



People's Association

THE PEOPLE'S ASSOCIATION

**SENIOR  
ACADEMY**  
乐龄学苑

FUN AND FRIENDSHIP



# ADVANCED CERTIFICATE IN SENIOR WELLNESS





Food & Beverage • Health & Wellness

September 2017 - April 2018

Part of SkillsFuture@PA



## HIGHLIGHTS

-  Advanced Palm Therapy
-  Chair Yoga & Yoga Foundation
-  Food & Drink Pairing: The Perfect Blend
-  Sweet Treats & Back-to-Basics Baking

## ABOUT ADVANCED CERTIFICATE IN SENIOR WELLNESS

You can now look forward to more skill specialisation courses by passionate PA Trainers and partners from higher learning institutions with the Advanced Certificate in Senior Wellness programme.

These 12 core and elective lessons provide in-depth learning with accredited institutions! Team up with PA's partners in community-

based project to apply what you have learnt and help the less privileged. Fulfill your dreams of wearing a graduation gown and a mortar board at the Convocation when you complete the course!

Come and embark on this learning journey with us!



## 3 EASY STEPS TO ADVANCED CERTIFICATE IN SENIOR WELLNESS\*



### STEP 1 | Sign up and attend 4 compulsory courses

#### 4 CORE MODULES

Co-created by National University of Singapore lecturers as well as passionate PA Trainers, the four modules are specially designed to give seniors an overview to the advance certification programme.



### STEP 2 | Choose 1 Specialisation (Elective)



#### FOOD & BEVERAGE

Co-created with our various partners, the in-depth Food & Beverage modules will cover topics such as international cuisine cooking, sweet treats and creative baking, etc.

OR



#### HEALTH & WELLNESS

Interested to further your personal well-being? Then the Health & Wellness specialisation track is for you! This specialisation track will explore topics ranging from nutritious diet to fitness exercises.



### STEP 3 | Participate in a Graduation Project

Come together with your course mates to work on a community-based project, and share your new skills and knowledge with the community!

\*To be eligible for the Advanced Certificate in Senior Wellness, seniors must have fulfilled the below criteria:

- Graduated from the Certificate in Senior Wellness Programme OR
- Attended at least 12 courses from any of our Senior Academy Programmes (Golden Hobbyist Series, Golden Work Series, Senior for Smart Nation)

Participants must select 3 elective courses from 1 specialisation track\*\*, and 1 bonus elective course from another specialisation


\*\*Please refer to the CC's class schedule (pg 16 to 35) for the specialisation track.

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 Two-way transport available for off-site classes

## HAPPINESS IN VOLUNTEERING!



A willing mind and a warm heart are the beginning of what it takes to be a volunteer. Co-created with College of Alice & Peter Tan, NUS, participants will interact with active volunteers, and receive insights into community service. You will also learn key skills that you will find helpful in your quest towards a fulfilling volunteering journey.

**No. of Session/s:** 1

**Class Duration:** 4 hours

### Trainer:

Dr Tan Lai Yong practiced medicine in Singapore for 11 years, before his passion for volunteering brought him and his family to Yunan, China to work with remote villages affected by poverty. He is well-recognised in both China and Singapore for his humanitarian work.

**No. of Participants:** Min 10 | Max 20

**Language Medium:** English  
(Mandarin translation will be provided)

*\*Off-site course @ College of Alice & Peter Tan, National University of Singapore (NUS)*

## BRAIN TRAINING USING MODERN TECHNOLOGY

This is an introductory course to help you understand how modern technology can keep your mind sharp and active. Through various digital games that improve mental agility, not only will you comprehend the way your brain works, but also reap the benefits of brain training in your work and life.

### Trainer:

In collaboration with A\*Star, Neeuro employs neurotechnology and gamification technologies to aid in providing digital health solutions that are targeted towards both individuals and organisations.

**No. of Session/s:** 1

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours

**Language Medium:** English or Mandarin



## STORIES FROM THE HEART

Learn about the art of storytelling by discovering techniques on how to speak from your heart and experience. Share your unique encounters and life lessons with others, and be empowered by how your stories can inspire or motivate other people.

