

Vision: All Third Ager 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 118

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

May 2025

May Ramble: Kallang River Side Walk

This is a 4.5 to 5km walk from Kallang MRT to Toa Payoh Lorong 8 along the scenic Kallang River side walk via Kallang Park connector. The route will take us through Kolam Ayer Waterfront, Bendemeer, Serangoon and Potong Pasir areas with our journey ends at Toa Payoh Lorong 8, in time for our dinner.

Meet at: **Kallang MRT**

Date / Time: **17 May (Sat), 4.30pm. Leave at 4.45pm**

Facilitator: **James Tay**

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 for logistic arrangement.

April Ramble: Bidadari Nature Park



Bucky Chat

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

May Bucky Chat



The Magical Science of Story Telling – David JP Phillips

Available on YouTube

<https://www.youtube.com/watch?v=Nj-hdQMa3uA>

Duration: 16:44

Why is Storytelling so powerful? And how do we use it to our advantage? Presentations expert David JP Phillips shares key neurological findings on storytelling and with the help of his own stories, induces in us the release of four neurotransmitters of his choice.

David JP Phillips is an international speaker, author and coach in Modern Presentation Skills. His training and material are based on neuroscience and biology which makes his deliveries very hands on, practical and motivational.

For those who often use power point as a presentation tool, you may also want to watch **How to Avoid Death by PowerPoint**, a Ted Talk in YouTube delivered by same speaker David JP Phillips:

<https://www.youtube.com/watch?v=lwpi1Lm6dFo>

There are tips and pitfalls which, undoubtedly, many of our trainers and speakers may want to find out more.

Date: **23rd May (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.



SACE SYMPOSIUM 2025



THE POWER OF RESILIENCE

Date: Thursday, 29 May 2025

Time: 1:00 pm to 4:30 pm

Place: One Farrer Hotel

Cost: Members S\$12, Non-members S\$24.
Simple high tea included.

Please register and make payment at
<https://forms.gle/nQxTVW6qkaigSnTZA> OR by
Scanning the QR Code



Hurry up, seats are limited! Please register at
<https://forms.gle/nQxTVW6qkaigSnTZA>

Payment via PayNow using SACE
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ANNOUNCEMENT

SACE AGM

Date: Thursday 29 May 2025

Time: 5pm

Venue: One Farrer Hotel

AGM papers will be
circulated in due
course

SYMPOSIUM 2025

THEME

THE POWER OF RESILIENCE

RESILIENCE IN FAMILY
BREAKDOWN

RESILIENCE IN BODY REPAIR

RESILIENCE IN FINANCIAL
CRISIS

KEYNOTE SPEAKER

DR TAN LIAN CHOO

INSPIRING TESTIMONIES FROM
SUPPORTING SPEAKERS

FACILITATED BREAK-OUT GROUP
FOR DISCUSSION

REFRESHMENT & DOOR GIFT

PROFILE OF KEYNOTE SPEAKER



A former award-winning journalist with The Straits Times, **TAN LIAN CHOO** joined the Singapore Ministry of Foreign Affairs in 1995, serving as the Ministry's first Director of Public Affairs, Spokesperson for the Ministry and Press Secretary to the Foreign Minister. Her overseas diplomatic assignments included being Singapore's Permanent Delegate to UNESCO in Paris (2007-2009) serving concurrently as Deputy Chief of Mission, Singapore Embassy in Paris (2006-2009). She was later appointed Head of Mission, Singapore Embassy in Brasilia, Brazil (2012-2015). She retired from the Singapore Foreign Service in July 2015. She became a senior consultant and facilitator at Potential Project International, a leadership development research consultancy, in 2018.