

nanyang polytechnic

LIFELONG LEARNING

#becausewecan



**Consolidated National Silver
Academy Course Schedule
(Oct 2022 - Mar 2023)**

SCHOOL OF APPLIED SCIENCE

✓ SkillsFuture Credit Eligible

✓ Subsidised Fees

Course Title	Oct' 22	Nov' 22	Dec' 22	Mar' 23
Cooking for the Elderly and Effects of Aging on Taste			16	17
Understanding Food Labels			23*	24*
The Science of Aging Gracefully: Diet, Exercise & Skin Care			16	9
Medication for Common Ailments			23	24
Eat Healthy & Stay Beautiful Through TCM-Infused Diet			21*	
What Does My Blood Test Tell Me?			23	13
Creating Your Own Scented Candle			21	9
Age Gracefully: Understanding Your Medications			9	14
Ice Cream Making Made Easy ¹			20	8
Understanding What You Put In Your Car Engine: Automotive Fuels and Lubricants			23	24
TCM Life Skills in Sub-Health Management - Fundamental Approaches	4 - 5			
TCM Life Skills in Sub-Health Management - Common Conditions			27 - 28	
Knowing Your Fragrances		4		
TCM and Your Immune System: Boosting Your Immunity with Ideas from East and West			20	
C3A Mental Wellbeing Curriculum - Riding the Waves of Change Smiling				16

Note: * denotes date that the course is run in mandarin. ¹ denotes a 4 hours course. The rest of the courses are of 8 hours duration.

How much will it cost?

Course Duration	Program fee (unsubsidised)	SC ≥ 50 yrs Old (after funding)
8 hours	\$171.20	\$91.20
4 hours	\$107.00	\$57.00

The courses are eligible for SkillsFuture credit. For bill payment, please indicate reference as: CET (NRIC) (Course code). Example: CET1234567XCL1004

Information to Note:

Visit MySkillsFuture Portal (<https://www.skillsfuture.gov.sg/>) to view the courses available and access your SkillsFuture Credit. Fees are inclusive of GST. Terms and conditions apply.

Apply Now

www.nyp.edu.sg/schools/sas/lifelong-learning.html



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Operating Hours:

Monday to Thursday: 8.30am to 5:30pm

Friday: 8:30am to 5.00pm

Closed on Weekends and Public Holidays

Conducted by:



As part of:



Learning continues @ 50+