

Upskill Yourself, Upgrade the Community



Welcome To FRCS

Established in 1993, the Foundation of Rotary Clubs (S) Ltd (FRCS) is an Institution of a Public Character (IPC). It is the charity arm of all Rotary Clubs in the country. As an umbrella body that unites and represents Rotary Clubs across the nation, we pioneer and support humanitarian and educational projects to help those in need.

Launched on 9 January 2018, Our learning center is a division of the Foundation of Rotary Clubs Singapore (FRCS). We serve the learning needs of seniors aged 50 and above with a focus on life transition and personal growth as an approved National Silver Academy partner.



As part of:

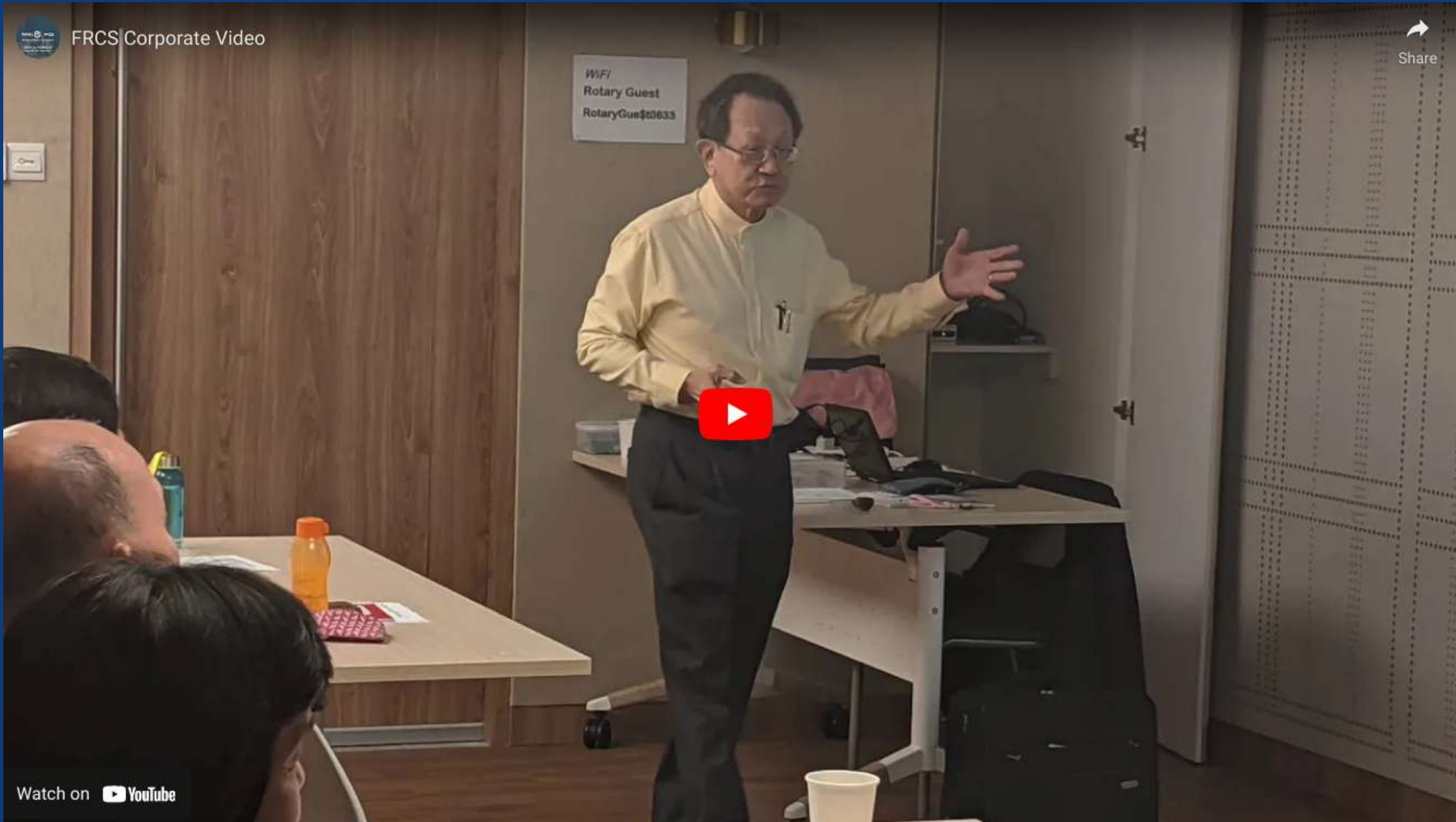




Upskill yourself, Upgrade the Community

As an approved National Silver Academy Partner, our wide range of personal development courses offered to serve the learning needs of seniors aged 50 and above, focuses around topics such as life stage transition and positive aging for our seniors





Active Ageing Skills To Pick Up With Skillsfuture Credit (SFC)

Ageing is inevitable. Yet, it should not hold us back from leading an active and fulfilling life. The secret to that is embracing the concept of active ageing. According to the World Health Organisation, active ageing is “the process of developing and maintaining the functional ability that enables wellbeing in older age”, with learning identified as a key functional ability for ageing well.

To continue learning and stay mentally alert, senior Singaporeans can use SkillsFuture Credit to pick up a range of skills.



What is the National Silver Academy?

The National Silver Academy (NSA) was established in 2015, and offers an extensive range of learning options for seniors, or those aged 50 and up.

Are NSA courses meant only for seniors?

Our short courses are public courses selected based on the relevance and interest to the seniors*.

*Seniors are classified as individuals age 50 and above in calendar year

Funding Support

You'll be eligible for course subsidies of up to 80% if you are a Singaporean aged 50 and up.

SkillsFuture Credits can be used in addition to existing course subsidies for selected NSA programmes.



Our Gallery



Train Your Brain To Concentrate And Focus

大脑训练方法——提高你的注意力

