

NATIONAL SILVER ACADEMY PROGRAMMES

(NSA grant—Applicable to Singaporeans & PR aged 50 years & above)

Workshop: Express Yourself Theatre Workshop — By Jeffrey Tan (8 sessions)

Through this basic 'Express Yourself Theatre Workshop', participants will explore the different stages and results of 'Depression' and 'Dementia'. How are the seniors coping?

At the end of the course, the participants will:

- Gain different perspectives to both Depression and Dementia.
- Learn to write and perform their own short monologues.
- Demonstrate confidence to express themselves

****Male family members / friends are welcome**

***Skills Future applicable**

2,9,16,23,30 Jan; 13,27 Feb; 6 Mar, Wednesday, 7.00pm—9.30pm

Fees:\$400 After Grant: \$80

Workshop: Dementia Care — By Tetsuyu Home Care (4 sessions) *Skills Future applicable

This foundational course aims to equip caregivers or persons interested to provide care to persons with dementia, as a volunteer or a community care staff with the knowledge to help them understand what is dementia and skills to manage the day-to-day interactions with persons with dementia. Participants will also learn ways to take care of themselves as well as get an overview of the various resources available to support them in their journey as a caregiver for persons with dementia. Participants will:

- attain basic skills and knowledge on dementia caregiving to improve quality of care and reduce care work stress;
- learn about the meaning and importance of "Person Centred Care" through activities, they will apply basic skills to engage care recipients using strategies and activities taught in class to interact with persons with dementia and address areas of care eg: cognitive, behavioural symptoms to improve quality of care;
- learn about common health and safety issues pertaining to dementia clients and strategies to ensure prevention, timely detection, escalation and/or interventions. ***Skills Future applicable**

18,25 February, 4,11 March, Monday, 1.30pm—5.30pm

Fees:\$500 After Grant:\$100

Workshop: Image Grooming — By Irene Lau

Learn how to groom with style suitable for your lifestyle and line of work in today's society. Participants will be taught on proper grooming etiquette and appropriate dressing accessories and colour coordination for various occasions as well as basic skincare & makeup (no hands-on).

22 January, Tuesday, 1.00pm—6.00pm; OR

7 March, Thursday, 1.00pm—6.00pm

Fees:\$150 After Grant:\$30

Arts & Crafts: Miniature Food Clay Workshop — By Jess Chen (2 sessions)

Learn to make highly realistic food miniatures using air dry clay. Mould lightweight clay into shapes of delectable miniature foods, like Nyonya Kuehs, Breads, Local dishes such as Nasi Lemak, Prawn Noodles and much more at this workshop!

January theme: Yusheng, Mandarin oranges & Pineapple tarts

7 & 8 January, Monday & Tuesday, 2.00pm—5.00pm

Fees:\$180 After Grant: \$36

Arts & Crafts: Jewellery Beading (Basic) — By Beads & Crafts (3 sessions)

At this workshop, participants will learn how to use the various parts and findings of jewellery making to make simple earrings, bracelet and necklace.

14,16,18 January, Monday, Wednesday & Friday, 3.45pm—5.45pm

Fees:\$130 After Grant:\$26

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Workshop: Creative Writing (Basic) — By Writing Through (3 sessions)

Using the writing theme "Changes", we will show you how to ditch your inner critic, uncover your creative thoughts, and write your own poem and short story by guiding you through a bespoke program of techniques in a relaxed and supportive environment. While your poem/short story will speak to the concept of "Changes", what you choose to write is really up to you! A past experience? A dream? The future? Something you desire? At the end of the workshop, you will share your work with an audience of peers, friends, and family and celebrate your accomplishments together. You are only limited by your imagination! Each participant will receive a printed magazine, which includes all the authors' works from the workshop.

24,25,28 January, Thursday—Friday & Monday, 2.00pm—5.30pm

Fees:\$80 After Grant:\$16

Workshop: Dining With Style — By Gloria Tam

This workshop is designed to help you feel confident, comfortable and self-assured in social dining situations.

