

**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 89

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Oct 2022



## October: Bedok Reservoir Park



We shall walk anti-clockwise round the reservoir, which is less than 5km. Enjoy the setting sun from the hill slope. Stop nearby for dinner followed by a slow walk to Bedok Reservoir MRT for a distance of 1.5km.

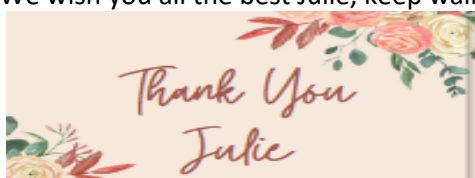
Date: **16 Oct Sunday**  
 Time: **5.00 pm**  
 Meet at: **Bedok Reservoir MRT Exit B**  
 Facilitator: **Elaine Tan**

All SACE members are welcome to join, for new joiner you can email [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg). Please provide your mobile number and state whether you are a member.

## Punggol Waterway Park on 18 September



On behalf of SACE and Ramblers, we would like to thank Julie Lim (first left in above photo) for her commitment in leading our monthly walk for the past four years, rain or shine, with the **Just Do It** spirit! We wish you all the best Julie, keep walking.



## Bucky Chat

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



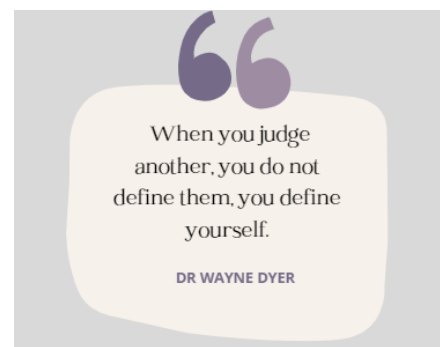
**The Shift, Wayne Dyer, Full Movie.**  
 Available on YouTube (2 hours).

"What is **The Shift**? The first shift that we all make takes us from non-being to being from Spirit to form; from the invisible to our corporeal world of things. The next shift is the phase I call Ambition where we take on an ego self that is the opposite of the place of Spirit from which we came. Ego in this context is our false self. Unfortunately, for many people Ambition is often the end of their life story, but there are two more shifts open to us! ..... " Dr Wayne Dyer.

To learn more about the third and fourth shift, watch the movie on YouTube  
<https://www.youtube.com/watch?v=Flm4bAu2CJI>

We will meet in zoom to discuss about this movie. All are welcome to join!

Date: **14 Oct Friday**  
 Time: **4pm to 5pm**  
 Zoom ID: **885 8046 9259**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**





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

**NATIONAL Silver Virtual Roadshow** **LEARN, PLAY, CONNECT!**  
 6-19 October 2022  
 Find out more

**PROMOTIONS**  
 in conjunction with the NSA Virtual Roadshow period

**For New & Current Members** - Sign up for 2 or more NSA courses by SACE during NSA Virtual Roadshow (6 to 19 October 2022) and get a free course (ranging from 1 to 4 sessions) of your choice to attend in 2022.

**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 (6 to 19 October 2022).

**ENQUIRY:**  
62660548

**COME JOIN**

For more Information, please email [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg)

[www.sace.org.sg](http://www.sace.org.sg)

**SENIORS GOT TALENT CONTEST**

SUBMISSION OF ENTRIES FOR THE CONTEST IS NOW EXTENDED TO

**7 OCTOBER 2022 FRIDAY 5 PM**

Finals will be held on 19 Dec 2022 at Civil Service Club @Tessensohn  
 Organised by SACE & U3A

**Social Gathering for SACE Members only**

Saturday, 22 October, 2022  
 10 am - 1 pm  
 Venue: 10 Jalan Besar #15-08, Sim Lim Tower, S208787.

**Highlights: Presentation from Spatec Academy on the benefits of Indian head massage & use of essential oil.**

The 1st 40 registrants will get essential oil door gift. Participation in lucky draw for all attendees.

Limit to 60 members on a first-come, first-served basis.

register at: [www.sace.org.sg](http://www.sace.org.sg)

**SACE DINNER & DANCE 2022**

**HURRY UP!**

TICKETS ARE SELLING FAST.

**YOU CAN STILL GET YOUR EARLY-BIRD TICKET AT \$60 PER HEAD BEFORE IT ENDS SOON**

**DATE: 20 DECEMBER 2022**  
**VENUE: ONE FARRER HOTEL**

Please register your interest through the link <https://www.sace.org.sg/event/social-gathering-for-sace-members-only/>

### Welcome New Members on 24 September



**2ND EDITION ELDEX**  
 ELDERCARE EXHIBITION & CONFERENCE ASIA

ASIA'S MOST DEDICATED EVENT FOR THE RAPIDLY GROWING ELDERCARE INDUSTRY!

**27-28 OCTOBER 2022**  
 HALL 403, SUNTEC CONVENTION & EXHIBITION CENTRE

**SACE**  
 SINGAPORE ASSOCIATION FOR CONTINUING EDUCATION

Find us at Booth No.: A08

[www.eldexasia.com](http://www.eldexasia.com)

FOR MORE INQUIRIES YOU MAY CONTACT US ON:  
 Email: [info@eldexasia.com](mailto:info@eldexasia.com)  
 Mobile: +65 8817 8152 | Whatsapp: +65 8817 8152

Organized by:



Fireworks Media Pte Ltd

We are participating in ELDEX 2022 on 27-28 October at Hall 403, Suntec Convention & Exhibition Centre. Find us at Booth No. A08.