

Seniors **meet+** seniors in a Peer-learning community

U 3rd Age (University of the Third Age) is a peer learning community where seniors can engage in social networking and share learning experiences. It organises activities for seniors to achieve active ageing and have fun in learning.



Enjoying
the Best Stage of Life

ABOUT U 3RD AGE

U 3rd Age is a community of seniors coming together to share life experiences and social-cultural values. It also creates a platform to connect with younger generations by sharing critical thinking, family values and personal stories.

U 3rd Age believes that seniors can seek meanings in their life, through lifelong learning and social networking. It is by sharing experiences and making friends – regardless of whether they are rich, highly educated, or had held high job positions – that happy and active ageing is achieved.

U 3rd Age is also an environment where respect for life as a learning journey – making mistakes, missing opportunities, and learning to understand each other's wisdom and cultural values. It is also the place where café conversations on healthcare and personal development are held. It is such activities that contributed to one's developmental learning.

U 3rd Age is linked worldwide, through the portal www.worldu3a.org and www.myu3a.org.



SANDBOX PROGRAMMES

Sandbox Initiative is in the form of informal peer-led, small group learning. Its objective is to promote the sheer joy of volunteering, learning and knowledge sharing. It also provides a platform for like-minded seniors to become friends and buddies.

Programmes include:

3D and Decorative Folk Art Painting
Acrylic and Watercolour Painting
Acting 101 & Stage Alive! Drama
Batik Painting
Beading & Crochet Crafts
Chinese Calligraphy
Chinese Ink Painting
Conceptual Drawing & Cognitive Enhancement
Creative Origami & Quilling Crafts
Crystal and Pearl Ornaments

Decoupage Art & Crepe Paper Art
Eco-Crafts
Guided Autobiography (GAB)
Jumping Clay Art
Parchment Craft
Ping Shuai Qigong (Level Arm Swing)
Plaster-cast Sculpting
Portrait Sketching
Salt Dough Figurine
SMS (Senior-Meet-Senior) Knowledge Cafe



View more photos at facebook.com/u3rdage



Please scan QR Code for schedule and registrations at U3RDAGE.EVENTBRITE.COM
For enquiries, please call 6892 6952 or email u3rdage.carol@gmail.com
We welcome enquiries on corporate and outreach activities.

organised by
乐龄优学堂
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SMS (Seniors Meet Seniors) Knowledge Café is open to all. SMS Knowledge Café is a place where people can meet seniors to have fun and productive conversations to learn from each other and to make better sense of living in an urban community. The objective of the SMS Knowledge Café is to encourage peer-led discussion among seniors and learning in small groups for seniors.

Email u3rdage.carol@gmail.com to be updated on our weekly email



Training-of-Trainers (TOT) Workshop on
'From Working To Retirement - A Transition to Active Lifelong Learners'
with Dr. Poul-Erik Tindbaek
17 May 2018 at Lifelong Learning Institute



PATH TO HAPPINESS

A part of A Good Day event, organised by A Good Space
23 Jun 2018

The game is a modified, life-sized version of our popularly known, 'Snake and Ladders' board game. It is specially designed to encourage positive mental health and to encourage inter-generational bonding among participants through sharing moments of gratitude, experiences and ideas related to happiness.

For more info, please visit:

<http://www.agoodspace.org/blog/17-inspiring-changemakers-coming-together-for-this/>



“Connections between generations are essential for the mental health and stability of a nation ~ Margaret Mead”