Senior participants will learn important techniques which can help them to better concentrate and focus in order for them to lead an active and meaningful life. Participants will learn about the various causes for loss of concentration, as well as techniques to bring back concentration and focus. The training sessions have incorporated games which can help stimulate the brain & encourage sharing of personal experiences & views.

此课程的目的在于让银发族聚汇在一起，共同发掘以及相互学习那些有助于提高集中力的大脑训练方法，以帮助他们更能专注，聚焦去过有活力的，有意义的人生。

课程分为两个阶段。每个阶段**3.5**小时。参与的人将会被引导至专家学者的最新见解与发现，解释在我们当中，尤其是银发族经常发生的现象，就是容易失去集中力。同时我们将学习到一些非常有用的小技巧，帮助我们提高注意力，好让我们能够专注，聚焦去做我们想要做的事情。我们还会进行多项游戏，让大脑活动。我们聚汇的时间，基本上是互动性的，激励性的。我们鼓励所有参与的人，分享他们各自的经验以及个人观点。

Course Duration: 7 hours, 1 day

Language: English or Mandarin

Full Course Fees (exclude GST): \$126.00

Full Course Fees with GST: \$134.82

Net Fees After NSA Subsidy: \$34.02 (For Singaporeans/PRs aged 50 and above)

SkillsFuture
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Foundation of Rotary Clubs Singapore

As part of:

Silver NATIONAL
ACADEMY
learning continues @ 50+

Navigating Around Singapore

环岛轻松游

Upon the successful completion of this course, participants will be able to use MyTransport.SG app to plan their journey and Google Maps to search and get to a location. Participants will also be able to use ride-hailing apps to book a ride for their day-to-day travel. This course is tailored to suit the learning pace of seniors, and step-by-step guides will be provided during the class.

通过这项课程，您会学习如何使用智能交通工具来计划您的旅程并且在最短的时间内抵达目的地。

这项课程的步伐适于乐龄人士，并会进行一步步的解释与指导。

Course Duration: 3 hours

Language: English or Mandarin

Full Course Fees (exclude GST): \$50.00

Full Course Fees with GST: \$53.50

Net Fees After NSA Subsidy: \$13.50 (For Singaporeans/PRs aged 50 and above)

SkillsFuture
Credit Claimable



As part of:



Shop & Pay Online

网上购物与付款

Upon the successful completion of this course, participants will be able to use mobile apps such as Shopee, Qoo10, Lazada to search and purchase a wide variety of items and using online payment to complete their transactions. Participants will also be able to use mobile apps such as Fave and GrabFood to order food and have it delivered to their doorsteps. This course is tailored to suit the learning pace of seniors, and step-by-step guides will be provided during the class.

