

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 90

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Nov 2022

Ramble

To walk in nature is to witness a thousand miracles - *Mary Davis*

November: Mt Emily Park
Hidden Hilltop Greenery In The City



Tucked away in a hilly corner of the city, located next to the Istana and Little India, is Mt Emily Park. Come and join us for a walk cum picnic at the park followed by a walk-about in Mt Sophia.

Date: **19 Nov Saturday**
Time: **6.00 pm**
Meet at: **Peace Centre bus stop @Sophia road / Prinsep St**
Facilitator: **Irene Wee**

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

Bedok Reservoir Park on 16 October

Congratulations to some of us who managed to cover one round trip of the reservoir, about 5 km counting deviation of the route.



Beautiful cloud formation against the setting sun



Therapeutic garden

Bucky Chat



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

-Buckminster Fuller

YouTube

Search



Science and Spiritual Practices - Dr Rupert Sheldrake

Science and Spiritual Practices – Dr Rupert Sheldrake. Many studies have shown that religious and spiritual practices generally make people happier and healthier. In this talk, Dr Sheldrake will summarize the latest scientific research on what happens when we take part in these practices. The talk will focus on how science helps validate some of the practices such as gratitude, meditation, rituals and pilgrimage which underpin all the major world religions.

Watch this on YouTube (1hr 40 minutes)
<https://www.youtube.com/watch?v=fiUE9jCTnOQ>

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

Date: **11 Nov Friday**
Time: **4pm to 5pm**
Zoom ID: **875 1248 2471**
Passcode: **123123**
Facilitator: **Quek Joo Hock**

SACE Year End functions

SENIORS GOT TALENT
DATE: 19 DEC 2022 2PM-5PM
VENUE: CIVIL SERVICE CLUB
@TESSENSOHN

ANNUAL DINNER & DANCE
DATE: 20 DEC 2022 7PM TO 10.30PM
VENUE: ONE FARRER HOTEL
TICKETS AT \$80 PER HEAD ARE STILL AVAILABLE.

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

From Learners to Volunteers!

What is next after learning

Practice and hone your skills through volunteering. Opportunities available at:

Silver Friend Community



Visit
www.c3a.org.sg/volunteerism
to find out more and contact
the organisation to start your
volunteering journey

Looking for a more fulfilling life by picking up some artistic or people-helping skills and building up your self-confidence in serving the community? Join our silver friend community for active ageing and passion to build a caring and inclusive society in your golden years.

Organisation:	Contact	Email Address
En Community Services Society	6788 6625 / 8870 0447	tle@ecss.org.sg

Visit www.c3a.org.sg/volunteerism for more information on what roles you can play as a volunteer.

Social Gathering for SACE members 22 October 2022



Opening address by President Adrian Teo, on the importance of exercising the brain to stay healthy.



Presentation from Spatec Academy on the benefits of Indian head massage and use of essential oil. Above: a demonstration of head massage.



Bonding over home cooked food, courtesy of Spatec Academy.

Time to Travel



7 Days Tour (planned for early April 2023, pending registration and availability of air tickets)

Known as 'Hawaii of Korea', the island has a temperate climate. It is a UNESCO World Heritage Site due to its natural and geographical landscape, famed for its trekking trails. The 7-day tour is just right for you to enjoy the beauty of this island at a **leisurely pace**.

For sightseeing, we have enough time to cover almost all the popular sites, including the sunrise peak, Manjanggul Cave, Udo island, folk village, tea / teddy bear museums, hot spring, ocean fronting hotel, coastal cliff, waterfalls, hills, Café Delmoondo, Innisfree Jeju House, local markets and many more. We hope to also catch the tail end of the Cherry Blossom season, and get a chance to meet the haenyeo divers!

There will be 2 activities on separate days: EASY trekking of Mt Halla using the gentle Eorimok / Yeongsil trails - approx. 4 hours. A walk in the Saryeoni Forest - approx. 3 hours. From walking and trekking, one can truly submerge in the splendor of its beauty in spring.

This tour is suitable for those **nature lovers** with a sense of adventure, who want to be in tune with the island culture, get away from the hustle and bustle of the city for a week.

Spaces are limited, priority is given to SACE members. We would like to finalise registration soonest possible as April tickets are selling fast. Please register your interest in the following web link

<https://www.sace.org.sg/event/2022-trip-to-jeju/>

or click on the registration button below. Contact the facilitator Elaine Tan @96353030 if you need more details.

ELDEX Asia: Eldercare Exhibition & Conference Asia.

Our participation during the 27th and 28th exhibition attracted many sign-up for SACE membership and courses.



For more photos please click
<https://youtu.be/CqVGWu3EmVE>