

NATIONAL SILVER ACADEMY PROGRAMMES

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

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, 7) Setting up a compost bin, 8) Working with Malaysian Blue Earthworms and Vermiculture, 9) Growing friendly veg and herbs for beginners, 10) Vertical setup and structures for growing, 11) Growing in containers, 12) Growing Microgreens and Wheatgrass, 13) Sprouting in bottles, 14) 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"

3 May, Friday, 2.00pm—5.30pm; OR

7 June, Friday, 2.00pm—5.30pm

Fees:\$110 After Grant:\$22

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.

16,23,30 May, 6 June, Thursday, 7.00pm—10.00pm

Fees:\$350 After Grant:\$70

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

13 April, Saturday, 9.30am—12.30pm

Fees:\$90 After Grant:\$18

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

Using the writing theme "Places", 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 "Places", 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.

4,5,11 April, Thursday, Friday & Thursday, 2.00pm—5.30pm

Fees:\$80 After Grant:\$16

Workshop: Advanced Creative Writing: One Step Beyond, Taking Your Writing to the Next Level — By Writing Through (3 sessions)

Take your writing, thinking and presentation skills to the next level. Those who have already experienced the Writing Through methodology are now invited to expand their skills through immersion in an Advanced Writing Through workshop. Push your writing to new limits through more difficult challenges, and expand your poetry and prose with an eye to possible publication – and all through the fun and gentle guidance of Writing Trough's most experienced facilitators. Like the Creative Writing with Writing Through workshop, you will share your work and celebrate your accomplishments together. Each participant will receive a printed magazine, which includes all the authors' works from the workshop. Each session is approximately 90 minutes long and builds on the previous session. **Theme: Place and Gender Equity**

Pre-requisite: Creative Writing (Basic) with Writing Through

25,26,29 April, Thursday, Friday & Monday, 2.00pm—5.30pm

Fees:\$80 After Grant:\$16

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).

7 May, Tuesday, 1.00pm—6.00pm

Fees:\$150 After Grant:\$30

Arts & Crafts: Jewellery Beading (Basic) — By Beads & Crafts (2 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.

6 & 8 May, Monday & Wednesday, 2.30pm—5.30pm

Fees:\$130 After Grant:\$26

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! **May theme: Yong Tau Foo & Oysters**

13 & 15 May, Monday & Wednesday, 2.00pm—5.00pm

Fees:\$180 After Grant:\$36

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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!

27 May, 3,10,17,24 June, 1 July, Monday, 1.30pm—4.30pm

Fees:\$300 After Grant:\$60

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.

28 May, 4,11,18 June, 2,9,16, 25 July, Tuesday, 2.00pm—5.00pm

Fees:\$400 After Grant:\$80

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

10,11 & 12 June, Monday-Wednesday, 9.30am—4.30pm

Fees:\$850 After Grant:\$170

Workshop: HealthAct (6 sessions)

Pave your way to healthy ageing through a combination of food, exercise and understanding of medical conditions that affect women.

- Learn how to eat your way to wellness
- Do suitable exercises for physical wellness
- Gain insights into the common female medical issues
- Understand what defines mental health and how to maintain good mental hygiene

29 June, 6,13,20,27 July, 3 August, Saturday, 9.00am – 12.30pm

Fees:\$300 After Grant:\$60

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Workshop: Dementia Care — By Tetsuyu Home Care (4 sessions)

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:

- a) attain basic skills and knowledge on dementia caregiving to improve quality of care and reduce care work stress;
- b) 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;
- c) 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**

17,24 June, 1,8 July, Monday, 1.30pm—5.30pm

Fees:\$500 After Grant:\$100

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 22 April**

Venue: Thomson Medical Centre & WINGS

*Skills Future applicable

17—21 June, Monday—Friday, 9.00am—5.00pm

Fees:\$1550 After Grant:\$750

讲座: 雅乐妇友会坐月保姆培训课程 (WINGS Confinement Nanny Training — Chinese)

目的是让有意掌握最新，最先进坐月保姆知识和实践技能的中年妇女必要的训练，为自己的家人或其他妇女提供专业的保姆服务。

报名日期: 2月11日2018

*Skills Future applicable

4月8日至—4月 12日2019, 周一至周五, 9.00am—5.00pm

Fees:\$1550 After Grant:\$750

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: 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

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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: 坐月子的养生素 (初级班) (Wellness Vegetarian Confinement Meals — Chinese)

本课程的目的, 为坐月子护理人员配备最新的营养知识和食物制备技能必要的产前和产后护理。

本课程特别针对保姆 想要在坐月离期间为母亲提供有效的护理。课程的重点是以植物为基础的健康膳食的制备。

地点: Kampung Senang (Aljunied)

6月29日2019, 星期六 10.00am—5.00pm

Fees:\$180 After Grant: \$36

OTHER PROGRAMMES

Event: Parliament House Guided Tour

Through this educational tours, you gain access to knowledge about the Singapore Parliament and its workings. Take a walk with us through the corridors of history and find out the origins of our Parliament. Learn about our parliamentary system of government, roles and functions of Parliament, who's who in the House, and how laws are made.

