

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 117

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

April 2025

April Ramble: Bidadari Nature Park

A 13-hectare park within the Bidadari estate opened to the public on September 3, 2024. Located next to Woodleigh MRT station, the park's Experimental Trail evokes the atmosphere of the Hundred Acre Wood from *Winnie-the-Pooh*.

Visitors can explore the Heritage Walk, which features storyboards detailing the rich history of the area. A scenic marshland boardwalk, complete with an observation deck and pavilion, offers a serene escape into nature. Meanwhile, the land bridge—teeming with flowering plants and trees—connects Bidadari Hillock and Bidadari Park, enhancing biodiversity and providing a corridor for wildlife. The Hillock also serves as a vital stopover for migratory birds, making it a haven for birdwatchers and nature enthusiasts alike.

Our route takes us on a scenic 5 km of walk-through heritage trails nestled within the well-shaded nature park.

Meet at: Woodleigh MRT exit A

Date / Time: 17 April (Thur), 4.00pm. Leave at 4.15pm

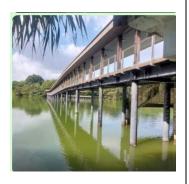
Facilitator: Stephen Tan

For new joiners please email <u>secretariat@sace.org.sg</u> State your mobile number and whether you are a SACE member and we will include you in our group chat for logistic arrangement.

March Ramble: Mandai Boardwalk











April Bucky Chat



2025 Lenten Talk 3 (FINAL) Bishop Greg Homeming OCD Lismore

Available on YouTube

https://www.youtube.com/watch?v=c3I0m5Bfmd4

Duration: 30 mins 50 sec.

In this Body, Mind and Soul series of Bucky Chat, we enter the realm of spirituality, in finding relationship with 'things', 'others', with 'ourselves'. Can we love those for what we don't like about them, can we love ourselves for what we don't like about ourselves? How to find that freedom to break through? What is my relationship with God? Our discussion is done from the perspective of relationship and love, the very essence of humanity, from a secular perspective — we shall adopt an open mind when we approach this subject.

Watch this video and let's meet up to discuss this topic.

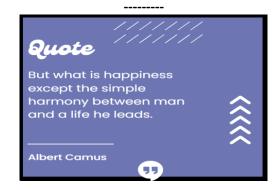
Date: 25 April (Friday)

Time: **3.30 pm**

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

Facilitator: Quek Joo Hock

Interested in these topics? For new joiners please email us at secretariat@sace.org.sg and we will include you in our group chat and for in-person meet up for this monthly discussion.





Live . Love . Learn





Team Bonding and Retreat in Sarawak 2025 - 5 Days 4 Nights 12th to 16th March



Visit to World Fuzhou Heritage Gallery





Cultural performances on Welcome Night.





Visited TR Emmerly, the Longhouse near Mukah which houses 30 units, stretching 120 metres long.



Entertainers on stage during the Getai Night in Mukah.



Rewards for overcoming the fear factor of eating sago worms, a protein-rich traditional local delicacy.











Donation of books and stationeries at the Longhouse for children from the neighbouring schools.







Stunning sunset veiws at Kaul Beach, Mukah





Learn to make Mee Sua and bamboo dance.





Top left: Digging in Emperau Fish @RM580 per kg including cooking fee.

Top right: the beauty and the mystery of Tellian Village unveiled with its unique folklore.

Team Bonding & Retreat in Sarawak 2025- Continued



SACE extends its gratitude to Business Events Sarawak (BES) for its very successful retreat in Sibu and Mukah from 12 to 16 March 2025. The delegates had a fantastic time, enjoying an enriching experience filled with education, cultural exploration and culinary delights.

And to all our SACE members who travelled with us, Sherry Teo, our organising Chair, has this to say "A big thank you to each of you for being part of our SACE 5D4N team bonding trip to Sibu and Mukah 2025. Your cooperation, team spirit and enthusiasm made this journey a smooth and successful one. I hope this trip has been a meaningful experience, filled with interesting moments, new friendshiips, and memories. It wouldn't have been the same without each of you."

Sherry's sentiment was well reciprocated by our travellers, just to quote a few:

"(to Sherry and SACE) Your dedication and hard work made this 5D4N trip an unforgettable experience for all of us. The carefully planned activities and thoughtful arrangements truly fostered a sense of camaraderie among the team..... (to our fellow travellers) We are grateful for the warmth and friendship you've shared throughout our journey. The laughter, conversations, and memories we've created together have made this trip truly special. Your companionship has not only strengthened our bond but has also enriched our lives with new perspectives and experiences... ' - Kee Sin and Kim Lan

"..... am totally enchanted and mesmerised by what I saw in the Longhouse, Tellian Village etc in its near original native state, the sights and sounds. It's simply spectacular The warmth and welcoming spirit of the hosts whenever we visited each place of interest has left me with lasting impressions of the amazing Sarawak, rich in history and culture . This trip is so memorable and pleasant because you all are easy going, fun loving and cooperative.... we practically sailed through this trip like a dream journey in a wonderful land of enchanting Sarawak.' — Stephen Tan



Welcome Night on first day of arrival.

For more photos and video clips for this trip, please click https://www.facebook.com/sace.singapore

We have vacancy for: Accounts Administrator

This is a volunteer position that includes an allowance to compensate for your time. The role requires basic knowledge of accounting and proficiency in Excel spreadsheets.

If you are interested in this position, please write to: johnpang51@gmail.com

Scope of work:

- Verify receipts for course registration and other transactions.
- Prepare and maintain payment schedules.
- Reconcile transactions against bank statement.
- Provide support for treasury related task and operations.



Our Corporate Clients





Left: Gardening 101 conducted at Gardens by the Bay. Right: Knit One Purl One conducted at Sree Narayana.





Left: Navigating Around Singapore conducted at CDAC Right: Brain Gym conducted at AAC Queenstown, our first partnership with AAC, Active Aging Centres.



Left: Knitting class is one of the several courses conducted at HomeTeam at its spacious surroundings. It enables us to offer our courses to HomeTeam members.