



SOCIETY FOR WINGS

Age well, age strong, age happily. All in the good company of other women.

WINGS is the only non-profit organization in Singapore that is focused on helping women live enriching lives in their later years and embrace life transitions.

AGE HAPPILY

It's all in the mind, so they say. And that is so true. Our programmes help women find the joy within in their golden years.



Happiness within You

Date: 17 Oct 2022

Time: 2pm to 5pm

Full Fee: \$75 | NSA Subsidised Fee: \$15

What does it take to be happy? Not much, but minor, powerful changes such as a positive mindset makes a great difference. Through a series of group discussions, sharing of thoughts and role play, you will be guided to gain a different perspective and make changes to be truly happy from within.



Upcoming Programmes

Click on programme name to find out more



Celebratory Floral

Dates: 18, 25 Oct & 1 Nov 2022

Time: 1.30pm to 5.30pm

Full Fee: \$360 | NSA Subsidised Fee: \$72

You don't need to be a florist to make beautiful flower bouquets! Learn to play with colour harmony and proportions in flower arrangement and get hands-on practice in making your own housewarming and birthday flowers. They can be used to beautify your home or as a gift from the heart.

Other Programmes



DIY Eco-Enzyme

31 Oct 2022 | 1.30pm to 5pm

Full Fee: \$110*

NSA Subsidised Fee: \$22*

*SkillsFuture applicable

Learn the technique and benefits of composting organic matter at home. Adopt the practice of reducing waste through making your own Eco-Enzymes, which can be used as an organic pesticide or household cleaner!



Mobile Imaging for Social Media (Photography and Videography)

26,30 Nov & 03,07,10 Dec 2022 | Timing varies

Full Fee: \$350*

NSA Subsidised Fee: \$70*

*SkillsFuture applicable

Learn about the different modes available in your camera apps, plus the art of photo composition using your mobile phone. Learn the technique to take beautiful photos and collate them into a slideshow to share with others.



Vocal Technique (Level 1) (Online)

12,19,26 Oct & 02,09,16 Nov 2022 | 10.30am to 12pm

Full Fee: \$210*

NSA Subsidised Fee: \$42*

*SkillsFuture applicable

Want to develop a singing voice and learn the techniques used in singing? Join this course to learn proper breathing techniques and improve your clarity, pitch and rhythm when you sing!

NSA Roadshow Promotion: Get 5% off programmes listed here!

Use voucher code 'NSAWINGSOCT22' on your checkout.

*Valid from 6 Oct to 19 Oct 2022 only. Fitness classes & Confinement Nanny Training are not included in this promotion.

As part of:





SOCIETY FOR WINGS

AGE STRONG

You don't have to lose strength nor mobility as you age. You can stay strong and energetic with our fitness classes or improve your dexterity with art and craft programmes that also bring out the artist in you.



Upcoming Programmes

Click on programme name to find out more



Nautical 3D Pop Up on Bookbox

Date: 17 Dec 2022

Time: 9am to 4pm

Full Fee: \$150 | NSA Subsidised Fee: \$30

Design your very own book box with a nautical theme, and make it 3D with air dry clay. Use it to put your most treasured items like C5-sized diary books, keepsakes and even jewellery! In this hands-on workshop, you will discover your creativity and improve your fine motor skills as you make this one-of-a-kind book box!



DIY Tempeh Making

Date: 17 Nov 2022

Time: 1.30pm to 5.30pm

Full Fee: \$110* | NSA Subsidised Fee: \$22*

*SkillsFuture applicable

Do you know that older adults require 50% more protein than a younger person to maintain muscle mass and strength? Tempeh is one great source of plant protein. Learn to make fresh tempeh from soybeans and include it in delicious recipes to get that much-needed protein boost in your home-cooked meals!

Other Programmes



Fitness Classes

Stay fit with our range of over 20 fitness classes! Click [here](#) to visit our website to find out more.



Crepe Paper Flower (Level 1)

09, 16, 23, 30 Nov 2022 | 8.30am to 12.30pm

Full Fee: \$280*

NSA Subsidised Fee: \$56*

*SkillsFuture applicable

Fancy flowers that never wither? You can learn to make lifelike flowers with Italian crepe paper to beautify any setting.



Upcycling Bag

01, 08, 15 Dec 2022 | 1.30pm to 5.30pm

Full Fee: \$180*

NSA Subsidised Fee: \$36*

*SkillsFuture applicable

Turn discarded coffee sachets and wrappers, into beautiful upcycled bags! Learn the techniques to clean, measure, cut and fold wrappers before weaving them into a unique upcycled bag.

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AGE WELL

Retirement should be an exciting start of the second half of your life! Ageing well means having options and being financially secure. Join these programmes for tips and know-how or pick up a new skill for your second career.

Find out more about WINGS at
Website: www.wings.sg
Facebook: [@societyforwings](https://www.facebook.com/societyforwings)
Instagram: [@societyforwings_official](https://www.instagram.com/societyforwings_official)

Upcoming Programmes

Click on programme name to find out more



Confinement Nanny Training

Dates: 12, 13, 14, 15, 16 Dec 2022

Time: 9am to 5pm

Full Fee: \$1550* | NSA Subsidised Fee: \$750*

*SkillsFuture applicable

Preparing for a baby's arrival? Or thinking of picking up an employable skill? Get up-to-date knowledge and practical skills to provide confinement care. Learn to provide post-natal care for mother and newborn, prepare confinement food and pick up the much-needed communication skills.



C3A Mental Well-being Curriculum: Riding The Waves of Change Smiling

Dates: 13, 14 Dec 2022

Time: 2pm to 5pm

Full Fee: \$100* | NSA Subsidised Fee: \$20*

*SkillsFuture applicable

It is important to maintain your own mental well-being as you age. This course shares practical tips on building resilience for successful ageing.

Other Programmes

How to Start an Online Business (Level 1)

26 Nov & 03, 10, 17 Dec 2022

8.30am to 12.30pm

Full Fee: \$550* | NSA Subsidised Fee: \$110*

*SkillsFuture applicable

Planning to start an online business? Learn more about the e-commerce landscape and the opportunities it presents.



Basic Toddler Care Training (2 to 18mths old)

09, 10 Nov 2022 | 9am to 4pm

Full Fees: \$620*

NSA Subsidised Fee: \$124*

*SkillsFuture applicable

The toddler years are a time of great cognitive, emotional and social development. Want to facilitate their learning as a caregiver? Learn about common health issues, nutrition requirements, and how you can stimulate his or her mind in a home environment.

Call WINGS at 62501012
Email us at info@wings.sg
Message us on Facebook

Visit us at
9 Bishan Place #05-01
Junction 8 Office Tower
Singapore 579837

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