Pre-Dining Etiquette: • Etiquette of guest vs host • Extending & responding to invitations

• Dress codes • Arriving early/late;

Dining Etiquette: • Table settings • Placing orders • Appropriate use of cutlery, crockery, napkin and glassware • Styles of dining - Continental vs American • Handling "challenging food" (prawns and spaghetti) • Basic wine appreciation;

The Art of Conversations: • 6 keys to developing your conversational Skills

• The power of acknowledgements & compliments;

Post Dining Etiquette: • Concluding a meal • Settling the bill

18 January, Friday, 2.00pm—5.00pm; OR

13 April, Saturday, 9.30am—12.30pm

Fees:\$90 After Grant:\$18

Workshop: WINGS Confinement Nanny Training

This course aims to equip mature women with up-to-date knowledge and practical skills for infant and confinement care to work as confinement nannies. Learn baby and mother post-natal care, confinement food cooking, and value added skills.

Registration Period: Opens on 28 Dec 2018

Venue: Thomson Medical Centre & WINGS

***Skills Future applicable**

25 February—1 March, Monday—Friday, 9.00am—5.00pm

Fees:\$1550 After Grant:\$750

Workshop: Live360@WINGS (8 sessions)

This new workshop aims to equip women with knowledge and skills in enhancing their physical and mental wellness as they move into their senior years. Through an integrated approach, women can learn to adopt a balanced lifestyle that involves daily exercise, healthy diet and recreational activities in ageing well every day. You will learn:

- Engage in physical activity (Tai-Chi) for improved flexibility, strength, improved balance and well-being;
- Gain an understanding of common chronic illnesses;
- Experience mindfulness practice to manage emotions, boost concentration, memory and improve relationships;
- Learn simple arts and crafts to help with hand-eye coordination and cognitive abilities.

26 Feb, 5,12,19,26 Mar, 2,9,16 Apr, Tuesday, 2.00pm—5.00pm

Fees:\$400 After Grant:\$80

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Workshop: Urban Permaculture — By Balan Gopal (Herb in a Cup)

In this workshop, you will be empowered to recycle and grow organic food (veg and herbs) the easy way in built up areas, from seed to harvest and maintenance. You will learn how to:

1) Soil and soil mixing, 2) Seed care and seedling care, 3) Making your own organic fertilizer and pesticides, 4) Harvesting and repotting of herbs, 5) Stem propagation, 6) Recycling of organic matter and composting, 6) Setting up a compost bin, 7) Working with Malaysian Blue Earthworms and Vermiculture, 8) Growing friendly veg and herbs for beginners, 9) Vertical setup and structures for growing, 10) Growing in containers, 11) Growing Microgreens and Wheatgrass, 11) Sprouting in bottles, 12) Brewing tea using herbs (Eg. Mint, Basil).

Note: Participants get to take back 2 Herb in a cup grow kits & a packet of Wheat Grass to grow

Venue: 15 Joan Road, “The Nature Company”

16 March, Saturday, 9.00am—12.30pm

Fees:\$110 After Grant:\$22

Workshop: Homecare for the Aged Sick — By Tetsuyu Home Care & WINGS (4 sessions)

This course aims to equip the audience with knowledge of the effects of ageing, common health issues, prevention and self care strategies. Members of the audience with elderly parents or loved ones who need care will also obtain an understanding of what to expect in their care journey.

You will learn:

- Strategies on how to cope with daily care, finding resources to tap on and how to detect and manage caregiver stress;
- How to adopt the right mindset and communication skills that can pave the path for better patient and caregiver outcomes.

*Skills Future applicable

18,25 March, 1,8 April, Monday, 1.30pm—5.30pm

Fees:\$500 After Grant:\$100

Workshop: Journey of Digital Photography — By Mr Liang Weng Lin (5 sessions)

Join this workshop to equip yourself with the basic knowledge of Digital Photography and the efficiency of handling a digital camera.

Session 1— Classroom: Introduction to Digital Photography (WINGS)

Session 2— Classroom: Basic digital editing and composition through software (WINGS)

Session 3— Outdoor: Street And Landscape Photography

Session 4— Outdoor: Macro Photography

Session 5— Outdoor: Night Photography

5, 12, 19, 26 March, Tuesday, 2.00pm—5.00pm &

2 April, Tuesday, 6.30pm—9.30pm

Fees:\$400 After Grant:\$80

Workshop: Tell Your Life Story with Electronic Scrapbook — By Orchid Creative

The focus of the class is to empower participants with the life-long skill of scrapbooking to record precious moments in creating an electronic scrapbook with pictures on their mobile phones that will be turned into a slideshow, and in the process, allow them to rediscover themselves.

