



Courses to Promote During Roadshow

Click on the URL to see the course’s objectives and description.

	Courses	URLs
1	Acting with LIFE experience	https://www.sace.org.sg/course/acting-with-life-experience-4/
2	Being Here and Now – Practicing Ones Presence	https://www.sace.org.sg/course/being-here-and-now-practicing-ones-presence/
3	Brain Gym for Mental Fitness	https://www.sace.org.sg/course/brain-gym-for-mental-fitness-6/
4	Breaking Fall, Not Bones – An experiential movement education	https://www.sace.org.sg/course/breaking-fall-not-bones-an-experiential-movement-education-4/
5	C3A Mental Wellbeing Curriculum – Riding the Waves of Change Smiling	https://www.sace.org.sg/course/c3a-mental-wellbeing-curriculum-riding-the-waves-of-change-smiling/
6	Choir Singing Voice Training Level 1	https://www.sace.org.sg/course/choir-singing-voice-training-level-1vocal-skills-solo/
7	Choir Singing Voice Training Level 2	https://www.sace.org.sg/course/choir-singing-voice-training-level-2-2-pm-4-30-pm-vocal-skills-solo/
8	Choreographed Dance Performance Training	https://www.sace.org.sg/course/choreographed-dance-performance-training-7/
9	Computing for Seniors (Windows 10)	https://www.sace.org.sg/course/computing-for-seniors-windows-10/
10	Conscious Dance Movement – Medicine in Motion	https://www.sace.org.sg/course/conscious-dance-movement-medicine-in-motion-4/
11	Creative Nostalgia	https://www.sace.org.sg/course/creative-nostalgia/
12	Culinary Herbs – Usage and Cultivation	https://www.sace.org.sg/course/culinary-herbs-usage-and-cultivation/
13	Cyber Security and Me	https://www.sace.org.sg/course/cybersecurity-and-me-2/
14	Decluttering	https://www.sace.org.sg/course/decluttering-3/
15	Drawing on Nature	https://www.sace.org.sg/course/drawing-on-nature-4/

As part of:





16	Emotional and Psychological Realities of Ageing	https://www.sace.org.sg/course/emotional-and-psychological-realities-of-ageing-2/
17	Food for Healthy Ageing	https://www.sace.org.sg/course/food-for-healthy-ageing-2/
18	Freestyle Floral Arrangement	https://www.sace.org.sg/course/freestyle-floral-arrangement-2/
19	Grandparenting and Parenting for a Healthier Child	https://www.sace.org.sg/course/grandparenting-parenting-for-a-healthier-child/
20	Graphic Design for Business and Recreation using Canva	https://www.sace.org.sg/course/graphic-design-for-business-and-recreation-using-canva/
21	How to Manage your Ache & Pain in Golden Years	https://www.sace.org.sg/course/how-to-manage-your-aches-pains-in-the-golden-years-new-2/
22	Improve Wellness through FloorCurling	https://www.sace.org.sg/course/improve-wellness-through-floorcurling-2/
23	Learn to play Chromatic Harmonica (Level 1)	https://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1/
24	Learn to play Chromatic Harmonica (Level 2)	https://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-2-new/
25	Learn Uke for Stress Relief	https://www.sace.org.sg/course/learn-uke-for-stress-relief/
26	Legal Matters for Seniors	https://www.sace.org.sg/course/legal-matters-for-seniors-2/
27	Life Script Review	https://www.sace.org.sg/course/life-script-review/
28	Living your Legacy now!	https://www.sace.org.sg/course/living-your-legacy-now
29	Melody Composition Skills	https://www.sace.org.sg/course/melody-composition/
30	Memory Techniques for Seniors	https://www.sace.org.sg/course/memory-techniques-for-seniors-3/
31	Mindfulness for Well-being	https://www.sace.org.sg/course/mindfulness-for-well-being-4/





32	Monetise your Passion 101 – How to make a living doing what you enjoy	https://www.sace.org.sg/course/monetise-your-passion-101-how-to-make-a-living-doing-what-you-enjoy/
33	Monetise your Passion 102 – How to make a living doing what you enjoy	https://www.sace.org.sg/course/monetise-your-passion-102-how-to-make-a-living-doing-what-you-enjoy/
34	Money Wisdom and Seniors	https://www.sace.org.sg/course/money-wisdom-and-seniors-4/
35	My Beautiful Colours (Old Name: Colour Me Beautiful – Guidance to help you feel confident & look great)	https://www.sace.org.sg/course/my-beautiful-colours-old-name-colour-me-beautiful-guidance-to-help-you-feel-confident-look-great-2/
36	Orchid Cultivation and Floristry	https://www.sace.org.sg/course/orchid-cultivation-and-floristry/
37	Photo Stories - Photography Basics	https://www.sace.org.sg/course/photo-stories-photography-basics-2/
38	Preventing Dementia through Applied Neuroscience in Somatic Movement Education	https://www.sace.org.sg/course/preventing-dementia-through-applied-neuroscience-in-somatic-movement-education-3/
39	Professional Image, Style & Grooming Etiquette	https://www.sace.org.sg/course/professional-image-style-grooming-etiquette/
40	Regaining your Youth thru science and art of Movement	https://www.sace.org.sg/course/regainin-g-your-youth-thru-science-and-art-of-movement/
41	Relationships Enrichment Process	https://www.sace.org.sg/course/relationships-enrichment-process-3/
42	Smart Phones and Seniors (Android)	https://www.sace.org.sg/course/smart-phones-and-seniors-android-4/
43	The Art of Documentary Film & Video Production	https://www.sace.org.sg/course/the-art-of-documentary-film-video-production-4/
44	The Positive of Negative Emotions	https://www.sace.org.sg/course/the-positive-of-negative-emotions/
45	Use Body Language and Read People Like a Book	https://www.sace.org.sg/course/use-body-language-and-read-people-like-a-book-2/
46	Video Stories	https://www.sace.org.sg/course/video-stories/
47	World’s Hidden Epidemic - Loneliness?	https://www.sace.org.sg/course/worlds-hidden-epidemic-loneliness/

