

**Vision:** All Third Ager 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 99

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Aug 2023



## Ramble

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

### August Ramble: Punggol Point Walking Trail



We will walk along Punggol Waterway, Northshore Park, Northshore Beach, Punggol Settlement and end at Coney Island West Entrance at around 6pm. We will turn back to Punggol Settlement for dinner at one of its food outlets. Thereafter it's homeward bound by taking bus 48 at bus stop 65138 to bring us back to Punggol MRT/Bus Interchange.

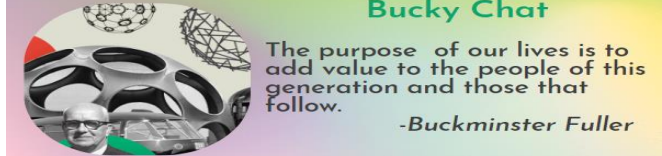
Date: **18 Aug Friday**  
 Time: **3.50pm, leave at 4pm**  
 Meet at: **Punggol MRT Exit A**  
 Facilitators: **Edward Khoo**

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

### July Ramble: Civil District Tree Trail



The walk was facilitated by Aries Tay, a National Park volunteer. The trail started at Raffles Landing site and ended at the Istana main gate. He explained the features of some of the plants along the trail.



## Bucky Chat

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

-Buckminster Fuller

### August Bucky Chat:

## GIFTED HANDS

THE BEN CARSON STORY



Based on a true story "about a renowned brain surgeon who overcame obstacles to change the course of medicine forever. Young Ben Carson didn't have much of a chance. Growing up in a broken home amongst poverty and prejudice, his grades suffered, and his temper flared. And yet his mother never lost faith in him. Insisting he follow the opportunities she never had, she helped to grow his imagination, intelligence and his belief in himself. That faith would be his gift – the thing that would drive him to follow his dream of becoming one of the world's leading neurosurgeons". – *Movies Anywhere*.

Watch this movie on Netflix and discuss in Bucky Chat via zoom.

Date: **25 Aug Friday**  
 Time: **4pm to 5pm**  
 Zoom ID: **813 7002 9955**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**

### July Ramble: .... Continuing our walk to the Istana



Some proceeded to enter the Istana which was opened to the public to mark National Day, the visit included a tour inside the Istana main building to view the state gifts presented to Singapore's leaders.

Events for August 2023



**For SACE members only**

**RETIREMENT PLANNING - USING CPF**  
**A FREE TALK VIA ZOOM**  
**SUPPORTED BY CPF BOARD**

- Date: **15 Aug 2023**
- Time: **2pm to 3.30pm**
- Facilitator: *Ms Chung Yin Wah CPF volunteer; CPF officer in attendance.*
- Suitable for those who are interested in an update on how CPF can help with your retirement plan.

**To Register:**  
<https://forms.gle/CZyDYWb2nxByzsc19>

**The Art of Documentary Film & Video Production**

A videography course for beginners and intermediate learners who are interested in Documentary Video Production. A course that equips participants with not just head knowledge but specific skills and practical competency. In this course, you will initiate and develop a documentary project, shoot it, learn how to conduct interviews for documentaries and edit them.

*Trainer: To Chee Kan*

**Bodytalk Access for Balanced Well Being**

Develop a self-care routine that helps stimulate your body's natural ability to heal itself. Also prepares your body and mind to manage difficulties and approach opportunities with confidence, when it's aligned, neutral and in sync with itself. At the end of the course, participants will be able to use the tapping protocol to regulate themselves before an anticipated 'stressful' event eg, giving a speech or having a difficult conversation.

*Trainer: Cindi Leong*

**Grooming & Style**

This program consists of lectures and practical sessions which will equip participants with grooming etiquette and skills including appropriate dressing, accessories, and colour coordination for various occasions as well as basic skin and hair care. Through this course, you will be able to apply practical tips and knowledge on how to enhance personal image and grooming to appear more polished and professional.

*Trainer: Denise Linda Ng (face-to-face coaching)*

**Social Etiquette**

This course teaches social skills and the rules of social etiquette: how to conduct oneself with courtesy and graciousness in social situations, how to greet, introduce and converse when meeting new people and how to dine with decorum in Western dining settings.

*Trainer: Denise Linda Ng (face-to-face coaching)*

Don't miss this opportunity to update yourself on CPF's latest development, an event supported by the CPF. Feel free to post any questions that you may have on CPF when you register.

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SOCIAL GATHERING

OPEN TO SACE MEMBERS ONLY

The Art & Science of Happiness

Learn to increase your happiness levels in this Grandfather's story time

**Date**  
24 AUGUST 2023

**Time**  
1PM - 4PM

**Venue**  
238A THOMSON ROAD, NOVENA SQUARE, OFFICE TOWER A  
#13-08 SINGAPORE 307684

- Limiting to 50 pax only
- Lucky draws for attendees

LIGHT MEALS WILL BE SERVED.

Dr. Patrick Liew  
Multi-Award Winning Entrepreneur, Humanitarian and Philanthropist

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

Due to popular demand, registration is now closed. For those who have signed up, please mark this event in your calendar.

For more details, please go to <https://www.sace.org.sg/course-schedule/>