

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 121

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

August 2025

August Ramble: Mandai River Wonders

Mandai River Wonders (formerly known as River Safari) is another attraction in Mandai Wildlife Reserve that we will visit this month. It is Asia's first and only river-themed wildlife park showcasing the beauty and importance of tropical freshwater ecosystems and the need to protect them.

Some highlights of our visit include:

- Enjoying the sight of **majestic aquatic creature** in aircon comfort.
- Taking **Amazon River Quest** boat ride for just \$5.
- Say hello to **Kai Kai and Jia Jia**, the adorable pandas on loan from China.
- Spot fascinating animals eg Jaguars, Capybaras, Giant Anteaters, Azara's Agouti, Indian Gharial etc

Meet at: **Springleaf MRT Exit 3**

Date / Time: **16 Aug (Sat), 8.15am, leave at 8.30am**

Facilitator: **Edward Khoo**

Ticket admission: **\$20 for senior citizen above 60.**

(Those with SG60 annual pass no need to pay. Available for sale at the park)

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.

July Ramble: Mandai Rainforest Wild Asia



Bucky Chat

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

August Bucky Chat: Your Brain on Music



Your brain on music | Alan Harvev | TEDxPerth

Available on YouTube

<https://www.youtube.com/watch?v=MZFFwy5fwYI>

Duration: 17:17

Neuroscientist and musician Alan Harvev takes us on an interactive journey showing live on stage what music does to our brain waves, and explains how music is more than just entertainment.

Date: **22nd August (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.

July Ramble: Mandai Rainforest Wild Asia – cont'd





Brain Gym for Mental Fitness at Bukit Purmei AAC



BrainGym for Mental Fitness at Goodlife Studio (Bukit Purmei) was conducted by Norliah Daroos, with interpretation support provided in Mandarin.

This was an activity-based short workshop designed to engage the mind through movement and creativity. As one senior participant shared with a smile, "This is the first time I'm holding a pen to draw."



Tour to Inner Mongolia, Harbin

The 13D11N tour comprises 16 SACE members, their families and friends.



Overlooking the Russia border at the edge of Inner Mongolia.

Beyond the Classroom

SACE Garden Interest Group

In conjunction with the Singapore Garden Festival 2025, the SACE Garden Interest Group toured the Singapore Orchid Show held in Singapore Botanical Gardens led by trainer, Darren Ng. The group admired a stunning array of competition-winning orchids, showcasing both tropical and cool-climate species and hybrids. The visit was enriched by engaging knowledge-sharing sessions on various aspects of orchid cultivation, which was enjoyed by all.



Interested to learn more about different types of orchids and how to grow them? Join our next Orchid workshop

<https://www.sace.org.sg/course/orchid-cultivation-and-floristry-3/>



SACE Harmonica Alumni (SHA)

The SHA group participated in the Hua Xia Harmonica competition 2025 held on 27th July in China, under the Open Category.



Six members from the SHA Group (left), together with other Singapore players (bottom) participated in the competition.



The event provided us with the opportunity and motivation to further hone our skills as part of our continuous harmonica learning journey.