*Male family members allowed

**Meeting point: City Hall MRT control station @ 3.10pm

26 April, Friday, 3.30pm—4.45pm

C:\$10 NC:\$15

Workshop: Spice Market Tour — By Ajuntha Anwari (Medicine Woman Asia)

Add some spice to your life by joining this fun tour which will delve into the historical, trade, medicinal and, most importantly, culinary properties of the multitude of spices available here. We will explore the spices and herbs sold in Little India to visit one of Singapore's most popular wet markets, Tekka with Ajuntha Anwari.

Source these at the market: 1. Fresh Asian herbs; 2. Spices and curry powders

Be introduced to: 1. Flower sellers; 2. Indian grocery shops; 3. Fresh fruit market

Meeting point: Little India MRT Station

23 April, Tuesday, 9.30am — 11.30am

C:\$20 NC:\$30

OTHER PROGRAMMES

Support Group: Menopause Personal Counselling (Up to 4 sessions)

Menopause is part of a woman's natural ageing process. Rather than creating a wall of silence around it and trying to cope on your own, it is important to talk about it & find support.

Every Tuesday 7.00pm—8.00pm (Book in advance)

C:\$12 NC:\$18

Workshop: 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

C:\$12/mth or \$4/session

Arts & Crafts: Balloon Sculpting

Ever wonder how balloons can be twisted into beautiful shapes and animals? Enjoy a fun-filled afternoon while learning how to twist and sculpt balloon figures. Everyone will get a chance to learn how to create 2 or 3 balloon sculptures. Please bring along a pair of scissors, manual air pump & storage bag.

10 April, Wednesday, 2.00pm—4.00pm (every 2nd Wed of the month)

C:\$5 NC:\$8

Workshop: Easy Homemade Yogurt — By Lynn Chang

Homemade yogurt is very easy and cheap to make at home! All you need is good quality milk and with your favourite yogurt starter, you can have fresh yogurt right at your own home. Come and try out the different types of yogurt and bring home some yogurt starters for your probiotic health. We will also be sharing some simple recipes for you such as smoothies, salad dressings and dips. Remember to bring along a clean glass container to bring home your yogurt starters.

18 April, Thursday, 2.30pm—4.30pm

C:\$20 NC:\$30

Workshop: How to make Nyonya Achar — By Lynn Chang

Pickle is a method of preserving vegetables and fruits to develop the flavours before ready for consumption. Achar is a type of pickle popular in Asian cuisine, generally made with vegetables. Different types of vegetables, usually cucumber, carrots and cabbage, are pickled in a vinegar concoction. This sourish pickle is an excellent side dish that helps to "open up" appetite and cuts down the greasy feel of other dishes. Participants will get to bring home a bottle of Achar.

*Postponed from 15 March

25 April, Thursday, 1.00pm—3.00pm

C:\$38 NC:\$50

Workshop: Mindfulness with Flowers — By Tan Cheen Chong and Juliana Foo

Join Tan Cheen Chong, a mindfulness teacher and Juliana Foo, a floral designer, in a mindfulness session where you will be introduced to your five senses through a relaxed and hands-on experience. We will briefly discuss the science and benefits of cultivating this habit, before experiencing two simple and popular mindfulness techniques: awareness of breath and body scan. As a group, we will then share about our experiences, and discuss insights on how this skill is applicable in our daily lives. From that state of awareness, we'll move into free-form flower arranging, where we'll be introduced to flower care, and choosing the correct flowers. You will then learn how to appreciate the beauty of flowers through smell, sight, touch and immerse in making your arrangement while being aware of these senses. At the end of the workshop, we hope you will have fun, learn a few new skills, and feel more relaxed and peaceful.

9 May, Thursday, 1.00pm—3.00pm

C:\$65 NC:\$88

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 Sherron Chua
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	Hips, Knees & Ankles 12.00pm - 1.00pm \$10/session Jonathan Lim
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	Tai Chi for Health 2.00pm - 3.00pm \$10/session Jennifer Chung
	Move with Yoga 7.15pm - 8.15pm \$10/session Florence Kwok		ChairXercise (中文) 2.30pm - 4.00pm 11 April 2019 \$5/session Elaine Soh	
			ShapeXercise 7.00pm - 8.00 pm \$10/session Kamisah Basri	
			Zumba Fitness 7.00pm - 8.00pm \$10/session Qamariah Syafnee	

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

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