



## Courses to Promote During Roadshow

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

	Courses	URLs
1	Basic Microsoft Excel / Word / PowerPoint	<a href="https://www.sace.org.sg/course/basic-microsoft-excel-word-powerpoint/">https://www.sace.org.sg/course/basic-microsoft-excel-word-powerpoint/</a>
2	Brain Gym for Mental Fitness	<a href="https://www.sace.org.sg/course/brain-gym-for-mental-fitness-2/">https://www.sace.org.sg/course/brain-gym-for-mental-fitness-2/</a>
3	Breaking Fall, Not Bones – An experiential movement education	<a href="https://www.sace.org.sg/course/breaking-fall-not-bones-an-experiential-movement-education/">https://www.sace.org.sg/course/breaking-fall-not-bones-an-experiential-movement-education/</a>
4	C3A Mental Wellbeing Curriculum – Riding the Waves of Change Smiling	<a href="https://www.sace.org.sg/course/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/</a>
5	Choreographed Dance Performance Training (Level 1)	<a href="https://www.sace.org.sg/course/choreographed-dance-performance-training-level-1-3/">https://www.sace.org.sg/course/choreographed-dance-performance-training-level-1-3/</a>
6	Choreographed Dance Performance Training (Level 2)	<a href="https://www.sace.org.sg/course/choreographed-dance-performance-training-level-2-4/">https://www.sace.org.sg/course/choreographed-dance-performance-training-level-2-4/</a>
7	Computing for Seniors (Windows 10)	<a href="https://www.sace.org.sg/course/computing-for-seniors-windows-10/">https://www.sace.org.sg/course/computing-for-seniors-windows-10/</a>
8	Creative Airplants Wall Art	<a href="https://www.sace.org.sg/course/creative-airplants-wall-art-%e2%9c%a8-new-2/">https://www.sace.org.sg/course/creative-airplants-wall-art-%e2%9c%a8-new-2/</a>
9	Critical Thinking Skills	<a href="https://www.sace.org.sg/course/critical-thinking-skills-%e2%9c%a8new-2/">https://www.sace.org.sg/course/critical-thinking-skills-%e2%9c%a8new-2/</a>
10	Culinary Herbs - Usage and Cultivation	<a href="https://www.sace.org.sg/course/culinary-herbs-usage-and-cultivation-2/">https://www.sace.org.sg/course/culinary-herbs-usage-and-cultivation-2/</a>
11	Cyber Security and Me	<a href="https://www.sace.org.sg/course/cybersecurity-and-me/">https://www.sace.org.sg/course/cybersecurity-and-me/</a>
12	Drawing on Nature (Pencil Sketching – Intermediate)	<a href="https://www.sace.org.sg/course/drawing-on-nature-pencil-sketching-intermediate/">https://www.sace.org.sg/course/drawing-on-nature-pencil-sketching-intermediate/</a>
13	Emotional and Psychological Realities of Ageing	<a href="https://www.sace.org.sg/course/emotional-and-psychological-realities-of-ageing-3/">https://www.sace.org.sg/course/emotional-and-psychological-realities-of-ageing-3/</a>
14	Emotional Intelligence	<a href="https://www.sace.org.sg/course/emotional-intelligence/">https://www.sace.org.sg/course/emotional-intelligence/</a>
15	Food for Healthy Ageing	<a href="https://www.sace.org.sg/course/food-for-healthy-ageing-2/">https://www.sace.org.sg/course/food-for-healthy-ageing-2/</a>
16	Freestyle Floral Arrangement	<a href="https://www.sace.org.sg/course/freestyle-floral-arrangement-4/">https://www.sace.org.sg/course/freestyle-floral-arrangement-4/</a>



