

TALKS & WORKSHOPS

UPCOMING



NATIONAL SILVER ACADEMY PROGRAMMES

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

Workshop: HappinessAct (6 sessions)

Happiness need not be 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 unleash your inner potential and create happiness for yourself and loved ones. You are only 6 weeks away from Happiness!

19, 26 September, 3, 10, 17, & 24 October
Thursday, 2.00pm—5.00pm

Fees: \$300 After Grant: \$60

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!

24 September, 1, 8, 15, 22 & 29 October
Tuesday, 2.00pm—5.00pm

Fees: \$300 After Grant: \$60

Workshop: HealthAct (6 sessions)

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

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

7, 14, 21, 28 November & 5, 12 December,
Thursday, 1.30pm – 5.00pm

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.

TBC 2020

Fees: \$300 After Grant: \$60

NATIONAL SILVER ACADEMY PROGRAMMES

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

Workshop: WINGS Confinement Nanny Training

You will be equipped with up-to-date knowledge and practical skills for infant and confinement care. Learn baby and mother post-natal care, confinement food cooking, and value-added skills.

Registration Period: Opens on 9 September

Venue: KKH & WINGS

4 to 8 November

Monday—Friday, 9.00am—5.00pm

POPULAR!

***SkillsFuture applicable**

Fees: \$1550 After Grant: \$750

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)

10月26日2019, 星期六 10.00am—5.00pm

Fees: \$180 After Grant: \$36

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

Be equipped with the knowledge and skillsets to teach English language using Montessori phonetic pedagogy. With these new knowledge and skillsets, you could:

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

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

*Male family members / friends are welcome

***SkillsFuture applicable**

11, 12 & 13 November

Monday—Wednesday, 9.30am—4.30pm

Fees: \$850 After Grant: \$170

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

Learn about the current e-Commerce Landscape and how to setup an online store.

Through this course, you will learn to:

1. Understand the current e-Commerce Landscape and Opportunities
2. Source for the right products that will sell
3. Learn about setting up an online shop.

**Male family members / friends are welcome

POPULAR!

***SkillsFuture applicable**

14, 21, 28 September & 5 October

Saturday, 9.00am—1.00pm

Fees: \$550 After Grant: \$110

- 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.

Last updated: 6 Sep 2019

NATIONAL SILVER ACADEMY PROGRAMMES

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

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

Recycle and grow organic food (veg and herbs) the easy way, from seed to harvest to maintenance. You will learn to: 1) Soil mixing, 2) Care for seed and seedlings, 3) DIY organic fertilizer and pesticides, 4) Harvest and repot herbs, 5) Stem propagate, 6) Recycle organic matter and composting, 6) Setting up a compost bin, 7) Work with Malaysian Blue Earthworms and Vermiculture, 8) Growing veg and herbs for beginners, 9) Understand vertical setup and structures for growing, 10) Grow in containers, 11) Grow microgreens and wheatgrass, 11) Sprout in bottles, 12) Brew herb tea (Eg. Mint, Basil).

Note: You will get 2 Herb in a cup grow kits & a packet of Wheatgrass to grow

Venue: 15 Joan Road “The Nature Company”

TBC Q4 2019

Fees: \$110 After Grant: \$22

Workshop: UP2 - Growing Oyster Mushrooms & Vertical rack setups — By Balan Gopal

Recycle organic matter as a base to grow oyster mushrooms, you will learn how to setup vertical racks for growing organic food (vegetables and herbs) the easy way in built up areas.

You will learn about:

Session 1

- Organic matter used to grow oyster mushrooms;
- Life cycle of mushrooms;
- Manage and use organic matter to grow mushrooms;
- Spore inoculation and spawn run;
- Trigger mushroom growth;
- Harvesting mushrooms;
- Use of remainder substrate that doesn't grow mushrooms

Session 2

Setup racks for vertical growing in built up area, benefits of self-designing vertical racks. Recommended tools and materials for vertical racks, market standards and what is readily available.

Venue: 15 Joan Road, “The Nature Company”

TBC Q4 2019

Fees: \$110 After Grant: \$22

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

Using the writing theme, 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!

You will receive a printed magazine, which includes all the authors' works from the workshop.

16—18 September

Monday—Wednesday, 1.30pm—5.00pm

Fees: \$80 After Grant: \$16

NATIONAL SILVER ACADEMY PROGRAMMES

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

Workshop: Image Grooming — By Irene Lau

Learn how to groom with style suitable for your lifestyle and line of work in today's society. You will be taught 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: 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.