在顺利完成课程后，您将懂得如何使用Shopee、Qoo10、Lazada等应用程序搜索并购买各种商品。您也将懂得如何在网上结账。

您也会使用Fave或GrabFood等应用程序来订餐。

这项课程适于乐龄人士的学习步伐，导师也会在课程中提供一步步的解释与指导。

Course Duration: 3 hours

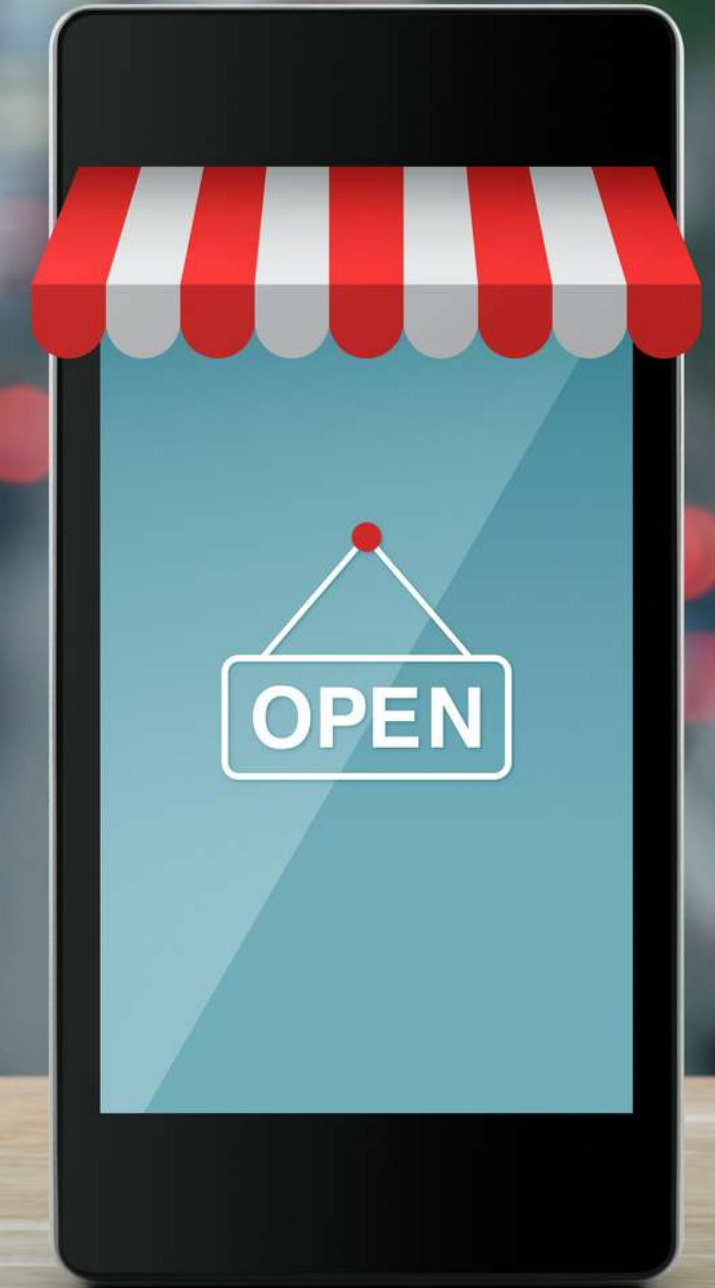
Language: English or Mandarin

Full Course Fees (exclude GST): \$50.00

Full Course Fees with GST: \$53.50

Net Fees After NSA Subsidy: \$13.50 (For Singaporeans/PRs aged 50 and above)