17	Grandparenting and Parenting for a Healthier Child	<a href="https://www.sace.org.sg/course/grandparenting-parenting-for-a-healthier-child-3/">https://www.sace.org.sg/course/grandparenting-parenting-for-a-healthier-child-3/</a>
18	Graphic Design for Business and Recreation using Canva	<a href="https://www.sace.org.sg/course/graphic-design-for-business-and-recreation-using-canva/">https://www.sace.org.sg/course/graphic-design-for-business-and-recreation-using-canva/</a>
19	How to Deal with Difficult People	<a href="https://www.sace.org.sg/course/how-to-deal-with-difficult-people-%e2%9c%a8-new/">https://www.sace.org.sg/course/how-to-deal-with-difficult-people-%e2%9c%a8-new/</a>
20	How to Manage your Aches & Pains in the Golden Years	<a href="https://www.sace.org.sg/course/how-to-manage-your-aches-pains-in-the-golden-years-3/">https://www.sace.org.sg/course/how-to-manage-your-aches-pains-in-the-golden-years-3/</a>
21	Improve Wellness through FloorCurling	<a href="https://www.sace.org.sg/course/improve-wellness-through-floorcurling/">https://www.sace.org.sg/course/improve-wellness-through-floorcurling/</a>
22	Knit One, Purl One – Stress Reliever	<a href="https://www.sace.org.sg/course/knit-one-purl-one-stress-reliever/">https://www.sace.org.sg/course/knit-one-purl-one-stress-reliever/</a>
23	Learn to play Chromatic Harmonica (Level 1)	<a href="https://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1-3/">https://www.sace.org.sg/course/learn-to-play-chromatic-harmonica-level-1-3/</a>
24	Learn Uke for Stress Relief	<a href="https://www.sace.org.sg/course/learn-uke-for-stress-relief-2/">https://www.sace.org.sg/course/learn-uke-for-stress-relief-2/</a>
25	Legal Matters for Seniors	<a href="https://www.sace.org.sg/course/legal-matters-for-seniors-2/">https://www.sace.org.sg/course/legal-matters-for-seniors-2/</a>
26	Memory Techniques for Seniors	<a href="https://www.sace.org.sg/course/memory-techniques-for-seniors-3/">https://www.sace.org.sg/course/memory-techniques-for-seniors-3/</a>
27	Mindfulness for Well-being	<a href="https://www.sace.org.sg/course/mindfulness-for-well-being/">https://www.sace.org.sg/course/mindfulness-for-well-being/</a>
28	Money Wisdom and Seniors	<a href="https://www.sace.org.sg/course/money-wisdom-and-seniors-2/">https://www.sace.org.sg/course/money-wisdom-and-seniors-2/</a>
29	My Beautiful Colours	<a href="https://www.sace.org.sg/course/my-beautiful-colours/">https://www.sace.org.sg/course/my-beautiful-colours/</a>
30	Orchid Cultivation and Floristry	<a href="https://www.sace.org.sg/course/orchid-cultivation-and-floristry-2/">https://www.sace.org.sg/course/orchid-cultivation-and-floristry-2/</a>
31	Photo Stories - Photography Basics	<a href="https://www.sace.org.sg/course/photo-stories-photography-basics/">https://www.sace.org.sg/course/photo-stories-photography-basics/</a>
32	Positive Retirement	<a href="https://www.sace.org.sg/course/positive-retirement-%e2%9c%a8-new/">https://www.sace.org.sg/course/positive-retirement-%e2%9c%a8-new/</a>
33	Preventing Dementia through Applied Neuroscience in Somatic Movement Education	<a href="https://www.sace.org.sg/course/preventing-dementia-through-applied-neuroscience-in-somatic-movement-education/">https://www.sace.org.sg/course/preventing-dementia-through-applied-neuroscience-in-somatic-movement-education/</a>
34	Professional Image, Style & Grooming Etiquette	<a href="https://www.sace.org.sg/course/professional-image-style-grooming-etiquette/">https://www.sace.org.sg/course/professional-image-style-grooming-etiquette/</a>