31 October, Thursday, 12.30pm—5.30pm

Fees: \$150 After Grant: \$30

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

9 September, Monday, 2.00pm –5.00pm

Fees: \$90 After Grant: \$18

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

21 October 2019, Monday, 2.00pm—5.00pm

Fees: \$90 After Grant: \$18

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NATIONAL SILVER ACADEMY PROGRAMMES

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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. A new art and craft
2. Develop memory, focus, fine motor skills, creativity and social interaction
3. Conceptualize, design and reuse common items/materials

TBC 2020

Fees: \$290 After Grant: \$58

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!

18 & 25 October

Friday, 2.00pm—5.00pm

POPULAR!

Fees: \$180 After Grant: \$36

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

Learn how to use various parts and fittings of jewellery making to create simple earrings, bracelet and necklace.

25 & 27 November

Monday & Wednesday, 2.30pm—5.30pm

Fees: \$130 After Grant: \$26

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

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.

16 & 18 December

Monday & Wednesday, 2.30pm—5.30pm

Fees: \$110 After Grant: \$22

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

Learn art of paper quilling. Through this course, you will:

- ◆ Develop memory, focus, fine motor skills, creativity and social interaction
- ◆ Conceptualize and design bookmarks, cards, art and pictures
- ◆ Personalised handmade items can be sold online as a source of income, raise funds for social causes, teach others or set up interest groups or clubs in your community.

16, 17, 19 & 20 December

Mon, Tue, Thu & Fri, 2.30pm—5.30pm

Fees: \$150 After Grant: \$30

UPCOMING



NATIONAL SILVER ACADEMY PROGRAMMES

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

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, you will have a completed beautiful bag to bring home.

TBC 2020

Fees: \$135 After Grant: \$27

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

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

10 & 14 October

Thursday & Monday, 1.00pm—5.00pm

Fees: \$180 After Grant: \$36

Workshop: Salads for All — By Ajuntha Anwari

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

TBC Q4 2019

Fees: \$100 After Grant: \$20

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

The focus of the class is to empower you with the life-long skill of scrapbooking to record precious moments. In creating an electronic scrapbook with pictures on your mobile phone, and a slideshow, the process will allow you to rediscover yourself.

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

TBC 2020

Fees: \$200 After Grant: \$40

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。

7, 14 & 21 November

Thursday, 2.00pm—5.00pm

Fees: \$200 After Grant: \$40

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NATIONAL SILVER ACADEMY PROGRAMMES

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

As a caregiver or interested to learn more about giving care to persons with dementia, you will understand what dementia is and skills to manage the day-to-day interactions with persons with dementia. You 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. You will also learn ways to take care of yourself as well as get an overview of the various resources available to support you in your journey as a caregiver. You will:

- ◆ Get dementia caregiving skills to improve quality of care and reduce care work stress;
- ◆ Learn the meaning and importance of “Person Centred Care” through activities,
- ◆ Understand common health and safety issues pertaining to dementia clients and strategies to ensure prevention, timely detection, escalation and/or interventions. ***SkillsFuture applicable**

TBC 2020

Fees: \$500 After Grant: \$100

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

Equip yourself with knowledge of the effects of ageing, common health issues, prevention and self care strategies. If you have elderly parents or loved ones who need care, you 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. ***SkillsFuture applicable**

TBC 2020

Fees: \$500 After Grant: \$100

Workshop: Journey of Digital Photography — By Matthew Wong (5 sessions)

Equip yourself with the basic knowledge of Digital Photography and handling of a digital camera.

1) Session 1— Classroom (WINGS)

- ◆ Get familiar with the camera and learn the basics of photography and composition

2) Session 2— Classroom (WINGS)

- ◆ Edit photos in apps or alternatives to Adobe Photoshop

3) Session 3— Outdoor

- ◆ Shoot landscapes and get good landscape images

4) Session 4— Outdoor

- ◆ Shoot in low light conditions with and without a tripod

5) Session 5— Outdoor

- ◆ Capture street images and document life in photos

TBC 2020

***SkillsFuture applicable**

Fees: \$400 After Grant: \$80

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 1 week 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

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

11 September

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

C: \$5 NC: \$8

Workshop: Korean Day Makeup — By Ms Julia Shantal Aw (Style and Beauty Experts)

Learn tips and tricks on looking flawless like Korean celebrities.

