

Vision: All Third Agers living meaningful and happy lives

Mission: Provide learning and enrichment activities and programs for third agers.

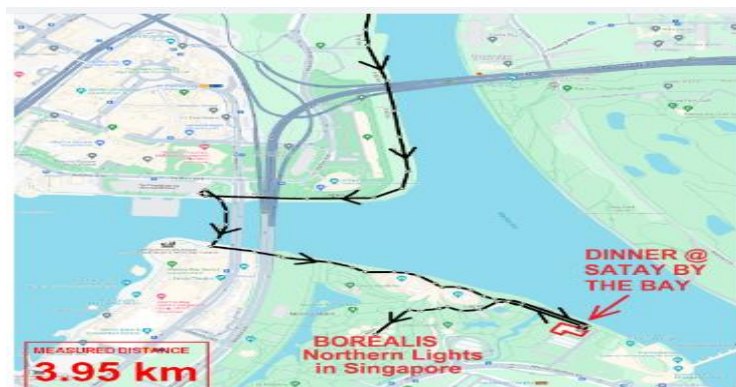
Learning Communities: A place where members gather to connect and to learn together.

Issue 107

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

June 2024

June Ramble: **BOREALIS** Gardens By the Bay



Our next Ramble will take us to the magical splendour of the Northern Lights amidst the Supertrees at Gardens By the Bay. We will walk along the shore of Kallang Basin and head towards the Singapore Flyer, Float at Marina Bay Sands, Helix Bridge, Gardens by the Bay. We will stop at Satay by the Bay for dinner before we proceed to watch the Singapore installation of Aurora Borealis.

Meet at: **Nichol Highway MRT station CC5 exit B**

Date / Time: **24 June, 4.45pm. Leave at 5.00pm**

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 our group chat.

May Ramble: **Rifle Range Nature Park**



Near Colugo Viewing Deck



A hearty meal after the long walk @Daisy Dream kitchen, Temasek Club.



June Bucky Chat: **The Godfather**



Widely regarded as one of the greatest films of all time, this mob drama needs no introduction. It offers many valuable lessons:

- Power and corruption
- Family and loyalty
- Consequences of violence
- Moral ambiguity
- Leadership and responsibility
- Revenge and forgiveness
- The American Dream

More interpretation of its values will be shared in the Bucky group chat. Watch this movie on Netflix and discuss over a *cuppa*.

Please email secretariat@sace.org.sg if you need to know more. We will reach out to you.

Date: **21st June, Friday**

Time: **3.30 pm**

Meet at: **Big Appetite (food court), Funan Mall B2-24**

Facilitator: **Quek Joo Hock**

We have vacancy for:

Assistant Website Administrator

The successful candidate will be responsible for:

- Sourcing free copyrighted images and uploading relevant ones to the website
- Uploading regular course contents accurately and in a timely manner
- Amending and closing registration promptly

If you are interested in this position, please submit your application to:
vicepresident@sace.org.sg

While experience is preferred, we are willing to train the right candidate.

Sace Symposium 2024



Full house attendance on 30th May at National Design Centre with a seating capacity of 80.



Keynote speaker Justice Judith Prakash spoke on **“Patterns of our life”**. How wisdom learned from our life experiences could shape our later life. “At this age my relationship with friends and family members are the bedrock of my existence.”

President Irene Wee, also the organizing chairlady of this event, coined the definition of SACE:

S: sharing

A: appreciation

C: caring and courtesy

E: enjoying life with ‘edutainment’

“I hope today will bring significant positive change to our lives, to share and learn beyond ourselves and set new goals for growth.”



Breakout group session to discuss on :
Key learnings and values that impact our lives.



Above: SACE trainers

Right: Jacinta Yong gave us a rendition of *Find Us Faithful* during the ‘Edutainment’ segment.



Know of a caregiver who spent 35 years looking after her sick child, that gave me the strength to take care of my ailing father.

Many faced failures in life: failed in exams, broken relationship, missed opportunities, business failure - that toughened us up and we became wiser.

Having to tell employees that they had to go due to business failure was a heart breaking experience. Learning point: to exercise empathy and humility

Past experiences shaped our patterns

Your experience leads to how you perceive life. As we age, simple life is happy life

Spending time with old folks as a volunteer teaches me the importance of health. Stay healthy, pay attention to 4 Ms: Muscle Mass, Mobility, Mood and Memory.

LIFE LONG LEARNING

- An idle mind is the devil's playground.
- Learn from the young, establish closer relationship.

Patterns of our life Values to Adopt

LOVE

- Love should undergird all stages of our lives, with everyone surrounding us.
- Love is the foundation for all kinds of good relationship.
- With a loving heart, comes gratitude, to acknowledge the joy and blessings in our lives.
- Learn to love ourselves, from which love for others can then flow.

LEGACY:

- Set good example on filial piety for the children.
- Train our children to have high EQ, more important than pushing for academic excellence.
- Set up Will, LPA, AMD.

ACTIVITIES

- Engage in activities that release happy hormones, activities that engage the whole of our senses.
- Music and dance are universal language. Communication at its best.
- Exercise for health.

What guide our Values & Beliefs

INTEGRITY generates:
Honesty
Trust
Righteousness
Fairness
Moral
Accountability

Put to practice

INTEGRITY encompasses awareness, introspection and self reflection. This requires efforts and to do it continuously and consistently.

What's next

Transcendence beyond self actualisation - final level in Maslow's Hierarchy of Needs. Giving back to society is one example.

Excerpt of speech from our keynote speaker Justice Judith Prakash

“Advice on what we should do henceforth is coming at us from many quarters: the government, well-meaning friends and relatives, self-proclaimed gurus of all sorts and so many tik-tok videos. Its quite bewildering at times to work out what advice should one follow. I truly believe that in this regard there is no one size fits all. Each of us has to work out what our circumstances require.”