

**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 95

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

April 2023

## April Ramble

### Explore

**ST. JOHN'S ISLAND**

**LAZARUS ISLAND**

Date: Thursday, 27 April 2023  
 Time: 9 am to 2 pm  
 Cost: \$12 for 2-way ferry ticket

Use PayNow for making payments to SACE  
 Pay to UEN: **S79SS0040B**  
 Or scan and pay

Limited to 30 members only  
 (on a first-come, first-served basis)

**Facilitator: Sherry Teo**

### Sentosa Beach on 17 March



Island in the sun.

### Bucky Chat

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

-Buckminster Fuller

### April Bucky Chat: **The Dreamseller** A Netflix movie



Júlio César stands on the ledge of a 20-story building poised to jump when he's suddenly joined by a mysterious, disheveled stranger, a "dreamseller," whose mission is to convince people to love life. A philosophical dialogue follows as the stranger talks Julio down from the ledge and invites him to become a dreamseller.

Watch the movie on Netflix and we will meet in zoom to discuss. All are welcome to join!

Date: **14 April Friday**  
 Time: **4pm to 5pm**  
 Zoom ID: **841 4092 6890**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**

### UPCOMING EVENTS

31 May 2023

## AGM

Annual General Meeting

&

## SYMPOSIUM

Stay tuned for more details



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

We have a good mix of **Workout** and **Physical Activities** courses that cater to your varying needs.

**Pick your choice!**

Course title	Course Description	Trainer
<b>Build lower body strength with workout &amp; dance</b>	Master body movement and coordination through simple yet effective exercises designed and certified by physiotherapy professionals. Movements that help to improve your balance and build lower body strength as well as increase range of motion for arms. Integrating movements into some dance routine before the class ends.	Ben Lau
<b>Dance workout for wellness (social dance, ballroom dance).</b>	To challenge the use of our mental faculty through music rhythm and co-ordination. To enhance our body agility and performance through workout with the different choreography of dance movements. Forming interest group for dances learned.	Kelvin Toh
<b>Fixed to growth heartset - the somatic way to reinventing yourself</b>	Gain the ability to identify alarms of mental health and emotional challenges to guide them to therapists for enhanced support. Movement awareness. Understanding the attitude in movements and how breath is used during emotional states. How the internal environment affects the outer one.	Vincent Yong
<b>Preventing dementia through applied neuroscience in somatic movement education</b>	To equip learners with the knowledge and skills in movement science and how the brain works through practical and experiential approach specific to dementia prevention.	Vincent Yong
<b>Brain Gym for mental fitness</b>	Learn physical movements that help seniors learn faster and more easily through mental fitness. These exercises help to remove stress from goals and use it in your daily life.	Shamimah Mujtaba
<b>Choreographed dance performance training (Levels 1 and 2)</b>	Learn to develop coordination, style and grace in performing choreographed dances as a group. Learn basic footwork with arm/hand & body movements, understand basic dance/music terminology.	Za Elizabeth Choo
<b>Breaking fall, not bones. An experimental education</b>	From maintaining balance to transforming a fall into a safe recovering of composure again. Topics include: brain, body, mind connection; total body patterning, basic neuro-cellular patterning (BNP), principles of Bartenieff Fundamentals in balance and off balance body actions.	Vincent Yong
<b>Improve wellness through Floor Curling</b>	Through the game of Floor Curling, the workshop aims to promote social interaction of seniors, provide an opportunity for physical activity and mental stimulation through thinking of the strategies of the game. It will contribute to the kinesthetic and cognitive wellbeing of seniors.	Chow Kwok Wah

For course schedule, and trainers details, please visit our web site <https://www.sace.org.sg/course-schedule/>