

**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 92

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

Jan 2023



Winners of SGT 2022:

Champion: Dynna & Peter (couple in black, 2<sup>nd</sup> from right)

1<sup>st</sup> runner up: Sabrina Scully (lady in pink, first right)

2<sup>nd</sup> runner: Sharon & Michael (couple, 2<sup>nd</sup> from left)



SGT finalists at backstage, getting ready to go onstage.



**‘To all** the wonderful people I have met in SACE’s events. Life is about people. The good people you meet changes one’s life. Every little caring and love shown to another person can change our lives. We live in memories. So thank you so much, to all of you who has given me these good memories to carry on in my life. Keep going and touch more people’s life with your good deeds” – *from Sabrina Scully, 1<sup>st</sup> runner up of SGT 2022*

**“ Like** flowing waters in a river .... moments like these will never come a second time. We all crossed path for a reason and I’m glad that it happened. Blessed to have met each of you and get to know each of you in a more personal level. .... thanks everyone for the memories for being able to share the stage with and that I will cherish down memory lane. Some day when I retrospect this will certainly put a smile on my face – *from Julie Ong, SGT finalist.*



Diners on the floor



Table game: guess the name of the countries.



Action replay: from the top winner of SGT contest.



Organising chair of both SGT and DnD events for 2022, Irene Wee (left) with Patrick Oei (right), MC for the night.

**“I am** grateful for meeting so many great talents at SGT. We are blessed with good health, good friends, and good fun. Wish everyone another fun year ahead” – *Gea Ban Peng, SACE Director.*

See below for snippets of the night in action

<https://www.facebook.com/1039341078/videos/6402753033143770/>

For registration of courses, go to <https://www.sace.org.sg/course-schedule/>

**Ramble: Marina Bay Walk on 16 December**



Taking shelter @The Shoppe due to rain (above left).  
Rainbow appeared after the rain had stopped (above right)

*Notice:*  
Ramble will take a break in January

**Nordic Walk Clinic cum Rifle Range Nature Park 9 Dec**



Putting what we learned into practice, climbing up Colugo Lookout at Rifle Range Nature Park using Nordic Walking techniques.

Following the success of the 1<sup>st</sup> run on 9 Dec, another clinic was organised for **23 Dec at Singapore Botanic Gardens**. Both clinics were facilitated by SACE President Adrian Teo



Learn how to grow micro greens in 10 steps, all ready to harvest from Day 7. Nutritious, healthy and easy to grow. This is a 3-hour hands on workshop conducted by trainer Dina Sim.



Learn 'Hair Care, Styling and Cutting' techniques in this 9-hour workshop, conducted by trainer Quek Joo Hock. It is heartening to see that after the workshop we have 10 learners volunteered to trim hair for residents at nursing homes under the **Volunteerism Program** coordinated by C3A.



" **Thanks** and appreciation to the organiser and team mates for these enjoyable Floor Curling sessions. Hope to have more of such fun activity" – from a participant, after the completion of the course on 24 Dec conducted at Handicaps Welfare Association.