

## 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: 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

### 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.

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

Fees:\$350 After Grant:\$70

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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.

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

### 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, 2,9,16,23 July, Tuesday, 2.00pm—5.00pm

Fees:\$400 After Grant:\$80

### 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: 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:

- 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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### 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

## NATIONAL SILVER ACADEMY PROGRAMMES

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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

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## OTHER PROGRAMMES

### 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

### Workshop: DIY Enzyme-Making — By Lynn Chang

Enzymes are vital to metabolism and food digestion. Consuming homemade fruit (or vegetable) enzymes help our bodies digest, absorb and utilize nutrients while delivering oxygen throughout the body, thereby providing energy. Benefits: - Detoxification, - Alkalizes Body, - Reduces Risk Of Chronic Diseases, - Replenishes Energy, - Supports Digestion And Nutrient Absorption  
Note: Materials all provided.

\*Last payment to reserve seats — 17th May

23 May, Thursday, 2.00pm—4.00pm

C:\$20 NC:\$30

### Workshop: Jamu Detox Programme for Health—By Ajuntha Anwari (Medicine Woman Asia)

Learn how to use a Jamu healing system to clean the body of toxins and improve health. This workshop will teach you basic knowledge of plant medicines and how to use a traditional Jamu recipe in a Detox Programme.

What you will learn:

1) How to make a Detox tonic from dried herbs and fresh plants; 2) How to get started on a detox programme; 3) Basic Jamu knowledge.

Benefits:

1) Reduce bloat and gas; 2) Improve digestion; 3) Clean the intestines; 4) Lose weight; 5) Feel rejuvenated and refreshed.

29 May, Wednesday, 2.30pm—4.30pm

C:\$35 NC:\$50

### 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

## 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.

8 May, Wednesday, 2.00pm—4.00pm (every 2nd Wed of the month)

C:\$5 NC:\$8

### Workshop: POUND — By Vivian Cheung

POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

\*Max 15 pax per session, confirmed seats first come first served based on payment

\*\* Regular class will commence in June (same day & time) should we have enough participants

23 May, Thursday, 11.15am—12.15pm; OR

30 May, Thursday, 11.15am—12.15pm

C:\$15 NC:\$25

### Workshop: Neck, Shoulder & Upper Back — By Jonathan Lim

Do you walk around with habitual tightness and tension in your shoulders, neck and upper back? Learn how to release & relieve tension using range-of-motion stretches, body rolling, and progressive relaxation. Creating more freedom in your shoulders, neck and upper/lower back. It can also help to the alignment in your upper arms, shoulders, and head—softening neck tension and gently opening the shoulders. By focusing on breathing and specific stretches, you will learn how to safely unlock these ‘habitual tension spots’ by working on strengthening and lengthening the muscles around these joints to create space and ease of movement. The session is for anyone who has been experiencing with habitual tension in their neck, shoulders and upper back.

Note: Please wear comfortable fitness outfit for this workshop

27 May, Monday, 1.30pm—3.00pm

C:\$15 NC:\$25

**LEGEND C: Client NC: Non-Client**

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# FITNESS CLASSES

# MAY 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 (Starting 7 May 2019)</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> 2.30pm - 4.00pm <b>23 May 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.