35	Regaining your Youth thru science and art of Movement	<a href="https://www.sace.org.sg/course/regainin-g-your-youth-thru-science-and-art-of-movement/">https://www.sace.org.sg/course/regainin-g-your-youth-thru-science-and-art-of-movement/</a>
36	SkillsFuture for Digital Community	<a href="https://www.sace.org.sg/course/skillsfuture-for-digital-community-2/">https://www.sace.org.sg/course/skillsfuture-for-digital-community-2/</a>
37	Smart Phones and Seniors (Android)	<a href="https://www.sace.org.sg/course/smart-phones-and-seniors-android/">https://www.sace.org.sg/course/smart-phones-and-seniors-android/</a>
38	Solutions-focused coaching for real-life situations and challenges	<a href="https://www.sace.org.sg/course/solutions-focused-coaching-for-real-life-situations-and-challenges-%e2%9c%a8-new-3/">https://www.sace.org.sg/course/solutions-focused-coaching-for-real-life-situations-and-challenges-%e2%9c%a8-new-3/</a>
39	The Art of Documentary Film & Video Production	<a href="https://www.sace.org.sg/course/the-art-of-documentary-film-video-production/">https://www.sace.org.sg/course/the-art-of-documentary-film-video-production/</a>
40	Thriving in Life's Transition	<a href="https://www.sace.org.sg/course/thriving-in-lifes-transition-%e2%9c%a8-new/">https://www.sace.org.sg/course/thriving-in-lifes-transition-%e2%9c%a8-new/</a>
41	Video Stories	<a href="https://www.sace.org.sg/course/video-stories/">https://www.sace.org.sg/course/video-stories/</a>
42	Web Design Made Easy for Seniors	<a href="https://www.sace.org.sg/course/web-design-made-easy-for-seniors-%e2%9c%a8new-3/">https://www.sace.org.sg/course/web-design-made-easy-for-seniors-%e2%9c%a8new-3/</a>



	<b>Silver Infocomm IT Classes</b>	
3	Be An Instagrammer	<a href="https://www.sace.org.sg/course/be-an-instagrammer-2/">https://www.sace.org.sg/course/be-an-instagrammer-2/</a>
4	Cloud Storage and Sharing (Google Drive)	<a href="https://www.sace.org.sg/course/cloud-storage-and-sharing-google-drive-4/">https://www.sace.org.sg/course/cloud-storage-and-sharing-google-drive-4/</a>
5	Digital Photo Editing	<a href="https://www.sace.org.sg/course/digital-photo-editing/">https://www.sace.org.sg/course/digital-photo-editing/</a>
6	E-Entertainment	<a href="https://www.sace.org.sg/course/e-entertainment/">https://www.sace.org.sg/course/e-entertainment/</a>
7	E-Health & E-Wellness	<a href="https://www.sace.org.sg/course/e-health-e-wellness/">https://www.sace.org.sg/course/e-health-e-wellness/</a>
8	E-travel	<a href="https://www.sace.org.sg/course/e-travel/">https://www.sace.org.sg/course/e-travel/</a>
9	Facebook (Social Media)	<a href="https://www.sace.org.sg/course/facebook-social-media-3/">https://www.sace.org.sg/course/facebook-social-media-3/</a>
10	Google Photos	<a href="https://www.sace.org.sg/course/google-photos-6/">https://www.sace.org.sg/course/google-photos-6/</a>
11	Mobile e-Payments	<a href="https://www.sace.org.sg/course/mobile-e-payments-3/">https://www.sace.org.sg/course/mobile-e-payments-3/</a>
12	Navigating Around Singapore	<a href="https://www.sace.org.sg/course/navigating-around-singapore/">https://www.sace.org.sg/course/navigating-around-singapore/</a>
13	Shop & Pay Online	<a href="https://www.sace.org.sg/course/shop-pay-online/">https://www.sace.org.sg/course/shop-pay-online/</a>
14	TikTok	<a href="https://www.sace.org.sg/course/tik-tok-5/">https://www.sace.org.sg/course/tik-tok-5/</a>
15	Using Email	<a href="https://www.sace.org.sg/course/using-email/">https://www.sace.org.sg/course/using-email/</a>
16	Using Zoom	<a href="https://www.sace.org.sg/course/using-zoom/">https://www.sace.org.sg/course/using-zoom/</a>



### Frequently Asked Questions

	Frequently Asked Questions	Answers
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 <a href="https://www.sace.org.sg/register/membership/">https://www.sace.org.sg/register/membership/</a>
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.
7	Where are the classes conducted?	Online (Virtual Classroom), Peninsula Plaza & other locations.
8	What is the payment method for the courses?	Pay online via PayNow, PayPal, Credit Card, Internet payment.
9	Are the course Skills Future Credit applicable?	Most of them are. Check our course details on our website for more information. <a href="https://www.sace.org.sg/course-schedule/">https://www.sace.org.sg/course-schedule/</a>
10	How to apply for the courses?	You can select the desired course & register online. <a href="https://www.sace.org.sg/course-schedule/">https://www.sace.org.sg/course-schedule/</a>

As part of:

