

## 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”

7 June, Friday, 2.00pm—5.30pm

Fees:\$110 After Grant:\$22

### 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: 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

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### 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

28 June, Friday, 2.00pm—5.00pm

Fees:\$90 After Grant:\$18

### 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

### 讲座：坐月子的养生素（初级班）

#### (Wellness Vegetarian Confinement Meals — Chinese)

本课程的目的，是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

### Workshop: The Art & Style of Looking Good — By Gloria Tam

This workshop offers personalized feedback coaching & in-depth skills on personal image management. It is designed to equip the individual with knowledge, guidelines, practical skills, and focuses on key learning outcomes in various aspects of visual appearance & presence so that the individual can relate with greater ease, credibility & confidence in their social network.

1 August, Thursday, 12.30pm—5.30pm

Fees:\$150 After Grant: \$30

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.

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### 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.

15&17 July, Mon & Wed, 2.30pm—5.30pm

Fees:\$130 After Grant:\$26

### Arts & Crafts: 3D Beading Workshop — By Beads & Crafts (2 sessions)

At this workshop, you will learn how to bead your own 3D figurines—flowers, animals, fruits, etc.

These beautiful and cute pieces can be use as decoration, key chains, bag charms and much more.

26 & 28 Aug, Mon & Wed, 2.30pm—5.30pm

Fees:\$110 After Grant:\$22

### 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!

Q3/4, TBC, 2.00pm—5.00pm

Fees:\$180 After Grant: \$36

### 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).

24 September, Tuesday 1.00pm—6.00pm

Fees:\$150 After Grant:\$30

### 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 ageing 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.

10, 17, 24 & 31, July, Wednesday, 7.00pm—10.00pm

Fees:\$350 After Grant:\$70

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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!

12, 19, 26 July, 2, 16, 23 August, Friday 7.00pm—10.00pm

Fees:\$300 After Grant:\$60

### Arts & Crafts: Washi Egg (Basic & Advanced) (2 sessions)

Learn the intricate Japanese art of decorating eggs with Washi Paper. This washi egg workshop will show you the ropes in covering real eggs with Japanese washi paper. This workshop will enable you to decorate eggs in any style you want for any festive season.

23 & 30 August, Friday, 1.30pm—5.30pm

Fees:\$180 After Grant:\$36

### Arts & Crafts: Upcycling Bag (3 sessions)

In this workshop, we are going to have fun using recycled sachets and wrappers from Nescafe, Old Town, Milo, Super, etc to turn into lovely bags that one cannot imagine! We are also doing a great part in protecting the environment. Materials are provided for the workshop and at the end of the course, each participant will have a completed beautiful bag to bring home.

12, 19 & 26 July, Friday, 2.00pm—5.00pm

Fees:\$135 After Grant:\$27

### Workshop: How to start an Online Business (4 sessions)

In these lessons, you will learn about the current e-Commerce Landscape and how to setup an online store.

Through this course, participants will learn:

1. Understand The Current E-commerce Landscape and Opportunities
2. Source for the right products that will sell
3. Learn about setting an online shop.

20, 27 July, 17, 31 August, Saturday, 9.00am—1.00pm

Fees:\$550 After Grant:\$110

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### 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**

21, 28 Aug, 4,11,18,25 Sep, 2,9 Oct, Wednesday, 7.00pm—9.30pm

**Fees:\$400 After Grant: \$80**

### 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.

Q3/4, TBC, Thursday—Friday & Monday, 2.00pm—5.30pm

**Fees:\$80 After Grant:\$16**

### 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**

8,15,22 & 29 August, Thursday, 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 24 June

Venue: KKH & WINGS

**\*Skills Future applicable**

19—23 August, Monday—Friday, 9.00am—5.00pm

**Fees:\$1550 After Grant:\$750**

## NATIONAL SILVER ACADEMY PROGRAMMES

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### Arts & Crafts: Art of Paper Quiling (Basic) (4 sessions)

Learn art of paper quiling.

Through this course, participants will:

1. learn a new art and craft
2. Develop memory, focus, fine motor skills, creativity, social interaction
3. Conceptualize and design bookmarks, cards, art, pictures
4. Participants can sell the personalised handmade items online as source of income, raise funds for social causes, teach others, set up interest groups or clubs in their community

30 Jul, 6,13,20 Aug, Tuesday, 2.00pm—5.00pm

**Fees:\$150 After Grant: \$30**

### Arts & Crafts: The Art of Decoupage (6 sessions)

Decoupage is the art of decorating objects with paper cut-outs and paint effects. These cut-outs are glued to the surface and several coats of varnish are applied to give it a lacquered finish. The finished products are so stunning that they are often mistaken to be professionally painted.

Through this course, participants will learn:

1. Participants will learn a new art and craft
2. Develop memory, focus, fine motor skills, creativity, social interaction
3. Conceptualize and design bookmarks, cards, art, pictures

2,7, 14,19,26 Aug, 4 Sep, Mon, Wed & Friday, 1.30pm—4.00pm

**Fees:\$290 After Grant: \$58**

### Workshop: Salads for All

To make a healthier salad that could benefit health conditions like: indigestion, gas and bloating, heartburn and acid reflux, constipation, indigestion, low energy and chronic fatigue.

Participants will also receive training and information on the types of salads for health improvement such as constipation, bloating and gas, fatigue or low energy. The participants will also learn the skills of salad making and the tools.

Q3/4, TBC, 1.00pm—5.00pm

**Fees:\$100 After Grant: \$20**

### 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.

30 May, 6, 13 June, Thursday, 2.00pm—5.00pm (3 sessions)

**Fees:\$200 After Grant: \$40**

#### Note:

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## 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.

12 June, Wednesday, 2.00pm—4.00pm (every 2nd Wed of the month)

C:\$5 NC:\$8

### Event: Singapore Philatelic Museum—Walking Down Memory Lane (min 20 pax, max 40 pax)

Join the Singapore Philatelic Museum on a walk down memory lane by reminiscing about familiar scenes & items depicted on stamps. Get hands-on with cutting, floating & sorting stamps. Take part in a fun Bingo game & win cool museum tokens!

2.00pm: Bus pick-up from centre

2.45pm: Arrival @ Our Tampines Gallery, Our Tampines Hub

2.45 - 4.45pm: Walking Down Memory Lane workshop

4.45 - 5.00pm: Break

5.00pm: Bus return to IWINGS

\*Male family members / friends are welcome

12 June, Wednesday, 2.00pm—5.30pm Meeting Point: WINGS @1.45pm

C:\$10 NC:\$15

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# FITNESS CLASSES

# JUNE 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Stretch &amp; Tone with Cardio</b> 8.00am - 9.00am \$10/session Peter Tan	<b>Pilates (Power Fusion)</b> 9.00am - 10.00am \$10/session Jane Tan	<b>Zumba Gold</b> 9.00am - 10.00am \$10/session Matthew Ang	<b>Stretch &amp; Tone</b> 8.00am - 9.00am \$10/session Peter Tan	<b>Pilates</b> 9.00am - 10.00am \$12/session Christopher Lim
<b>Cardio Mix</b> 9.00am - 10.00am \$10/session Peter Tan	<b>50:50 Cardio/Conditioning</b> 9.00am - 10.00am \$10/session Jonathan Lim	<b>Hatha Yoga</b> 10.00am - 11.00am \$10/session Yvonne Tham	<b>Zumba Fitness</b> 9.00am - 10.00am \$10/session Peter Tan	<b>Yin Wellness</b> 9.30am - 10.30am \$15/session Betty Yeoh
<b>Stretch &amp; Tone</b> 10.00am - 11.00am \$10/session Peter Tan	<b>Pilates (Power Fusion)</b> 10.00am - 11.00am \$10/session Jane Tan	<b>20:20:20 Cardio / Interval training / Stretch</b> 10.00am - 11.00am \$10/session Jonathan Lim	<b>ShapeXercise</b> 09:30am - 10:30am \$10/session Kamisah Basri	<b>50:50 Cardio/Conditioning</b> 10.00am - 11.00am \$10/session Jonathan Lim
<b>Cardio &amp; Stretch</b> 10.00am - 11.00am \$10/session Jonathan Lim	<b>50:50 Cardio/Conditioning</b> 10.00am - 11.00am \$10/session Jonathan Lim	<b>Belly Dance</b> 11.15am - 12.45pm \$15/session Joey Bay	<b>Stretch &amp; Tone</b> 10.00am - 11.00am \$10/session Peter Tan	<b>Move with Yoga</b> 11.00am - 12.00pm \$10/session Sherron Chua
<b>Fusion Workout: Fitness, Yoga, Pilates &amp; Barre</b> 11.10am - 12.10pm \$10/session Jonathan Lim	<b>Gentle Hatha Yoga</b> 11.30am - 12.30pm \$10/session Florence Kwok	<b>Pilates</b> 2.00pm - 3.00pm \$12/session Jane Koh	<b>POUND (Starting 6 June 2019)</b> 11.15am - 12.15pm \$15/session Vivien Cheung	<b>Hips, Knees &amp; Ankles</b> 12.00pm - 1.00pm \$10/session Jonathan Lim
<b>Pilates</b> 12.15pm - 1.15pm \$12/session Jane Koh	<b>Tai Chi for Health</b> 11.30am - 12.30pm \$10/session Jennifer Chung	<b>Pilates</b> 3.00pm - 4.00pm \$12/session Jane Koh	<b>Hatha Yoga</b> 11:00am - 12:00pm \$10/session Yvonne Tham	<b>Tai Chi for Health</b> 2.00pm - 3.00pm \$10/session Jennifer Chung
	<b>Tai Chi for Health (Starting 2 July 2019)</b> 1.00pm - 2.00pm \$10/session Jennifer Chung		<b>Pilates</b> 4.00pm - 5.00pm \$12/session Christopher Lim	
	<b>50:50 Cardio/Conditioning</b> 7.00pm - 8.00pm \$10/session Jonathan Lim		<b>ChairXercise (中文)</b> 4.00pm - 5.30pm <b>13 &amp; 20 June 2019</b> \$5/session Elaine Soh	
	<b>Move with Yoga</b> 7.15pm - 8.15pm \$10/session Florence Kwok		<b>ShapeXercise</b> 7.00pm - 8.00 pm \$10/session Kamisah Basri	
			<b>Zumba Fitness</b> 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

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 #05-01 Spore 579837

## T&C

- 1) Participants must commit for full two months (1 term).
- 2) Ad-hoc charges is double rate per session.
- 3) 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.