

**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 100

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Sept 2023



## September Ramble: Jurong Lake Gardens

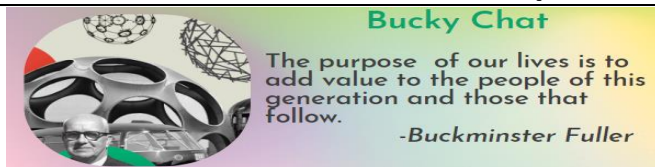


We will walk along the edge of Jurong Lake, from ABC Waters, passing through Passion Wave, Wave Plaza, Adventure Stream, Forest Ramble, Grasslands, Rasau Walk, Heron Island, and Southern Promenade. We shall stop at Food More@ Superbowl for dinner.

Date: **15 Sept Friday**  
 Time: **4.15 pm, to leave at 4.30pm**  
 Meet at: **Lakeside MRT at the Guardian Shop**  
 Facilitators: **Susan Wong / Edward Khoo.**

All SACE members are welcome to join, for new joiners please email [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg). State your mobile number and whether you are a member and we will include you in the group chat.

## August Ramble: From Punggol Point to Coney Island



## August Bucky Chat:



Inspired by a science book, 13-year-old William Kamkwamba builds a wind turbine to save his Malawian village from famine. Based on a true story – Netflix. “With a windmill, I could stay awake reading instead of going to bed at 7 with the rest of the Malawi.” Kamkwamba wrote in his 2009 book, *The Boy Who harnessed the Wind*. “With a windmill, we will finally release ourselves from the trouble of darkness and hunger. A windmill meant more than just power, it was freedom.” In addition to providing electricity, the second windmill he built powered a deep well that freed the Wimbe’s farmers from relying entirely on the weather– *Redinery29*. The movie chronicles the struggling journey of young Kamkwamba to fulfil his dream of improving the lives the village with his can-do-spirit.

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

Date: **22 Sept Friday**  
 Time: **4pm to 5pm**  
 Zoom ID: **950 191 4203**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**



### New set of guidelines to train senior learners.

The Launch of Singapore Standard SS693 on 11 August. Organized by C3A

The guidelines provide a good reference for trainers to understand the learning style of the seniors and to adapt their training to meet the special and changing needs of senior learners. The launch of these guidelines follows the release of Geragogy Guidelines in 2021 on management of teaching and learning for senior adults.

To those SACE trainers who are interested, the Guidelines can be purchased online from

[www.singaporestandardseshop.sg](http://www.singaporestandardseshop.sg)



Board members who attended the launch, from left to right: *Sherry Teo, Irene Wee, Serene Low and Elaine Tan.*

### Formation of SACE Harmonica Alumni



A group of past and present learners of SACE harmonica courses came together to form SHA (SACE Harmonica Alumni). The group was led by Ms Phua Hui Ching and Mr Steven Loo, with the support from our trainer Mr Eddy Ooi. The group meets twice a month to continue their practice, jam and hone their skills in playing harmonica. The aim of the group is also to bring their performances outside the classroom, and step into the public.

The first meeting of SHA was held on 22 July this year, with a surprise visit from our Ukulele trainer Philip Marcelo. We look forward to jamming with the Ukulele group in the future.

**Our new class for Chromatic Harmonica Level 1 shall start on 6 October. Join the class for continuing learning. Begin with the end in mind!**

### Members' Social Gathering on 24 August Cum talk on the Art & Science of Happiness

Members having a fun time listening and interacting with the speaker, Dr Patrick Liew, on the art and science of happiness. Dr Liew illustrated the dos and don'ts of happiness with his anecdotes of 'grandfather stories', with a touch of humour. There was also a lucky draw and light meal was served while members mingled to connect. It was an afternoon well-spent by all.



### Free talk on Retirement Planning Using CPF Via Zoom on 15 August

CPF volunteer, Ms Chung Yin Wah, briefed members on the relevance of retirement planning for the seniors using CPF, highlighting:

- retirement planning using CPF Life, how to choose your plan, using Estimator to calculate how much you will get monthly under the scheme;
- how you can leverage on your house for retirement income, under Silver Housing Bonus Scheme and Lease and Buyback Scheme;
- CPF top up that comes with Matched Retirement Savings Scheme.

Some of the questions from members which were addressed by Mr Tan Yu Ji from CPF:

- What happens to my CPF accounts after I turn 55 and still working part time?
- Is it wise to withdraw my CPF OA to invest with banks since the interest rates are higher?
- Is it better to start CPF Life at 65 or 70?
- Can OA be withdrawn after RA has reached its max?
- What is the max withdrawal amount from SA if I decide to sell my investment after the age of 60?



Want to learn more about how to manage your funds and assets? Look out for the following upcoming courses from SACE:

- **Basics of Smart Money Management**, curated by C3A *New*
- **Money Wisdom**, a more in-depth look at how to protect, maintain and enhance your wealth. Savings tips. Practical relationship issues to consider when managing / allocating / distributing your assets.

# LEARN TO PLAY CHROMATIC HARMONICA

**Level 1**

06 OCT ~ 24 NOV 2023  
10:00 AM ~12:00 PM  
HAS @ 21B Smith Street Top Flr

FEES PAYABLE: \$64.00 PP  
FOR SINGAPOREAN/PR AGE 50+



Singapore Association for  
Continuing Education  
Tel: 62660648



- Differentiate types of harmonicas.
- Learn to play songs on the chromatic harmonica anytime, anywhere.
- Learn music theory and read standard musical notations as well as diatonic scales.
- Appreciate different genres of music, from pop to classical and jazz.
- Learn to perform complete musical pieces

**SIGN-UP NOW**



[www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1-3](http://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1-3)