and the Eclipse - Part 2 of 2

Watch these on YouTube (11:59 mins each part, total 23 mins) and discuss at Bucky Chat. YouTube link: <https://youtu.be/QgNJ64CPKv0> for Part 1
<https://youtu.be/y39-5swk5GM> for Part 2

Date: 12 August Friday
Time: 4pm to 5pm
Zoom ID: 862 9147 6811
Passcode: 123123
Facilitator: Quek Joo Hock



"Time and space are modes by which we think and not conditions in which we live"

"A man should look for what is and not for what he think should be"



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

Announcements

<p>Seniors Got Talent Final</p> <p>19th Dec 2022</p> <p>Civil Service Club</p> <p>@Tessonsohn</p>	<p>Annual Dinner & Dance</p> <p>20th Dec 2022</p> <p>One Farrer Park Hotel</p>
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Your Time to Shine

We are in the midst of organising **Seniors Got Talent**.
More details coming up soon.

Year End Celebration

Our **Annual Dinner and Dance** is here again!
Mark the date in your calendar

NSA MINI-ROADSHOW

JOIN US

15 to 19 August 2022, 1 pm to 5 pm

library@Harbourfront

Course Participants in Action



Breaking Fall, not Bones Trainer Vincent Yong



Improve Wellness thro Floor Curling Trainer Chow Kwok Wah



Knit One Purl One Trainer Jennifer Lim



Orchid Cultivation and Floristry Trainer Darren Ng

Our Volunteer Lucia Yong, who has cultivated beautiful plants in her garden, has this advice for successful gardening:

*Good things come to those who believe
Better things come to those who are patient
Best things come to those who don't give up*

Coming up soon
Pressed Flower Art



"Friendship is like the beauty of flowers, may be somewhat worn out and faded, but can be preserved and enjoyed"