In this workshop, you will:

- Understand the concept of theme, planning and design layout.
- Understand the basic concepts of mobile photography, photos organization and collage-making as essential elements of electronic scrapbook creation.

14,21,28 March, Thursday, 2.00pm—5.30pm (3 sessions)

Fees:\$200 After Grant:\$40

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Workshop: HappinessAct (6 sessions)

Happiness need not be just a result of external events, it can radiate from within you if you learn to manage your emotions and behavioral patterns. Learn how to make simple changes to empower yourself, unleash your inner potential and create happiness for yourself and your loved ones. You are only 6 weeks away from Happiness!

22 February, 1,8,15,22,29 March, Friday, 1.30pm—4.30pm; OR

7,14,21,28 March, 4,11 April, Thursday, 7.00pm—10.00pm

Fees:\$300 After Grant:\$60

Workshop: MoneyAct (6 sessions)

With the increasing life expectancy among women, you need to be empowered with the right knowledge and confidence to achieve success and self-reliance. Stay connected to the power of financial education and make informed decisions.

19,26 March, 2,9,23,30 April, Tuesday, 2.00pm—5.00pm

Fees:\$300 After Grant:\$60

Workshop: HealthAct (6 sessions)

Practice healthy living by focusing on your physical emotional and mental well-being as well as incorporate preventive health management into your daily routines.

- Find out what is BEStFlex and FITT formula in this program;
- Get a Personal healthcare booklet containing practical tips on healthcare;
- Experiential – shopping for healthier choice. Tips to creating mindfulness when eating;
- Do you really need supplements? Find out the difference between facts & fictions, what you need & don't.

TBC Q2 2019

Fees:\$300 After Grant:\$60

Workshop: Wellness Vegetarian Confinement Meals — Elementary

Enhance caregivers nutritional knowledge and food preparation skills focusing on plant based meals necessary for prenatal and postnatal care. The course is especially targeted at caregivers who want to provide effective care and value add to confinement food for new mothers.

Venue: Kampung Senang (Aljunied)

30 March, Saturday 10.00am—5.00pm

Fees:\$180 After Grant:\$36

Workshop: Be a Montessori Educator — By Fiona Teoh (Literacy Empowerment Pte Ltd)

In this workshop, the participants will be equipped with the knowledge and skillsets to teach English language using Montessori phonetic pedagogy.

With these new knowledge and skillsets, students could:

- 1) Seek new career opportunities in enrichment or tuition centres,
- 2) Set up their own business specialising in Preschool language,
- 3) Spend quality time to bond with family members through teaching children/grandchildren

*Exclusive of 3 hours of online session & 3 hours of Live teaching and Live classroom observation

**Male family members / friends are welcome

*Skills Future applicable

15,16 & 17 April, Monday—Wednesday, 9.30am—4.30pm

Fees:\$850 After Grant:\$170

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Workshop: How to Stay Resilient in Tough Times — By Jean Toh (4 sessions)

With the increasingly fast paced and rapidly changing working and living environment in Singapore, many adults are facing stress, lack of engagement and diminishing sense of well-being in life and at the workplace. This course aims to empower women to embrace and thrive over challenges that comes with aging at work, at home and in life to enhance their wellbeing and effectiveness. Through this course, participants will learn:

- 1) What is Resilience and how it can help us to thrive in the face of our challenges at work and in life;
- 2) How our thinking processes affect our stress coping strategies and how to apply resilience thinking skills to manage and thrive over adversities through the SPARK model and ABCDE method;
- 3) What are the eight common thinking traps and how they can influence the accuracy of our thinking and resilience responding;
- 4) How to identify our belief patterns and ice-berg beliefs and how to develop a more accurate perception and responding in the face of challenges;
- 5) Calming and focusing skills we can apply quickly as a stopgap when facing stress;
- 6) Strengths assessment, strengths use and strengths development at Work, Home and other key areas of life;
- 7) Job Crafting, Positive Work and how to find Meaning in your work;
- 8) How to build and strengthen our resilience resources based on the science of positive psychology.