As part of:





48	Zero to SEO Hero – How to Think Like a Search Engine Spider	https://www.sace.org.sg/course/zero-to-seo-hero-how-to-think-like-a-search-engine-spider/
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Silver Infocomm IT Classes		
1	Advanced iOS	https://www.sace.org.sg/course/advance-ios/
2	Basic Computer (Windows 10)	https://www.sace.org.sg/course/basic-computer-windows-10-3/
3	Be An Instagrammer	https://www.sace.org.sg/course/be-an-instagrammer-5/
4	Cloud Storage and Sharing (Google Drive)	https://www.sace.org.sg/course/cloud-storage-and-sharing-google-drive-3/
5	Digital Photo Editing	https://www.sace.org.sg/course/digital-photo-editing/
6	E-Entertainment	https://www.sace.org.sg/course/e-entertainment/
7	E-Health & E-Wellness	https://www.sace.org.sg/course/e-health-e-wellness/
8	E-travel	https://www.sace.org.sg/course/e-travel/
9	Facebook (social media)	https://www.sace.org.sg/course/facebook-social-media-2/
10	Google Photos	https://www.sace.org.sg/course/google-photos/
11	Mobile e-Payments	https://www.sace.org.sg/course/mobile-e-payment/
12	Navigating Around Singapore	https://www.sace.org.sg/course/navigating-around-singapore-2/
13	Shop & Pay Online	https://www.sace.org.sg/course/shop-pay-online/
14	SkillsFuture for Digital Community	https://www.sace.org.sg/course/skillsfuture-for-digital-community/
15	TikTok	https://www.sace.org.sg/course/tik-tok/
16	Using Email	https://www.sace.org.sg/course/using-email/
17	Using WhatsApp	https://www.sace.org.sg/course/using-whatsapp-4/
18	Using Zoom	https://www.sace.org.sg/course/using-zoom-skills-future-not-applicable-2/

As part of:





Frequently Asked Questions

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1	What is SACE?	SACE stands for Singapore Association for Continuing Education. Established in 1979, SACE promotes a culture of Lifelong Learning, Spirit of Volunteerism and Active Ageing for Adults, through Education and Enrichment, Physical Well-Being, Fellowship, Volunteering and Community Engagement.
2	What is U3A Singapore?	U3A stands for University of Third Age. Established in 2014 by SACE, U3A Singapore is part of an international movement whose aims are the education and mental stimulation of members 50 years and older. Members share intellectual, cultural, creative, physical and leisure interests.
3	What is the difference between SACE and U3A Singapore?	SACE provides structured courses for adults of all ages. U3A Singapore, a social good of SACE, provides periodic learning and social activities for Seniors 50 years and older.
4	What is the fee for joining SACE?	1-year Membership = \$50 entrance fee + \$30 membership fee = \$80 5-year Membership = \$50 entrance fee + \$100 membership fee = \$150
5	How do I apply for membership?	Application for SACE membership is made using prescribed SACE Membership Application Form. SACE members 50 years and older automatically qualify as members of U3A Singapore. The form is available online at https://www.sace.org.sg/register/membership/
6	What is SACE Membership Subsidy (SMS)?	SMS is given to SACE members to assist with fees for attending SACE/NSA courses. The current amount of annual subsidy is \$80 for 1-year membership and \$150 for 5-year membership. Unused subsidy is forfeited at the end of each calendar year. SMS is not applicable to members with fee arrears or when membership has expired. The SMS is subject to review and change. Members will be duly informed regarding any change of policy.
8	Where are the classes conducted?	Online (Virtual Classroom), Peninsula Plaza & other locations.
9	What is the payment method for the courses?	Pay online via PayNow, PayPal, Credit Card, Internet payment.
10	Are the course Skills Future Credit applicable?	Most of them are. Check our course details on our website for more information. https://www.sace.org.sg/course-schedule/
11	How to apply for the courses?	You can select the desired course & register online. https://www.sace.org.sg/course-schedule/