

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 115

WHERE TEACHERS ALSO LEARN & LEARNERS ALSO TEACH

February 2025

Feb Ramble: Dairy Farm Nature Park, Wallace Trail

Dairy Farm Nature Park spans 63 hectares and is located along Upper Bukit Timah Road. Once a functioning dairy farm, it has been transformed into a scenic nature park teeming with lush biodiversity. The park features hiking and biking trails, offering visitors a refreshing outdoor experience. The walking route is approximately 4 km, with terrain ranging from easy to moderate.

Meet at: **Hillview MRT Exit B**
 Date / Time: **13 Feb (Thursday), 8.30am. Leave at 8.45am**
 Facilitator: **James Tay**

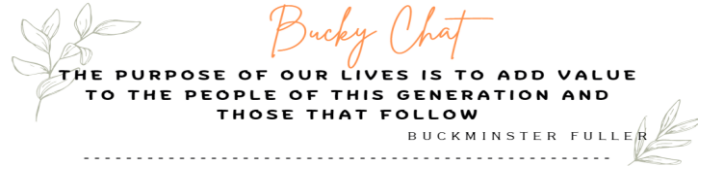
For new joiners please email secretariat@sace.org.sg State your mobile number and whether you are a SACE member and we will include you in our group chat for logistic arrangement.

Jan Ramble: Sungei Buloh Wetland



Egret, heron family. Squirrel Monitor lizard

The air was cool, clear and crisp after the rain. We were among the few visitors to the park, experiencing its vibrant biodiversity, becoming part of the intricate web of life on earth. We clocked 13k easy steps for this walk.



February Bucky Chat



Available on YouTube

[https://youtu.be/IW4NLfueAV4?si= 5i3M78noYW CgRxl](https://youtu.be/IW4NLfueAV4?si=5i3M78noYW CgRxl) 25 mins 27 sec.

The Unwinding is a short film about the despondent widower, David, who is struggling to cope with the loss of his wife. His monotonous routine is disrupted when he meets Lily, a young food delivery lady. The time David spends studying with Lily provides a brief respite from his depression. Yet he knows his strength is dwindling, much like a slow burning log. David seeks to make a positive impact while he still has the strength, a poignant reminder that even in the face of immense sorrow, acts of compassion can bring unexpected meaning and compassion.

"The light in the heat from the sun is what grew the tree, and when the tree got older and died, the fire is the sun unwinding itself from the log." – Buckminster Fuller.

What is the message for you?

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.

Date: **28th Feb (Friday)**
 Time: **3.30 pm**
 Meet at: **Big Appetite (food court), Funan Mall B2-24**
 Facilitator: **Quek Joo Hock**

24th Jan meet-up session on **AI and the future of humanity**



Upcoming Event



Due to overwhelming demand, registration is now closed. We look forward to celebrating with you at this exciting event as we welcome year of the Snake.



Elevate Your Wellness with an Uplifting Music & 'Sound Spa'
 5 Feb 2025, 11 am – 12.00 pm
 Venue: Freedom Collective Studio
 #03-05 Space 21 Building, 51 Lorong 21 Geylang, Sg 388466
 Enjoy a special Music & Sound Spa conducted by Dr Sujata Singhi, an international master trainer of "Sound Medicine" as well as award-winning guitarist, Jainaam R Singhi.

Are you feeling stressed or depressed or anxious lately? Join us for an uplifting **Sound Bath on 5 February, venue as shown above**. Let the music of Himalayan singing bowls by Dr Sujata Singhi, an international master trainer in Sound Medicine, help wash off the negative energy and uplift you to a state of peace, relaxation and meditation.

Research has shown that sound bowl therapy has many benefits including better sleep quality, improved concentration, reduced physical pain and stronger immune system.

Author of the book "The Power of Sound", Dr Sujata Singhi has received more than 300 national and international awards for her work in Sound Medicine. She will be in Singapore in February to participate as a keynote speaker at a medical conference.



This event is brought to you by SACE in collaboration with DSS Singapore. Attendance fee is \$10 per pax. Please register at <https://forms.gle/hQsqfC73JeKNxGGm6> and PayNow to Gwen Ling @97245989



As we welcome the Year of the Snake, may it bring you wisdom, prosperity, and good fortune. Just as the snake sheds its skin to embrace renewal, may this new year inspire growth, transformation, and success in all your endeavors. Wishing all our readers happiness, health, and harmony in the coming year. Happy Year of the Snake!

喜迎蛇年，愿智慧、繁荣与好运与您相伴。如蛇蜕皮般焕然一新，愿新的一年为您带来成长、蜕变与成功。祝您在新的一年里幸福安康，万事如意。蛇年快乐!

Do you know that the above text was generated with the help of **DeepSeek**, a new Chinese AI app that provides intelligent and creative solutions for a wide range of tasks, it can also be a useful translation tool. "It has become the most downloaded free app, displacing OpenAI's ChatGPT" (ST 29n Jan). "The integration of AI into society is transforming how humans live, work, and interact" – a timely discussion of this topic during last month's Bucky Chat.

Don't miss out the fun of using AI to assist with finding instant solutions. Download the AI apps today, and experience how each application can suit your needs!

Dance Workout for Wellness

After a brief January break, we are back! For the coming February run, we are teaming up with HomeTeamNS to bring the class to a new venue located right next to the scenic Bedok Reservoir. You may even want to walk around the reservoir after the class. Join our dance workout led by Kelvin Toh and discover the excitement of various dance genre. With over 150 learners on the record, our community is growing stronger. Get ready for our next dance class, Cha Cha, starting from 13 Feb. To sign up, please visit

<https://www.sace.org.sg/course/dance-workout-for-wellness-cha-cha-2/>

