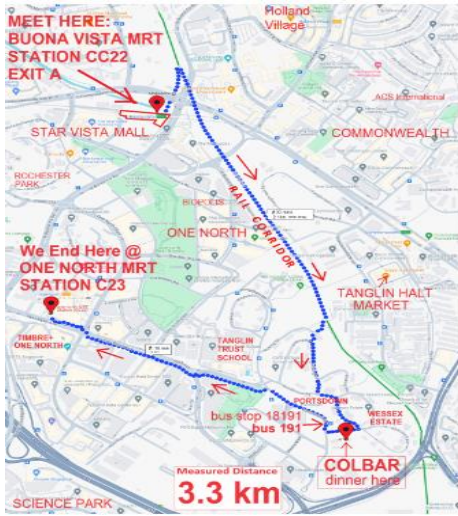


July Ramble: Rail Corridor Buona Vista Node, Wessex Estate



Walking Trail: Enter the Rail Corridor from Buono Vista MRT station. This is a new node – habitat for dragonflies and other organisms. We will branch off towards Wessex Estate. Built in the 1940s, the estate is nestled in the lush greenery off Portsdown Road. Look out for the black and white bungalows along the way.

Dinner: Colbar café (aka Colonial Bar) in the heart of Wessex Estate. As the name suggests, this was originally a canteen for the British army, which was established in 1953. Now the café features a mix of British and local cuisine. It still retains many of its original settings. Do consider this another highlight of the walk.

Meet at: **Buona Vista MRT station CC22 exit A**
Date / Time: **19 July, 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.

June Ramble: BOREALIS Gardens by the Bay



This walk was well attended by 40 ramblers, chalking up 4.5km of leisurely walk with group bonding through chit-chat and *makan*.



Bucky Chat

THE PURPOSE OF OUR LIVES IS TO ADD VALUE TO THE PEOPLE OF THIS GENERATION AND THOSE THAT FOLLOW
BUCKMINSTER FULLER

July Bucky Chat: What does success mean?



What does success mean in Singapore?

Follow our PM Lawrence Wong's speech on YouTube, and discuss what does success mean to Singaporeans.



Having defined what success means to each of us, let's discuss what it takes to achieve 'successes. Both talks are available on YouTube.

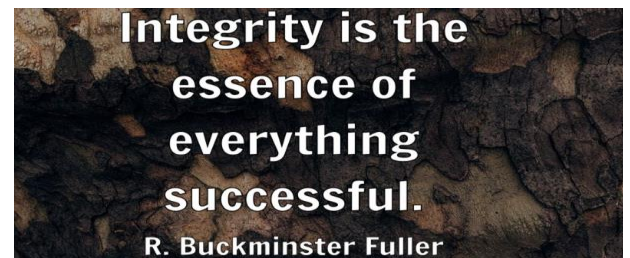
Please email secretariat@sace.org.sg if you need to know more. We will reach out to you.

Date: **26th July, Friday**

Time: **3.30 pm**

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

Facilitator: **Quek Joo Hock**



The path to Growth Mindset is a lifelong journey, not a proclamation

CAROL DWECK



SACE participated in this two-days-event on 14th and 15th June held at National Library, where we promoted SACE courses and also took to the stage to showcase our dance courses.



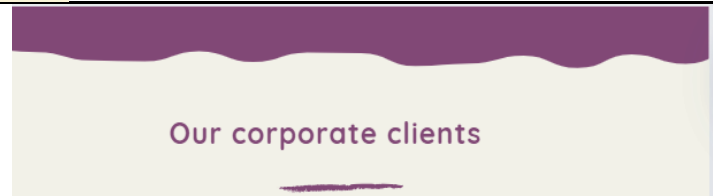
Choreographed dance performance.



Build lower body strength and dance.



The audience leapt to their feet and joined in the dancing.



Tan Tock Seng Hospital: our corporate client since 2022. We conducted regular runs of *Brain Gym* and *Food for Healthy Aging* at their premises.



Sree Narayana Mission Senior Care Nursing Home: a member of NCSS and an IPC. The Nursing Home signed up for our knitting course *Knit One Purl One*. We

sponsored some of the material cost for its participants.



Gardens by the Bay (GBB) : the participants comprise volunteer gardeners of GBB who help them with weeding and trimming, both indoor and outdoor. Selecting us as their training partner, for our

course *Gardening 101*, allow us to provide the volunteers with the knowledge and skillset in handling plants.



Chinese Development Assistance Council (CDAC): with 12 centres island wide, this is a non-profit self-help group for the Chinese community which offers programmes and assistance

schemes to help the less privileged to maximise their potential and strive for social mobility through self-help and mutual support. This is our first inroad in providing a course (*Navigating Around Singapore*) in Mandarin.

We are proud to be the training partner of the above organisations in their mission to benefit the community. The courses we conducted for them are all eligible for NSA sponsorship and Skills Future Credit, with conditions applied.