18,25 April, 2,9 May, Thursday, 7.00pm—10.00pm

Fees:\$350 After Grant:\$70

讲座: 快乐行动 (6 堂课) (HappinessAct Chinese)

你是什么性格类型? 通过了解自己, 提高你的生活质量, 并与家人朋友建立更良好的人际关系。在生活中有积极的想法和观点往往是让自己活得更快乐的关键。通过“快乐行动”课程, 学习不同的技巧和策略, 让自己活得更更有意义! 更精采!

4月26日—5月31日 2019, 星期五, 2.00pm—5.00pm

Fees:\$300 After Grant:\$60

讲座: 优雅的宴会与餐桌礼仪 (Dining with Style - Chinese) — By Gloria Tam

这个课程将通过讲解, 互动, 示范的形式使你在社交用餐场合能增强信心, 自在和自信。

餐前的礼仪: -客人和主人家的礼仪, -致以及接受邀请, -穿着服饰准备, -时间观念 -遵守赴约的时间

用餐的礼仪: -点菜单窍门, -桌面摆置, -西餐餐具的辨认与用法, -欧式和美式用餐方式, -善用挑战性的美食, -处理尴尬的场合, -品尝美酒基本指南, -人與人之间的互动

餐后的礼仪: - 宴席结束, -结账技巧

4月 15日2019, 周一, 2.00pm—5.00pm

Fees:\$90 After Grant:\$18

讲座: 生命不留白-用电子剪贴簿编织我的故事 — By Orchid Creative

(Tell Your Life Story with Electronic Scrapbook - Chinese)

- 利用手机上的电子剪贴簿程序, 在指导员的帮助下把数码照片编织成变成剪贴簿和幻灯片。
- 了解主题, 规划和设计布局的概念。
- 了解移动摄影, 照片组织和拼贴制作的基本概念, 作为电子剪贴簿创作的基本要素。

5月 2,9,16 日2019, 星期四, 2.00pm—5.00pm

Fees:\$200 After Grant: \$40

OTHER PROGRAMMES

Interest Group: Sudoku

A “brain” puzzle that requires cognitive skills, spotting patterns, quick decision making and logical reasoning. Join regular sessions to keep your mind active.

Every Tuesday 2.00pm—3.00pm

NO CLASS IN JANUARY

Arts & Crafts: Balloon Sculpting

Get Creative With Balloons! Enjoy a fun-filled afternoon while learning to sculpt balloon figures. Please bring along a pair of scissors, manual air pump & storage bag.

Every 2nd Wed of the month, 2.00pm—4.00pm

NO CLASS IN JANUARY

Arts & Crafts: Pandan Leaf Rosette — By Jennifer Lim & Susan Goh

This specially curated fun workshop—transforming fresh pandan leaves to roses. Bring home your own handcrafted creation of a rose posy to present to that special person in your life. Or use as light fragrant for the bathroom?

21 January, Monday, 2.00pm—5.00pm

C:\$28 NC:\$42

Arts & Crafts: CNY Prosperity Garlic Hanging Décor (Basic)

It's a traditional belief to hang garlic at home/shop if you want to count lots of money! 算 means 'count' & has the same pronunciation as 蒜 which is the Chinese name for garlic. So come and learn how to decorate your house and whole year "count" 年年有的算 Huat ah!!

9 January, Wednesday, 2.00pm—4.00pm

C:\$15 NC:\$20

Workshop: Kimchi Making — By Lynn Chang

Kimchi has been a traditional food in Korea for thousands of years. There are hundreds of kimchi recipes in existence today, but one of the most classic includes fermented cabbage, radish, scallion, red chili paste, garlic, ginger and red pepper powder. You can make it at home or buy it in the store. Either way, it should be fermented yet unpasteurized and stored in the refrigerator for the probiotics to stay intact. Kimchi is low in calories yet rich in good bacteria, fibre and key vitamins. It is known to have many impressive health benefits, including improved digestion & immune function, cancer prevention, and anti-aging effects. As a rich source of probiotics, this fermented food can be beneficial to many health conditions, including diarrhoea, eczema, IBS, ulcerative colitis, Crohn's disease, H. pylori, vaginal infections, urinary tract infections, recurrence of bladder cancer & etc. The workshop will come with a recipe, all the ingredients you'll need and a container to bring back your homemade kimchi. The biggest takeaway is you'll take is not only a simple recipe but a life skill for when your craving hits! (min 15 pax to start class)