Highlights of the workshop:

- ◆ Learn how to choose the right foundation type for your skin;
- ◆ Learn how to achieve glass skin effect makeup on skin;
- ◆ Learn how to choose the right eyeshadow and draw the right eyeliner for your eyes.

25 October, Friday, 2.30—5.30pm

C: \$48 NC: \$60

Workshop: Learn how to develop stronger and more functional Hips, Knees and Ankles — By Jonathan Lim

Developing strong legs is key for functionality on a daily basis and even longevity - being mobile and strong as we get older allow us to move freely. Learn how to move with good alignment to better protect your hips, knees and ankles. While an individual definitely can have specific requirements. The exercises recommend in the workshop will be modified where needed to suit most individuals. Develop body awareness for strengthening the body, correcting imbalances, improve mobility (when done right). Build strength as well as getting the right support through full range of motions of the hip, knee and ankle joints.

7 October, Monday, 1.30pm—3.00pm

C: \$15 NC: \$23

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FITNESS CLASSES



MONDAY
Stretch & Tone with Cardio 8.00am - 9.00am \$10/session Peter Tan
Cardio Mix 9.00am - 10.00am \$10/session Peter Tan
Stretch & Tone 10.00am - 11.00am \$10/session Peter Tan
Cardio & Stretch 10.00am - 11.00am \$10/session Jonathan Lim
Fusion Workout: Fitness, Yoga, Pilates & Barre 11.10am - 12.10pm \$10/session Jonathan Lim
Pilates 12.15pm - 1.15pm \$12/session Jane Koh

TUESDAY
Pilates (Power Fusion) 9.00am - 10.00am \$10/session Jane Tan
50:50 Cardio/Conditioning 9.00am - 10.00am \$10/session Jonathan Lim
Pilates (Power Fusion) 10.00am - 11.00am \$10/session Jane Tan
50:50 Cardio/Conditioning 10.00am - 11.00am \$10/session Jonathan Lim
Gentle Hatha Yoga 11.30am - 12.30pm \$10/session Florence Kwok
Tai Chi for Health 11.30am - 12.30pm \$10/session Jennifer Chung
Tai Chi for Health 12.45pm - 1.45pm \$10/session Jennifer Chung
50:50 Cardio/Conditioning 7.00pm - 8.00pm \$10/session Jonathan Lim
Move with Yoga 7.15pm - 8.15pm \$10/session Florence Kwok

WEDNESDAY
Zumba Gold 9.00am - 10.00am \$10/session Matthew Ang
Hatha Yoga 10.00am - 11.00am \$10/session Yvonne Tham
20:20:20 Cardio / Interval training / Stretch 10.00am - 11.00am \$10/session Jonathan Lim
Belly Dance 11.15am - 12.45pm \$15/session Joey Bay
Pilates 2.00pm - 3.00pm \$12/session Jane Koh
Pilates 3.00pm - 4.00pm \$12/session Jane Koh

THURSDAY
Stretch & Tone 8.00am - 9.00am \$10/session Peter Tan
Zumba Fitness 9.00am - 10.00am \$10/session Peter Tan
ShapeXercise 09:30am - 10:30am \$10/session Kamisah Basri
Stretch & Tone 10.00am - 11.00am \$10/session Peter Tan
Hatha Yoga 11:00am - 12:00pm \$10/session Yvonne Tham
POUND 4.30pm - 5.30pm \$15/session Vivien Cheung
Pilates 3.00pm - 4.00pm \$12/session Christopher Lim
ShapeXercise 7.00pm - 8.00 pm \$10/session Kamisah Basri
Zumba Fitness 7.00pm - 8.00pm \$10/session Qamariah Syafnee

FRIDAY
Pilates 9.00am - 10.00am \$12/session Christopher Lim
Yin Wellness 9.30am - 10.30am \$15/session Betty Yeoh
50:50 Cardio/Conditioning 10.00am - 11.00am \$10/session Jonathan Lim
Move with Yoga 11.00am - 12.00pm \$10/session Sherron Chua
Hips, Knees & Ankles 12.00pm - 1.00pm \$10/session Jonathan Lim
Tai Chi for Health 2.00pm - 3.00pm \$10/session Jennifer Chung

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**

Terms & Conditions

- 1) Participants must commit for **two FULL months** (1 term).
- 2) Ad-hoc charge is double the rate per session.
- 3) New Participants ONLY: ONE time trial class which is available only during the **LAST 2 WEEKS** of every term at \$10/\$12/\$15 per session. Maximum 3 types of exercises per person.

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