

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 98

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

July 2023



Ramble

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

July Ramble: Civic District Tree Trail

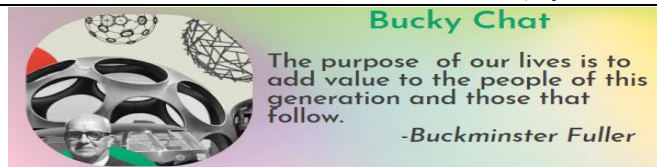
The trail will take you through Singapore's historic Civic District. As you walk along the 3.5 km-long trail, you will come across some beautifully conserved buildings and many varieties of trees, some as old as Singapore history.

We will start our journey from the Raffles Landing Site and end the journey at Istana Main Gate. We will be guided by Mr. Aries Tay (NPark volunteer). He will highlight some of the interesting plants along the way.

Date: **23 July Sunday**
 Time: **8.00 am**
 Meet at: **City Hall MRT exit, next to St Andrew Cathedral**
 Facilitators: **Aries Tay (NPark Volunteer) / Elaine Tan**

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

June Ramble: Marina Bay Waterfront



July Bucky Chat:

Dr Michio Kaku's Top 10 Predictions for the Future



Following our Symposium held in May with the topic Global Trends: Implications for Singapore Seniors, we can now look at what are the Predictions for the Future. Let Dr Michio Kaku, American theoretical physicist, futurist and populariser of science bring us to the future and take a peep at some predictions, such as perfect capitalism – wherefore are the middlemen, digital society, biotechnologies, memories and dreams upload, digitised brains, should we worry about robots taking over human functions?

Watch this video on YouTube <https://youtu.be/sKXhDqWRDLk> and discuss in Bucky Chat via zoom

Date: **14 July Friday**
 Time: **4pm to 5pm**
 Zoom ID: **822 9657 1226**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**

NSA Partners Meet 2023

In this meeting held on 5 June, C3A shared with its partners previous year's achievements, key assessments indicators, recap on funding requirements, amongst other things. We also took the opportunity to connect with the C3A officers and its other partners.

AIUTA visits to Singapore

SACE directors, on behalf of our U3A Singapore, met up with AIUTA (International Association of Universities of the Third Age) President Francois Vellas, above right photo third from the left, on 15 May. We also met up with Dr Mohamed Kayal from Sorbonne University, Abu Dhabi (above right photo, first from the left), on 27 June. He is an active and well connected associate of International U3A, In both meetings we forged friendship and reconnected with U3A International after the easing of COVID outbreak. We shared our experiences in lifelong learning for adults and looking at ways to cooperate in future U3A International events.

ANNOUNCEMENT
**Sace RETIREMENT PLANNING
USING CPF**

**A FREE TALK VIA ZOOM
SUPPORTED BY CPF BOARD
FOR SACE MEMBERS ONLY**

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

**Registration details will be
announced soon.**

**Speeches for Special Occasions**

Seniors are often expected to speak on special occasions: propose a toast, to deliver a eulogy, to present an after-dinner speech. In this 8-hour 2-session course you will learn:

- how to engage the audience
- the technical skills of speaking
- the appropriate speech contents, structures
- how to gain the confidence to speak before an audience.

Trainer: Mr. Gea Ban Peng

Herbs Infusion

In this 3.5-hour 1-session course, you will learn the key culinary herbs and their beneficial properties, apply techniques of concocting different types of herbs infusions and tincture. Participants will be guided through a hands-on experience of making concoctions of culinary herbs infusions and tinctures. At the end of the course, you can bring back the end products for personal use or as a gift.

Trainer: Mr. Darren Ng

Mental Agility (Dynamic Thinking with Wisdom)

"If you can't explain it simply, you don't understand it well enough – Einstein". Mental agility is the ability to think clearly, organise thoughts and clarify complex issues. When there is mental agility, the mind recognises wrong assumptions and the state of emotions in one's thinking. At the end of this 7-hours 2-session course, you will learn to:

- organise thoughts to simplify them
- examine different angles to an event
- solve problems that looks difficult initially
- recognise emotions and biases.

Trainer: Mr. Michael Lum

For more details please go to

<https://www.sace.org.sg/course-schedule/>

Stay tuned for more new upcoming courses:

- **Singing Voice Training**
- **Web Design**