15 January, Tuesday, 2.30pm—4.30pm

C:\$38 NC:\$50

LEGEND C: Client NC: Non-Client

Note:

- 1) WINGS reserves the right to postpone or cancel the course due to unforeseen circumstances or low enrolment.
- 2) Your registration is accepted and valid only upon payment based on first come, first served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stretch & Tone with Cardio 8.00am - 9.00am \$10/session Peter Tan	Pilates (Power Fusion) 9.00am - 10.00am \$10/session Jane Tan	Zumba Gold 9.00am - 10.00am \$10/session Matthew Ang	Stretch & Tone 8.00am - 9.00am \$10/session Peter Tan	Pilates 9.00am - 10.00am \$12/session Christopher Lim
Cardio Mix 9.00am - 10.00am \$10/session Peter Tan	Pilates (Power Fusion) 10.00am - 11.00am \$10/session Jane Tan	Hatha Yoga 10.00am - 11.00am \$10/session Yvonne Tham	Zumba Fitness 9.00am - 10.00am \$10/session Peter Tan	Yin Wellness 9.30am - 10.30am \$15/session Betty Yeoh
Stretch & Tone 10.00am - 11.00am \$10/session Peter Tan	50:50 Cardio/Conditioning 10.00am - 11.00am \$10/session Jonathan Lim	20:20:20 Cardio / Interval training / Stretch 10.00am - 11.00am \$10/session Jonathan Lim	ShapeXercise 09:30am - 10:30am \$10/session Kamisah Basri	50:50 Cardio/Conditioning 10.00am - 11.00am \$10/session Jonathan Lim
Cardio & Stretch 10.00am - 11.00am \$10/session Jonathan Lim	Gentle Hatha Yoga 11.30am - 12.30pm \$10/session Florence Kwok	Belly Dance 11.15am - 12.45pm \$15/session Joey Bay	Stretch & Tone 10.00am - 11.00am \$10/session Peter Tan	Move with Yoga 11.00am - 12.00pm \$10/session Naoko Ito
Fusion Workout: Fitness, Yoga, Pilates & Barre 11.10am - 12.10pm \$10/session Jonathan Lim	Tai Chi for Health 11.30am - 12.30pm \$10/session Jennifer Chung	Pilates 2.00pm - 3.00pm \$12/session Jane Koh	Hatha Yoga 11:00am - 12:00pm \$10/session Yvonne Tham	Tai Chi for Health 2.00pm - 3.00pm \$10/session Jennifer Chung
Pilates 12.15pm - 1.15pm \$12/session Jane Koh	50:50 Cardio/Conditioning 7.00pm - 8.00pm \$10/session Jonathan Lim	Pilates 3.00pm - 4.00pm \$12/session Jane Koh	Pilates 4.00pm - 5.00pm \$12/session Christopher Lim	
	Move with Yoga 7.15pm - 8.15pm \$10/session Florence Kwok		ChairXercise (中文) 2.30pm - 4.00pm 17 January only \$5/session Elaine Soh	
			ShapeXercise 7.00pm - 8.00 pm \$10/session Kamisah Basri	
			Zumba Fitness 7.00pm - 8.00pm \$10/session Qamariah Syafnee	

TERMS

- Term 1: Jan - Feb
- Term 2: Mar - Apr
- Term 3: May - June
- Term 4: July - Aug
- Term 5: Sept - Oct
- Term 6: Nov - Dec

T&C

1. All participants must abide by the premise's rules as stipulated by WINGS.
2. Photographs and videos may be taken during the workshops / trainings for publicity purposes.
3. WINGS reserves the right to make changes or cancellation at our sole discretion.
4. Fitness Classes: Participants must commit for full two months (1 term). Ad-hoc charges is double rate per session.
5. New Participants ONLY: ONE time trial class which is only available during the **LAST 2 WEEKS** of every term at \$10/\$12/\$15 per session. Max 3 types of exercises per person.
6. Register at:

Tel: 6250 1012
Website: www.wings.sg

Email: info@wings.sg
Address: 9 Bishan Place #05-01 Junction 8 Office Tower
 Spore 579837