

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 91

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Dec 2022

Ramble

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

December: Marina Bay Walking Trail



Attractions on the walking trail include: Boat Quay, Merlion statue, the Esplanade, the SG Flyer, MBS, ArtScience Museum, Fullerton Hotel, Makansutra Gluttons Bay, and more. The round trip covers around 3.4km (4,500 steps).

Date: **16 Dec Friday**
 Time: **5.00 pm**
 Meet at: **Bayfront MRT (CE1 or DT16), in front of 7 Eleven**
 Facilitator: **Serene Low**

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.

Mt Emily Park on 19 November



Members bonding over sharing of food, conversation and ramble.

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



#WakeUp #MentalHealth #AnthonyDeMello
 WAKE UP! - Anthony de Mello

Wake Up – Anthony de Mello.

If we can question our nature and are willing to look at things from a different viewpoint, to try and understand what is going on inside of us and take responsibility, we can begin to develop the power to change our life and our reality.

Do you suffer, have problems, disturbed, easily upset? Are you ever in conflict, with feelings of anger, anxiety, depression, hurt, fear? Then you are **ASLEEP**. Time to **Wake UP!** Available on YouTube (1.33 hour)

<https://www.youtube.com/watch?v=d3Y6zOizpf0>

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

Date: **16 Dec Friday**
 Time: **4pm to 5pm**
 Zoom ID: **832 5195 5807**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**

VOLUNTEER WANTED

POSITION:
COURSE SCHEDULER

PREFERRED SKILLS:
TECH & NUMERIC SAVVY WITH EXCEL SKILLS. PLEASANT, PATIENT, COURTEOUS DISPOSITION. A COMMITTED TEAM PLAYER

Please apply to:
vicepresident@sace.org.sg

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

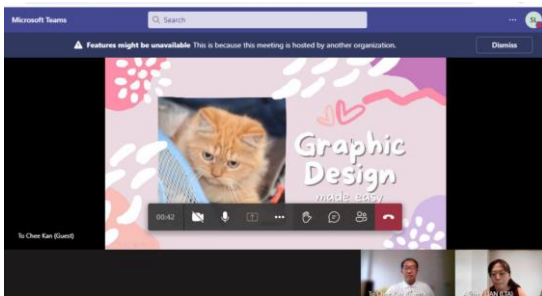
Extending our Courses to Corporate Clients



Food for Healthy Aging conducted by Dr Ang Poon Liat at **Tan Tock Seng Hospital** in October, attended by medical technicians, nurses, therapists and caregivers.



How to be an Effective Communicator conducted by Gea Ban Peng for **Bukit View Primary School** in November, attended by all levels of staff.



Graphic Design on Canva conducted by To Chee Kan for LTA in November. This was well attended by 174 LTA staff on webinar.

Nordic Walk Clinic cum Rifle Range Nature Park

9 Dec Friday

Meet at Beauty World 4th Fl Hawker Centre 8am

Nearest MRT Beauty World

Facilitator: Adrian Teo



Great response from SACE members who want to know more about the techniques of walking, hiking, trekking. This will be followed by walking and exploring the new Rifle Range Nature Park – option to cover the whole trek of around 7km.

Registration is now closed.



All set to go! Travelling period 10 to 16 April 2023. For 7 days, we shall explore the island's reputable beauty in nature, and enjoy spring time in its full glory. There are a few slots left for SACE members. To register your interest, please contact Elaine Tan @9635 3030.

Interested in Volunteering?

Visit www.c3a.org.sg/volunteerism to discover volunteering opportunities and start your volunteering journey!



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