



Mar Ramble: East Coast Park.

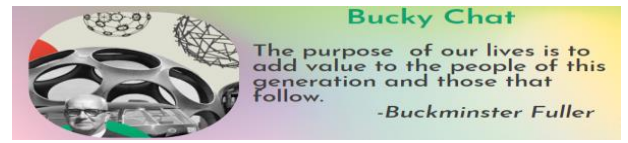


Alight Bus 401 at Bedok Bus Interchange to proceed to Cable Ski Park at East Coast Park. Have early dinner at the famous **ECP Food Village**. After dinner start our walk along the coastal area. We will pass through the newly completed **KPMG Wellness Garden**. This is a multi-generational garden, consists of playground, fitness area and therapeutic garden, positioned around a tranquil pond, suitable for the young and old. Enjoy the setting sun as we walk towards Parkway Parade. We end our journey along Marine Parade Road.

Date: **17 March, Sunday**
 Time: **3.50pm. Leave at 4pm**
 Meet at: **Bedok MRT, exit B**
 Facilitator: **Edward Khoo.**

For new joiners please email secretariat@sace.org.sg. State your mobile number and whether you are a SACE member and we will include you in the group chat.

KPMG Wellness Garden launched in Sept 2023



Mar Bucky Chat: Vincent Van Gogh's The Starry Night Night: Great Art Explained



Vincent spoke of art as a new kind of religion, a way to console people and the *Starry Night* in particular reflected these beliefs. Also listen to the song 'Vincent' by Don McLean 'The lyrics evoke Van Gogh's tortured thoughts and feelings – capturing the love of nature and the power of art to convey profound emotions. McLean's haunting words also suggest an empathy for the painter, painted as a tormented, misunderstood artist who found solace in his art, but faced internal and external battles during his life' – *Chat AI*

Watch the video (15:15 mins) and listen to the song lyrics, both available on YouTube, and discuss.

Date: **15th March, Friday**
 Time: **4pm to 5pm**
 Zoom ID: **874 6445 0857**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**

Feb Ramble: Mt Faber cum free cable car ride



EVENTS & ACTIVITIES

CNY Lohei Gathering



This event attracted 120 strong SACE members on 16th Feb at Life Long Learning Institute.



Presentation by Mr Tan Boon Yik of SFA@North East



Choreographed Dance class learners showcase their dance performance.



Gustin Low, our new trainer for Using AI for Everyday Life, gave a talk on Zodiac in the Modern Era.



A traditional CNY dance greeting from the class of Dance Workout for Wellness.

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It is only with the heart that one can see clearly.

what is essential is invisible to the eye.



ANTOINE DE SAINT-EXUPERY - THE LITTLE PRINCE

We discussed The Little Prince in last month's Bucky Chat. There are many nice quotes that can be found in this book.

CNY Nursing Home Visit by SACE Harmonica Alumni ('SHA')



Harmonica performance at Kheng Chiu Happy Lodge Tampines on 22 Feb.



Programs also include Chair Yoga (exercise) and Familiar Places (game) led by Elaine Tan, attended by about 60 residents.



Residents came forward to sing along with the harmonica players.

Available Upcoming Courses – sign up fast!

Course Title	Date / No. of session / Time
Facebook	7 Mar. 1 session. Thu PM
Choreographed Dance Performance L1	2 Apr to 23 Apr, 4 sessions. Tue PM
Choreographed Dance Performance L2	6 Apr to 27 Apr, 4 sessions. Sat PM
C3A AgeMap	3 Apr, 1 session. Wed PM
How to Write and Self Publish a Book	4 Apr to 25 Apr, 4 sessions, Thu AM
Knit One Purl One (Intermediate)	6 Mar to 27 Mar. 4 session, Wed PM
Use Body Language & Read People Like a Book	6 Apr to 20 Apr. 3 sessions. Sat AM
Using Whatsapp	9 Apr. 1 session. Tue AM
Digital Photo Editing	18 Mar. 1 session. Mon AM