

Vision: All Third Ager living meaningful and happy lives

Mission: Provide learning and enrichment activities and programs for third agers.

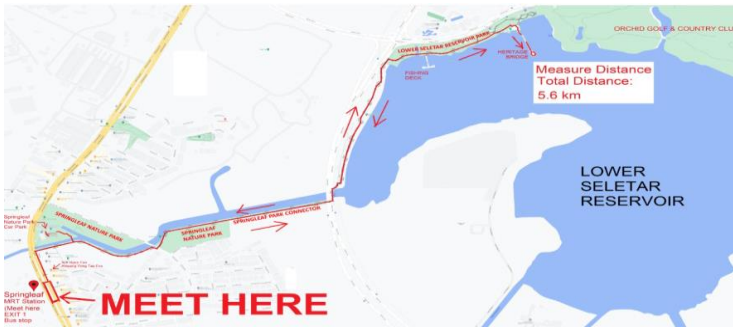
Learning Communities: A place where members gather to connect and to learn together.

Issue 111

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

October 2024

Oct Ramble: Springfield Nature Park to Seletar Reservoir



Meet at: **Springleaf MRT (Exit E1)**
 Date / Time: **26th Oct (Saturday), 3.45pm. Leave at 4.00pm**
 Facilitator: **Edward Khoo**

We shall walk from Springleaf Nature Park towards Lower Seletar Reservoir Park and back. Dinner at one of the nearby coffee shops.

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.

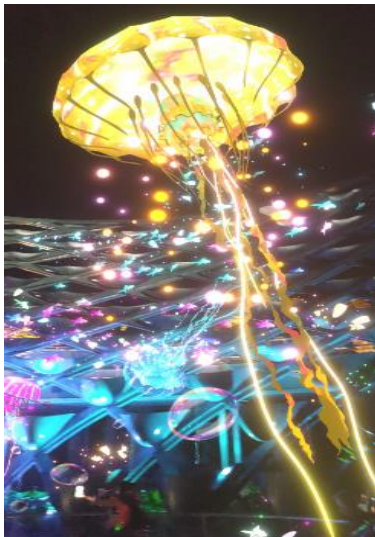
Sept Ramble: Sentosa Palawan Islet and Sensoryscape



Before entering Sentosa



Crossing rope bridge towards Palawan Islet



At Sensoryscape, which are real and which are fake?



October Bucky Chat: Wabi Sabi



<https://youtu.be/QmHLYhxYVjA?si=D7kIWHpXPvOxSvww>



<https://youtu.be/M759yNSOTMs?si=hPB7UUK8dvgJ1Vnf>

The YouTube videos explore the Japanese philosophy of Wabi Sabi and its relevance to modern life:

- Embrace imperfection and impermanence.
- Find beauty in everyday moments.
- Let go of perfectionism and control. Focus on progress instead.
- Practice self-compassion and acceptance.
- Cultivate simplicity and humility.

These videos inspire viewers to re-evaluate their relationship with perfection and imperfection, embracing the beauty of imperfection and living a more authentic, meaningful life.

Interested in these topics? Email us at secretariat@sace.org.sg to join our in-person-chat and WA group chat.

Date: **18th Oct Friday**
 Time: **3.30 pm**
 Meet at: **Big Appetite (food court), Funan Mall B2-24**
 Facilitator: **Quek Joo Hock**



Tan Kok Liang Takalah - 2024 SG Silent Hero

In 1994, Tan Kok Liang Takalah was involved in a serious traffic accident that left him critically injured and caused permanent amnesia. Despite the severity of his condition, through numerous rounds of medical treatment, he regained his cognitive abilities. Undeterred by the challenges, he pursued further studies and now actively participates in sports, including marathons and swimming. Today, Takalah serves at the Tzu Chi Organisation's Day Rehabilitation Centre, where he dedicates himself to caring for elderly patients.

In June 2024, Takalah joined the SACE Choreography Dance group in a stage performance at the C3A roadshow. Following the performance, he shared his inspiring recovery journey, highlighting how the Choreography Dance course helped improve his cognitive skills. His quiet determination to overcome adversity deeply moved his dance trainer, Za Elizabeth Choo, and the course participants, prompting them to nominate him for the Silent Heroes Award.



In recognition of his extraordinary resilience and compassion, Takalah was awarded the 'Heart of Humanity' category at the 11th Singapore Silent Heroes (SSH) Awards in 2024. He received the award from the Guest of Honour, Mr. Ong Ye Kung, Minister for Health, on 7th September 2024.

"His life story is a powerful reminder of the strength of the human spirit and the profound impact of selflessness and resilience," said the Singapore Silent Heroes committee. *(Ordinary Humans. Extraordinary Humanity.)*

Reflecting on his work, Takalah shared, *"Every morning I wake up energised, knowing that today I can serve the community, the elderly, and their families. The opportunity to make a difference gives me purpose and puts a smile on my face. This is my reason to live on - to give my best to those around me."*

For more details of his stories, please visit <https://search.app/wiHnmVqTgJlybba9>

ANNOUNCEMENT



Course Scheduler Needed - Work from Home!

Are you organised and detail-oriented? We are looking for a Course Scheduler to help with logistics and scheduling tasks. This is a volunteer position with an allowance for your time. No experience needed as you will be trained.

Key Skills:

- Strong communication skills.
- Logistics and scheduling abilities.
- Commitment and focus.
- Good team player.

Interested?

Email us at vicepresident@sace.org.sg



SENIORS GOT TALENT

Important Dates:

- **6th Nov:** closing date for entry to the competition. So, hurry up you still have one month to submit your entry. Please obtain application form from our Secretariat.
- **20th Nov:** contest date.

Ticket sales are now open at \$20 per ticket. Tickets are sold on a first come first served basis, subject to availability. Seats are limited.



- Date: **29th Nov.**
- Venue: **Amara Hotel**
- Theme: **Golden Oldies**

Sales of tickets at \$78 per pax on a first come first served basis, subject to availability.



Singapore-Hong Kong FloorCurling Twin Cities Lions Cup held on 28 Sept, saw over 50 participants from SACE's 'Improve Wellness through FloorCurling' course taking part 'It was truly heartwarming to witness them applying the skills they learned in the course in such a meaningful and purposeful way.' – Sherry Teo, the organiser.