'Walk and Talk'

an eco·me event, held in conjunction with Asia's leading sustainable light art festival, i Light Marina Bay 2017, at the Promontory @ Marina Bay in Singapore.

U 3rd Age is organising a leisurely walk-a-bout around Marina Bay for silver seniors who will be paired up with youths. A worldwide movement to encourage seniors to live more meaningful and happy lives. We hope to spark more inter-generational conversations at the event!

Activity Dates : 5 March 2017 and 12 March 2017 (Sunday) Time : 6pm to 8.15pm

50PLUS 2017 - I'M IN!

organised by Council For Third Age (C3A)

Dates : 24 - 26 March 2017 (10am to 9pm daily) Venue : Suntec Singapore Level 3

We will be located at C3A booth. Join us for an event of fun and lifelong learning at :

Information Bazaar (Level 3 Concourse) &

Interesting Classes (Level 3 Room 324-326)

李鳳山師父的養生文化團來新加坡了！

Meimen Culture Qigong Group is coming to Singapore!

Workshop Dates : 28 & 29 March 2017 Venue : 10Sq @ Orchard Central Level 10

For registrations, please visit u3rdage.eventbrite.com

For enquiries, please email u3a.carol@gmail.com

U3A-SINGAPORE.COM FACEBOOK.COM/U3RDAGE U3RDAGE.EVENTBRITE.COM

乐 龄 优 学 堂

U 3RD AGE

Seniors meet Seniors

in a Peer-learning community

U 3rd Age (University of the Third Age) organises activities and events for seniors to engage in social networking and to share learning experiences. In a peer-learning community, seniors can achieve active ageing and fun in lifelong learning. Our concept of senior learning is shared in East Asia conferences.

SANDBOX PROGRAMMES

Sandbox Initiative is in the form of informal peer-led, small group learning.
Its objective is to promote sheer joy of volunteering, learning and knowledge sharing.
It also provides a great platform for like-minded seniors to become friends in life.

Acting 101
Interested in drama but not sure if you can act? This workshop aims to develop your interest in drama and bring them to a new level of appreciation through group exercises, pair work and role plays. Besides having fun through group learning, you will learn to improve your articulation, your use of imagination and learn the techniques in stage art. Take that step to join in the fun!

Batik Painting for Beginners
Create your own Batik masterpiece! During the workshop, you will learn how to trace the design on a cloth, frame your art piece and make a sample of your preferred colour scheme. Learn the art of batik painting and its waxing techniques with the Tjanting.

Chinese Calligraphy (Beginners) ENGLISH/CHINESE
Participants will be introduced to Chinese calligraphy and its history. Learn the correct postures and skills of handling brush, the basic brush strokes and its fundamental rules, character structure/planning and more.
After completion, participants can continue to learn and practise in progressive sessions.

Chinese Ink Painting (Beginners) ENGLISH/CHINESE
Learn the basic techniques of Chinese ink painting such as the basic brush strokes, techniques of lines, dots and ink tone variations.
After completion, participants can continue to learn and practise in progressive sessions.

Decoupage Art
Decoupage is a fun and easy way to decorate any objects such as household items, bags, furniture, with paper cutouts or beautiful European style napkins. It is a perfect way of beautifying plain, dull items or giving old ones a new breath of life!

All courses are conducted in English unless indicated otherwise.
For updates on our new programmes, please register at u3a-singapore.com/be-our-friend

Eco-Crafts
Interested to learn simple basket weaving and progress to make more advanced designs such as bags and christmas/ new year decorations? You will also be introduced to basics of eco-craft that use materials made of paper pulp - 100% recycled from milk cartons and grain husk. At the end of the course, you will have your masterpiece and newly formed friends to enjoy this eco-friendly journey with!

Guided Autobiography (GAB)
Guided Autobiography (GAB) is all about your life stories, life reviews, reminiscences, memoirs, and more. It is based on our understanding of ourselves, within the context of an interaction of memory, personal reflection and the present perspective. It is also a reminiscence and review of our life journeys, where we learn to understand how and why past events occurred and how to live for the present moment.

Jumping Clay Art
Learn all about the amazing Korean Jumping Clay and how you can form interesting and colourful little items of characters from it. It is all work and play as you enhance your motor skills and stretch your imagination to create your very own masterpiece.

Plaster-cast Sculpture (Leaves)
Plaster-cast sculpting is a technique of making a copy of a 3-dimensional form using plaster strips. During the workshop, you will learn to cast sculptures using real leaves and explore different colour finishing for the sculptures. Be creative by using outrageous colours so your artwork will stand out!

Portrait Sketching
Learn the basics of drawing portraits in this structured 4-session workshop. Topics covered includes Approach to Realistic Portrait Sketching, Blocking-in, Features and Structuring, Keying the drawing and modelling forms and Refining and finishing.

Salt Dough Figurine
Salt dough is an inedible organic modeling material, which can be easily made by mixing flour, salt, water and oil. Food colouring can be added to the dough to give it colour. Similar to the common clay, salt dough can be used to make interesting figurines. Come explore the adventure of Salt Dough Figurine!

initiated and supported by C3A Ageing Well

organised by 乐龄优学堂 U 3RD AGE Enjoying the Best Stage of Life