SkillsFuture
Credit Claimable



Elderly Nutrition 101 - Strategies To Improve Nutrition In Elderly People

This course equips busy caregivers and families with the right nutritional knowledge and strategies to prepare nutritionally balanced meals for the elderly, which also includes;

- Understanding the importance of nutrients in health preservation and disease prevention.
- Choosing healthier food options when shopping for food.
- Preparing a more nutritionally balanced meals, according to their age and lifestyle.
- Using the "Hand Rules" to portion control the amount of carbohydrates and protein according to their age and lifestyle.
- Understanding the importance of knowing where your food comes from as farming techniques, packaging and transportation affects the nutritional values of the food.
- How different cooking methods affect the nutritional values of food.
- Reading food labels and choose healthier options when shopping for food.
- How to supplement correctly and avoid harming your health with the wrong supplements.

Course Duration: 8 hours, 1 day

Language: English

Full Course Fees (exclude GST): \$175.00

Full Course Fees with GST: \$187.25

Net Fees After NSA Subsidy: \$47.25 (For Singaporeans/PRs aged 50 and above)

SkillsFuture
Credit Claimable



Elderly Eye Care 101 : Strategies To Improve Vision Care In Elderly People

90% of people suffering from Glaucoma are unaware of it.
80% of people with long-standing diabetes will develop Diabetic Retinopathy.
75% of teenagers in Singapore have myopia and are dependent on glasses.
These are statistics for some of the major eye conditions among adults and children in Singapore.

In this talk, join our speaker, Ken Tong, President, Singapore Optometric Association and Founder, Eyesight.sg as he shares tips on managing good eye health and learn about risk factors, signs and symptoms of different eye conditions and how it is related to our body.

Learning Outcome include;

- How comprehensive eye exam can detect 20 different health conditions
- Common eye conditions - cause, effect and treatments
- Why is it important to go for a yearly preventative eye health comprehensive screening

Get a free glaucoma, eye pressure test at the end of the talk.

Course Duration: 16 hours, 2 day

Language: English

Full Course Fees (exclude GST): \$252.00

Full Course Fees with GST: \$269.64

Net Fees After NSA Subsidy: \$68.04 (For Singaporeans/PRs aged 50 and above)

SkillsFuture
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Understanding Chinese Herbs And Recipes For Healthy Living

认识中药材功能与食疗促进健康体质

Importance of Chinese Herbs & its Usage. Thorough understanding of Chinese herbs and proper inclusion into diet as a form of therapy can help improve one's health and possibly prolong lifespan. When used accurately, it helps with enhancement of bodily functions, replenish mineral loss, improve disease resistance, and strengthen overall immunity.

本课程将让学员认识中药材的个别功能，并运用在日常菜肴烹煮，借以提升身体免疫力，消除疲劳，和保健功效。

Course Duration: 7 hours, 1 day

Language: English

Full Course Fees (exclude GST): \$175.00

Full Course Fees with GST: \$187.25

Net Fees After NSA Subsidy: \$47.25 (For Singaporeans/PRs aged 50 and above)

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Rotary

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FRCS

As part of:

Silver
NATIONAL
ACADEMY

learning continues @ 50+

Meet Our Amazing Trainers



Ching Kwock Wing



Katherine Khoo



Ken Tong



Mervyn Chan

Trainer Profile



Ching Kwock Wing

Mr Ching Kwock Wing has over 20 years of expertise in corporate strategies, governance, product planning and management, sales & marketing, business development and customer relations management. He has been also lecturing in universities and conducted numerous training seminars throughout China. Kwock Wing obtained his Master of Science, Industrial Engineering and was a recipient of the prestigious Colombo Plan Scholarship of the British Commonwealth.

程国荣老师是名学士与硕士课程讲师，科目包括：战略管理，商业谈判，管理咨询，组织行为，国际管理，等。他在亚细安各国，南韩，日本，大中国以及大洋洲开拓新市场，期间担任内部咨询计划主管，进行战略与组织转型，流程优化，IT 系统设计与转配，在中国更负责合资经营，技术转让，乃至合作开发项目。



As part of:



Trainer Profile



Katherine Khoo

Katherine is a Nutritional Therapist with 10 years of experience working with cancer and kidney patients, and women with hormonal issues. She has helped hundreds of clients to heal and feel better with nutrition. Her approach is individualised and not one-size-fits-all. She believes in client-centred care, considering her clients' health needs and lifestyles in her therapy.

