

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 120

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

July 2025

July Ramble: Mandai Rainforest Wild Asia

The Mandai Wildlife Reserve comprises five attractions: the Singapore Zoo, Night Safari, River Wonders, Bird Paradise and Rainforest Wild Asia.

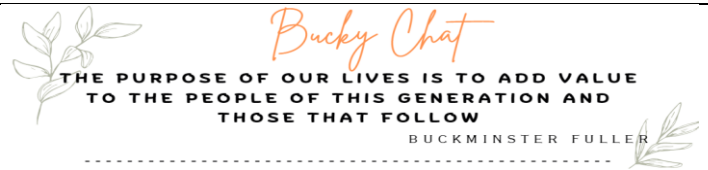
For our walk in July, we shall visit Rainforest Wild Asia, the newest addition to the attractions in March 2025. The park covers 13 hectares. It draws inspiration from Southeast Asia's rainforests. The park is split into eight zones of open-concept habitats. Visitors can stroll along walkways, explore forest trails closer to the ground which require crossing over logs and stream. The park also features cave chambers called The **Cavern**, which are inspired by the Mulu Caves in Sarawak. Another iconic feature is the **Karst** – a towering, craggy landscape inspired by the limestone cliffs of Vietnam and China. Before our visit, you may want to find out more at this website *Behind the Creation of Rainforest Wild*.

Hop into Mandai Rainforest Resort by Banyan Tree after our walk, for a sneak peek of the 338-room resort that blends seamlessly with its natural surroundings overlooking the Upper Seletar Reservoir.

Meet at: **Springleaf MRT Exit 3**
Date / Time: **11th July (Friday), 8.15am, leave at 8.30am**
Ticket admission: **\$20 for senior citizen above 60.**
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 for logistic arrangement.

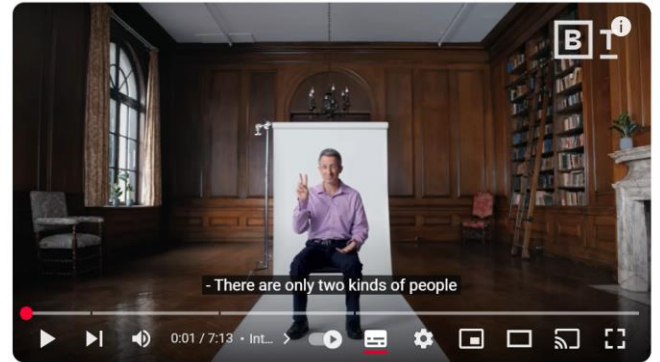
June Ramble: Lakeside and Chinese Gardens



July Bucky Chat



<https://youtu.be/tcbxloERM6w>



Don't chase happiness. Become antifragile | Tal Ben-Shahar | Big Think

Available on YouTube

https://youtube.com/watch?v=e-or_D-qNqM&si=idzT7-qfDH8DjrE

Duration: 7:13

Know what is the paradox in pursuit of happiness. What is 'antifragile'. How to trigger the antifragile system.

This video is one of the **Big Think** series from YouTube. It offers short, expert-led videos on curated topics led by high-profile thinkers.

Date: **31st July (Thursday)**

Time: **3.30 pm**

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

Facilitator: **Adrian Teo**

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.

About Rainforest Wild Asia

“This landmark attraction invites visitors of diverse needs, to see, to feel, and to experience the rainforest in ways never before possible.

MINISTER GRACE FU, AT THE OFFICIAL OPENING OF RAINFOREST WILD ASIA

The SACE courses on **Kokedama – the Art of Japanese Miniature Moss Ball Gardens** and **Indoor Glass Garden** conducted by Darren Ng were featured in the Chinese media Shin Min Daily News in May.

In the interview Darren stated that the main reason Kokedama has quickly gained popularity in recent years is that many people took up gardening during the pandemic. However, as the pandemic eased and work life returned to normal, the time people could devote to caring for plants significantly decreased. Therefore green options like Kokedama, which are easy to maintain and tidy, are more convenient and suitable for city dwellers.



造景风格多样

为新加坡成人教育协会 (Singapore Association for Continuing Education) 举办“苔玉” (Kokedama), 以及苔藓生态箱工作坊的半退休园艺达人黄文杰 (55岁) 认为, 苔藓园艺近年在本坡迅速火红的一大原因, 是许多人在冠病期间开启园艺爱好, 但随着疫情缓解, 工作生活回归正轨, 他们居家照料植物的时间也大幅减少。因此像苔藓这类容易打理的绿植, 更方便和适合忙碌的都市人。

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Our upcoming courses on Kokedama and Indoor Glass Garden are now open for registration. Visit our website for more details and registration

<https://www.sace.org.sg/course/kokedama-art-of-japanese-miniature-moss-ball-gardens/>

<https://www.sace.org.sg/course/indoor-glass-gardens/>



News update

Inner Mongolia:

16 pax from this community joined this tour from 23 June to 5 July.

Hokkaido:

21 pax from this community has signed up to join this tour from 8 to 16 October. Thanks to the group size and prompt response, we were able to customise this tour to suit the needs of our members, friends and families, while also enjoy a group discount.

Exciting news!

Membership PROMOTION

From 1-7 July 2025

Waiver of \$50 entrance fee

Only pay:
\$30 - 1 year
\$100 - 5 years

Plus a gift set of "The Wonders of Nutrition" books worth \$50 by Dr. Ang Poon Liat.

Apply via <https://www.sace.org.sg/register/membership/>

SACE

10:06

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SACE Harmonica Alumni

Community projects



Harmonica performance at Kwong Wai Shiu Hospital @ Potong Pasir on 12 June.



Harmonica performance at St Luke Eldercare @ Punggol on 13 June.