

August Ramble: Sembawang Nature Park & Hot Spring



Walking Trail
Start our journey at Canberra MRT and walk towards the Hot Spring Park (1.5 km) to enjoy a relaxing foot bath. This 1.1-acre park is managed by the National Parks Board. Next, continue to Beaulieu House for dinner (4.2 km). After dinner, take a bus back to Canberra MRT to conclude our walk around 8 PM.

Dinner: Beaulieu House is a historic colonial bungalow that provides a glimpse into Singapore's colonial past amidst the natural beauty of the area.

Meet at: **Canberra MRT (NS 12 exit B)**
Date / Time: **31st August (Saturday), 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.

July Ramble: Rail Corridor Buona Vista Node, Wessex Estate



In front of a black & white bungalow at Wessex Estate.



Spacious dining hall, with airy and natural surroundings. History of the estate can be found on the walls of this café.



August Bucky Chat:



This YouTube documentary delves into the intricate workings of the human brain, exploring the extent to which our conscious mind governs our actions versus how much is driven by subconscious processes. Hosted by neuroscientist Heather Berlin, the program examines recent research on the subconscious mind and its significant role in shaping our decisions and behaviors.

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

Date: **23rd August, Friday**
Time: **3.30 pm**
Meet at: **Big Appetite (food court), Funan Mall B2-24**
Facilitator: **Quek Joo Hock**

July Bucky Chat topic: *Defining Success*



If I can help somebody as I pass along, if I can cheer somebody with a word or song, if I can show somebody he's traveling wrong, then my living will not be in vain.

Martin Luther King Jr.

CALLING ALL SACE MEMBERS!!

JOIN US FOR A TREE PLANTING EVENT!

When: Saturday, 17 August 2024

Where: Punggol Park Connector, near Northshore Plaza *

Time: 9 am




Who can participate:
Everyone is welcome! There is no prior experience needed, and everything is provided.

It's a great way to get involved in your community, meet new friends, and make a difference to Mother Earth. We hope to see you there!

In conjunction with the National Day celebration month, SACE is organising this event to get together to support NPark in The OneMillion Trees movement. We received good response for this event. Registration will close on 3rd August.

Featured in MICENET

SACE's visit to Miri Mulu Sarawak 2024



micenet is Australia's leading business events platform targeting MICE buyers in Australia and New Zealand. Citing SACE as an example, the CEO of Business Events Sarawak, Amelia Roziman said: "Following the success of their first trip to Kuching in 2023, SACE held a two-day retreat for 39 seniors at Mulu National Park and a three-day team-building program in Miri this March. The SACE type of itinerary could work for Australasian groups looking for an original experience – strong tribal values coexisting with modernisation,"

SACE donated more than 200 books to Batu Bungan National School, reaffirming its mission to empower communities and shape a more promising future for all. – *Miri and Mulu in Sarawak drawing meetings and incentives 15 Jul 2024*

Save The Date

Annual D & D

WED 27 NOV 2024

MORE DETAILS WILL BE RELEASED SOON





Seniors Got Talent

Watch out for our annual competition. Winners will get to perform at our Annual D & D

We have vacancy for:

Assistant Website Administrator

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.

The successful candidate will be responsible for:

- Sourcing free copyrighted images and uploading relevant ones to the website.
- Updating & Uploading to the website course contents accurately and promptly.
- Amending and closing registration promptly

Upcoming Courses

Course Title	Date / Time / Sessions
Emotional Intelligence	26 Aug - 2 Spet / Mon PM (2)
How to Correct Backache caused by Poor Posture	3 Sept / Tues AM (1)
Basics of Smart Money Management	9 Sept / Mon PM (1)