

**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 93

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Feb 2023

## Ramble

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

### Feb Ramble: Labrador Park



The park was an important WW II site. Walk from the Berlayer Creek Boardwalk, the mangrove trail, approx. 950m long. It connects the Labrador MRT to the park. Stroll along the Coastal Trail (a.k.a. Maritime History Trail) to the right fronting the sea, heading towards the Jetty for the stunning view of the evening sun set. Attractions within the park: Red Beacon, Dragon's Teeth Gate, Cutting Brick Wall and more. Within the Cutting Brick Wall you can uncover several war relics such as Gun Emplacements, and the Tunnels.

Date: **19 Feb Sunday**  
 Time: **4.30 pm**  
 Meet at: **Labrador MRT control station.**  
 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.

### Nordic Walking clinic on 20 Jan @ Sports Hub Indoor track



THE MOMENT MY LEGS BEGIN TO MOVE,  
*my thoughts start to flow*  
 -HENRY DAVID THOREAU

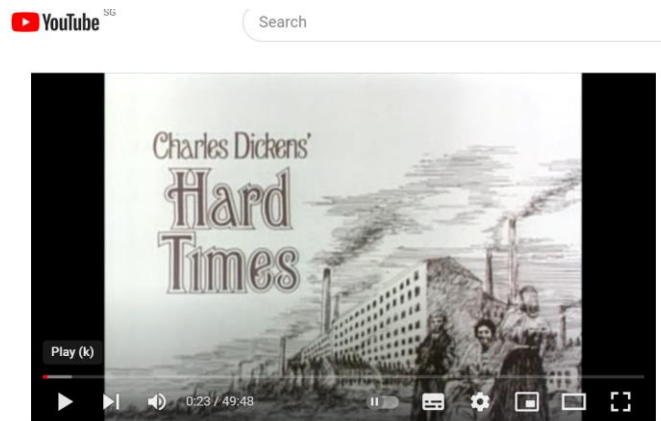
## Bucky Chat



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

-Buckminster Fuller

### Feb Bucky Chat: Hard Times (1977) on YouTube



Hard Times 🍷 (1977) - Episode One (1/4)

Thomas Gradgrind a wealthy, retired merchant in the industrial city of Coketown, England, devotes his life to a philosophy of rationalism, self-interest, and fact. He raises his oldest children according to this philosophy and never allows them to engage in fanciful or imaginative pursuits. The 4-part series (totalled 200 minutes) are available on YouTube.

<https://youtu.be/WbDhtkwoDHg>

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

Date: **17 Feb Friday**  
 Time: **4pm to 5pm**  
 Zoom ID: **841 6112 3064**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**

### ON VOLUNTEERISM

*Think of Giving*  
 not as a Duty but as a  
 Privilege

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

### Friends of SACE Chit-Chatting Session on 18<sup>th</sup> Jan



Net working session with friends of SACE from different discipline. There was exchange of views on Sensing (observe), Presenting (retreat and reflect), and Realizing (act swiftly with natural flow), incorporating Body, Mind and Soul practices. This was led by Adrian Teo. A great opportunity to forge friendship and widen our social circle.

### 2023 CNY Lohei for SACE volunteers on 28 Jan



At SACE we live to love, learn and **LAUGH** a lot.

### SFC Workshop cum CNY Lohei for SACE members on 31 Jan



SFC ambassador providing updates on SFC processes. The food items were sponsored by SFC.



Bonding time with SACE members, mostly newly joined. **HUAT AH!**

### Beyond Classes

For certain courses, participants extend the knowledge they learned in class to other activities and continue to learn and hone their skills:

#### Hair Grooming for the elderlies – be a volunteer!



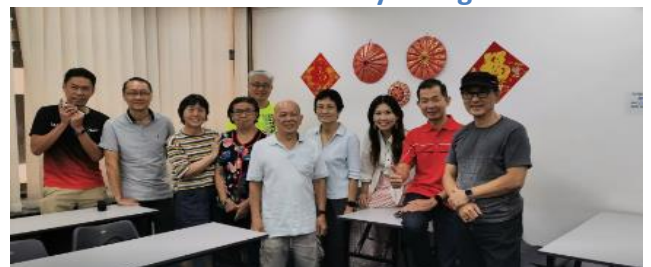
There were 5 learners who practiced what they learned from SACE workshop on hair styling, caring and cutting by volunteering their services for the elderlies. This was arranged by En Community Services Society, a partner of C3A. Come and join our workshops, whether for your own interest or with the intention to be a volunteer. There will be 2 workshops starting on 8<sup>th</sup> Feb (3 hours over 1 session) and 15<sup>th</sup> Feb (6 hours over 2 sessions). Please visit our website for more details.

### Gardening Community



A support group was formed via WhatsApp comprising participants of gardening courses conducted by Darren Ng. This has become a platform for sharing of gardening tips, and follow-up advice from Darren. Currently the chat group has 76 participants.

### Harmonica Play Along



For those who have completed the Harmonica Level 2 Extension course, a **Play Along** interest group will soon be formed to apply the techniques that you have learned into practice, with more musical scores to share. For the beginners, new class for Level 1 will commence on 4 March, 16 hours over 8 sessions. Meet our trainer Eddy Ooi whose video can be found from this link

<https://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1/>