

**Vision:** All Third Ageds 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 101

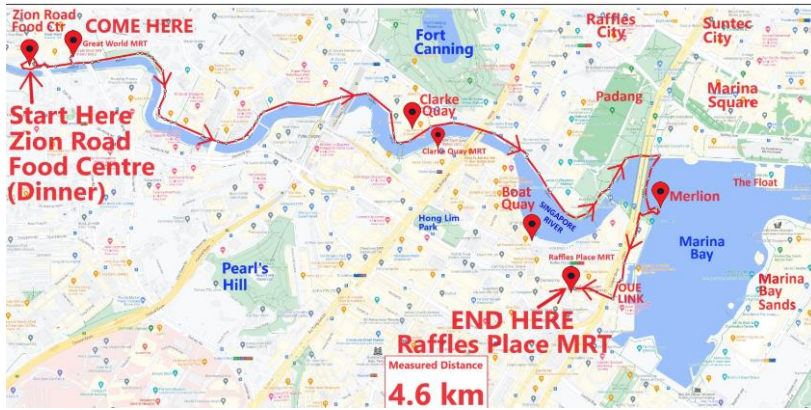
WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Oct 2023

## Ramble

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

### October Ramble: Singapore River Evening Walk

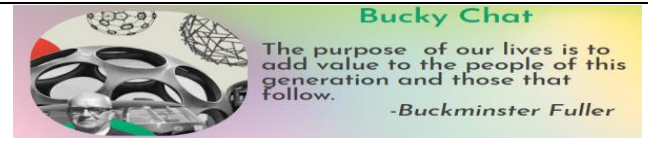


Date: **27<sup>th</sup> Oct Friday**  
Time: **6.00 pm, to leave at 6.15pm**  
Meet at: **Great World MRT (TE15) Exit 2**  
Facilitators: **Edward Khoo.**

Walk to Zion Road Food Centre for dinner. At 7.15pm walk along the park connector on one side of the canal that leads to Singapore River. We end at the Merlion, then proceed to OUE LINK, cross the road towards Raffles MRT to end the walk. We will enjoy a leisurely walk after our meal along the river amidst the setting sun and cool evening air. Enjoy the city lights reflected on the river and Marina Bay.

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.

### Sept Ramble: Jurong Lake Gardens



### October Bucky Chat:



YouTube SG The Blue Zones of Happiness | Dan Buettner



Author and explorer Dan Buettner, has announced a sixth addition to the list, Singapore, in the new Netflix documentary. Blue zones are regions where people live longer than average and Buettner calls Singapore an 'engineered blue zone' representing healthy longevity ([greenqueen.com.hk](http://greenqueen.com.hk)). 'It's an engineered blue zone, instead of one that emerged organically like the other five' – Dan Buettner.

Watch these 4-parts series on Netflix, and YouTube (The Blue Zones of Happiness), find out what are the common threads of behaviours and habits that promote health, and help people live long and fulfilling lives. Come and discuss in Bucky Chat in zoom.

Date: **27 Oct Friday**  
Time: **4pm to 5pm**  
Zoom ID: **824 3803 0296**  
Passcode: **123123**  
Facilitator: **Quek Joo Hock**





## Seniors Got Talent Competition 2023

Hurry up, collect your entry form and participate in this once-a-year SACE event. This is an opportunity for you to showcase your talent on stage. Contest comes in three categories: Singing, Dancing and Singing cum Dancing.

**SINGAPORE**  
*Seniors Got Talent*  
**COMPETITION 2023**

**ATTRACTIVE CASH & OTHER PRIZES TO BE WON!**

OPEN TO SINGAPORE CITIZENS & PRS ABOVE AGE 50

COLLECT ENTRY FORMS (\$50 REGISTRATION FEES) WITH CONTEST RULES AT SACE OFFICE  
111 NORTH BRIDGE ROAD #07-06 S179098

REGISTRATIONS CLOSE ON 10 OCT 2023

**FINALS** | 15 DEC 2023  
2-5PM  
CIVIL SERVICE CLUB (TESSENHOHN)

Top 3 winners will get the chance to perform at **SACE Annual Dinner & Dance to be held on 19 Dec at One Farrer Hotel**. More details coming up soon.

## Formation of SACE Ukulele Alumni



SACE Ukulele Alumni was formed on 16 Sept, comprising past and present course participants. The jamming sessions enable the learners to further their musical interest beyond classes, with the aim to extend their performing services to the communities.

"I slept and dreamt that life was joy, I awoke and saw that life was service. I acted and behold, service was joy"  
-Rabindranath Tagore-

## Eldercare Exhibition & Conference Asia

This is a 2-day trade and consumer exhibition showcasing solutions, products, services and technology for the aging Asian societies. Find us at Booth No.A10. Scan the QR code below to learn more. Pre-registration required for free visit.

**ELDEX**  
ELDERCARE EXHIBITION & CONFERENCE ASIA

**03-04 NOVEMBER 2023**  
Hall 403, Suntec Singapore Convention & Exhibition Centre  
Time: 10.00 am - 6.30 pm

**PRE-REGISTER NOW!**  
TO VISIT FOR FREE  
[SCAN HERE](#)

ASIA'S MOST DEDICATED EVENT FOR THE RAPIDLY GROWING ELDERCARE INDUSTRY!

**YOU ARE INVITED**  
WE ARE EXHIBITING AT ELDEX ASIA 2023!

**SINGAPORE ASSOCIATION FOR CONTINUING EDUCATION**

**BOOTH NO. A10**

Organized by:

FOR MORE INQUIRIES YOU MAY CONTACT US ON:  
Email: [info@eldexasia.com](mailto:info@eldexasia.com) | [www.eldexasia.com](http://www.eldexasia.com)  
Mobile: +65 8817 8152 | Whatsapp: +65 8817 8152

[www.eldexasia.com](http://www.eldexasia.com)

## SACE Floor Curling Interest Group

Past participants of SACE 'Improve Wellness through Floor Curling' courses came together to take part in the Singapore-Hong Kong FloorCurling Twin Cities Lions Cup friendly competition on 20<sup>th</sup> Sept. Many other past participants also came to support them.



## SACE Courses Available on Saturdays

Suitable for working adults

Choreographed Dance Performance

Improve Wellness Through Floor Curling

Learn to Play Chromatic Harmonica