

C3A Inaugural NSA Roadshow

OCTOBER 2022

Watercolour Painting (Beginners)

Newton 17 Sep Sat 10am-12noon
Simei 26 Sep Mon 12noon-2pm

Watercolour Painting (Intermediate)

Newton 3 Oct Mon 2-4pm

Watercolour Florals & Brush Lettering

Newton 6 Oct Thur 2.30-4.30pm
MacPherson 22 Oct Sat 10am-12noon

Brush Lettering (Intermediate)

Tampines 22 Sep Thur 10am-12noon
Simei 4 Oct Tue 1-3pm

Zentangle Art (Intermediate)

MacPherson 7 Oct Fri 2-4pm

Zentangle Art

Newton 14 Sep Wed 2-4pm
Tampines 3 Oct Mon 2-4pm

Decoupage Art (4 lessons)

MacPherson 2 Sep Thur 1-5pm
Tampines 8 Sep Thur 1-5pm

(Japanese Nagomi) Pastel Art

Tampines 13 Sep Tues 10am-12noon
Newton 16 Sep Fri 10am-12noon

Pencil Sketching

Newton 11 Oct Tues 10am-12noon

Pencil Sketching (Intermediate)

Newton 3 Oct Mon 10am-12noon

Colour Pencil Drawing

Newton 11 Oct Tues 2-4pm
Tampines 15 Oct Sat 10am-12noon

Chinese Brush Painting

Tampines 4 Oct Tues 2-4pm

Chinese Brush Painting

Newton 6 Oct Thur 10am-12noon

Art of Print Making

Simei 6 Sep Tues 10am-12noon

Scan to register for Art courses



Mindfulness Foundation Course (4 lessons)

Online May Chng 2 Sep Fri 7-9pm
Newton Christina Liew 6 Sep Tues 7-9pm
Newton May Chng 14 Oct Fri 7-9pm
Newton Christina Liew 11 Nov Fri 7-9pm

Chinese Mindfulness Foundation Course (4 lessons)

MacPherson Lily Gan 7 Sep Wed 3.30-5.30pm

Chinese Mindfulness-Based Cognitive Therapy Course (8 lessons + Full-day Retreat)

MacPherson Lily Gan 19 Oct Wed 3.30-6pm

Mindfulness-Based Stress Reduction Course (8 lessons + Full-day Retreat)

Newton Angie Chew 12 Oct Wed 4-6.30pm
Newton Angie Chew 13 Oct Thur 6.30-9pm

Mindfulness-Based Cognitive Therapy Course (8 lessons + Full-day Retreat)

Simei Lily Gan 16 Aug Tues 6.45-9.15pm
Newton Angie Chew 4 Oct Tues 6.30-9pm

Mindfulness Self Compassion Course (8 lessons + Half-day Retreat)

Newton Mabel Yap 26 Oct Wed 6.45-9.30pm
Tanya Tierney

Mindful Parenting Course (1-Day)

By Dr Chris Willard & Adj. A/Prof. Angie Chew
12 Dec | 9.30am-5.30pm | Chui Huay Lin Club

Mindfulness Advance Course (5-Day)

By Dr Chris Willard & Adj. A/Prof. Angie Chew
7-9 Dec | 9am-6pm | Chui Huay Lin Club
10-11 Dec | 9am-6pm | Brahm Centre @ Tampines

Scan to register for Mindfulness courses



3-Day Mindfulness Retreat

Theme: Healing Pain & Trauma

by Dr David Treleavan & Adj. A/Prof. Angie Chew
8-10 Oct | 9am-6pm | Changi Cove

Theme: Busting Anxieties

by A/Prof Judson Brewer & Adj. A/Prof. Angie Chew
4-6 Nov | 9am-6pm
Chui Huay Lin Club Ballroom

Theme: Enhancing Personal Effectiveness

by Dr Chris Willard & Adj. A/Prof. Angie Chew
7-9 Dec | Chui Huay Lin Club Ballroom

As part of:

Silver NATIONAL
ACADEMY

Learning continues @ 50+

Most of our courses are NSA subsidised & SkillsFuture credit eligible

Introduction to Art Therapy Workshop

8 Sep 2022 | 6.30-9.30pm
Brahm Centre @ Newton



2012 - 2022
10 Years
Promoting Happier & Healthier Living

Newton 47 Scotts Road #04-02A S228233 Tel: 6610 3870
MacPherson 55 Pipit Road #01-01 S370055 Tel: 6741 1131
Simei 227 Simei Street 4 #01-50 S520227 Tel: 6786 0800
Tampines 473 Tampines St 43, #01-94 S520473 Tel: 6908 2122