Today, she is one of the go-to sources for nutrition wellness and has appeared in numerous health and wellness events. Through her health talks and blogs, Katherine is committed to helping as many people as possible make informed dietary and lifestyle choices.

Trainer Profile



Ken Tong

Mr Ken Tong founded Eyesight.sg to increase awareness about Myopia driven by the mission to optimise vision health and eradicate preventable blindness. Ken's reach includes multiple prevention bodies such as the Clinical Optometry Practice (MOH) and the National Myopia Prevention Programme (HPB).

As the President of the Singapore Optometric Association, he extends his mission through provision of curriculum advisory for the next generation of aspiring Optometrists in SP & ITE.



As part of:



Trainer Profile



Mervyn Chan

Mr. Mervyn Chan Pong Choy has extensive experienced in TCM. Assisting the family business for more than 20 years, initially responsible for managing the sales, product procurement and data management of the storefront. In the past 10 years, he has managed the company's manufacturing plant to produce cooked herbal tea for sale in the store and to chain supermarkets and food courts. The herbal tea recipes are created by him and are formulated according to TCM theory.

陈邦才 (Mervyn Chan) 先生具有丰富的中药知识和经验。20多年来帮忙家族企业，初期负责管理铺面的行销，货品采购和数据管理。近10年则管理公司的厂房，生产自煮凉茶供自家销售和外销至连锁超市和食阁。凉茶的配方都出至他手，完全根据中医理论来配制。



As part of:



Course List

SkillsFuture
Credit Claimable

NSA COURSES	MAX PAX	COURSE FEE	GST OF FULL COURSE FEES	NSA SUBSIDY	COURSE FEES PAYABLE AFTER NSA SUBSIDY	NUMBER OF HOURS	TRAINER
Train Your Brain To Concentrate And Focus - English	20	\$126.00	\$8.82	\$100.80	\$34.02	7	Ching Kwock Wing
Train Your Brain To Concentrate And Focus - Chinese 大脑训练方法——提高你的注意力	20	\$126.00	\$8.82	\$100.80	\$34.02	7	Ching Kwock Wing
Navigating Around Singapore - English	20	\$50.00	\$3.50	\$40.00	\$13.50	3	Ching Kwock Wing
Navigating Around Singapore - Chinese 环岛轻松游	20	\$50.00	\$3.50	\$40.00	\$13.50	3	Ching Kwock Wing
Shop & Pay Online - English	20	\$50.00	\$3.50	\$40.00	\$13.50	3	Ching Kwock Wing
Shop & Pay Online - Chinese 网上购物与付款	20	\$50.00	\$3.50	\$40.00	\$13.50	3	Ching Kwock Wing
Elderly Nutrition 101 - Strategies To Improve Nutrition In Elderly People	20	\$175.00	\$12.25	\$140.00	\$47.25	8	Katherine Khoo
Elderly Eye Care 101 : Strategies To Improve Vision Care In Elderly People.	20	\$252.00	\$17.64	\$201.60	\$68.04	16	Ken Tong
Understanding Chinese Herbs And Recipes For Healthy Living - English	20	\$175.00	\$12.25	\$140.00	\$47.25	7	Mevyn Chan
Understanding Chinese Herbs And Recipes For Healthy Living - Mandarin 认识中药材功能与食疗促进健康體質	20	\$175.00	\$12.25	\$140.00	\$47.25	7	Mevyn Chan

For more information:
Email: courses@frcs.sg
Phone: +65 6904 0902



As part of:





Talk to Us!

Find out how our wide range of personal development courses offered to serve the learning needs of seniors aged 50 and above, focuses around topics such as life stage transition and positive aging for our seniors can help you and/or your organisation today!



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As part of:
Silver NATIONAL
ACADEMY
learning continues @ 50+

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