**Trainer:**

Calvin Ho is a multi-talented professional who has hosted numerous major events including celebrity and dignitary events. Calvin is also a versatile speaker with wide industry experience, having spent more than a decade in senior executive positions with various major MNCs.

**No. of Session/s:** 1

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours

**Language Medium:** English or Mandarin



## SUPERCHARGE WITH SUPERFOODS

Discover the amazing health benefits of consuming superfoods. Learn about the origins of superfoods, and how to select them based on their various nutritional benefits. You will also gain insights on how to include superfoods in your diet and improve your energy levels and overall health.

**Trainer:**

Since 2010, Red Element Health International (Red Element) has been active in imparting health and nutritional knowledge, as well as related services to the community.

**No. of Session/s:** 1

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours

**Language Medium:** English or Mandarin



## FOOD & DRINK PAIRING: THE PERFECT BLEND

Learn about the fascinating relationship between food and drink. Enhance your guests' dining experience through understanding the different profiles of food, and learning how to effectively pair different food and drinks to bring out the flavours of the meal.

### Trainer:

Chef Michael holds an Associate of Applied Science Degree in Culinary Arts from Seattle Central Community College. His experience has been seasoned over decades of passion and hard work, and his forte is now in both Asian and Western cuisine.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Civil Service Club (Tessensohn)*



## HEALTHY/VEGETARIAN COOKING: FROM GARDEN TO TABLE

Learn all about locally and internationally grown vegetables, and how to prepare them. Understand what healthy eating is all about, and create dishes that are not only tasty but also healthy!

### Trainer:

The Society of Chinese Cuisine Chefs (Singapore)'s objective is to establish a highly professional image for Singapore's culinary scene in the international world of Chinese cuisine. The society also frequents gourmet events abroad to strengthen relationships with networks from overseas' culinary industries.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Civil Service Club (Tessensohn)*



## HERBS COOKING: SPICE UP YOUR LIFE

Embrace natural flavourings by learning to make your own homemade mixes and marinades to enhance your cooking. Understand the purpose of each herb, and master the art of blending spices and herbs to create the perfect taste for different types of dishes!

### Trainer:

The Singapore Halal Culinary Federation (SHCF) takes pride in its purpose to educate the public on the dynamism of Halal food, and to teach and involve Food Service Providers on service quality and best practices.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Civil Service Club (Tessensohn)*



## INTERNATIONAL CUISINE COOKING: CULTURE & HERITAGE

Embark on a culinary journey to explore the impact that culture and geography have on a dish. Learn how to whip up popular dishes from other countries, and understand what makes them distinct to their country.

### Trainer:

Singapore Junior Chefs Club is reputed for their excellent culinary skills, and thirst for continuous improvement. It often represents Singapore in international young chef's forums and competitions. Established in 2004, the club is also the first Junior Chefs Club in the world registered with the World Association of Chefs Societies.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Civil Service Club (Tessensohn)*



## SWEET TREATS & BACK-TO-BASICS BAKING

Learn the basics of baking from our skilled pastry chefs, and create your version of classic desserts. Understand the function of each ingredient that goes into making these desserts, and learn how to prepare them in the oven.

### Trainer:

The Singapore Pastry Alliance serves as a platform to bring local pastry chefs across all ages, diversities, and expertise together. By uniting them, it also becomes a community for one to inspire and be inspired; creating opportunities for growth, and developing one's craft.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Civil Service Club (Tessensohn)*



## ADVANCED PALM THERAPY

Understand the basics of modern reflexology, and how it improves circulation to promote better health. Learn to stimulate the flow of energy and nerve impulses to the corresponding body zone through palm therapy, to relieve aches and pains.

### Trainer:

Shillina Phua is a former aesthetic trainer with extensive beauty and spa experience. She holds several international certifications from UK and Switzerland. She also joined the International team as a Trainer for the IMPACT Workplace Wellbeing Programme.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin



## BALANCE, ENDURANCE AND FLEXIBILITY

Join us and learn various basic exercises to get yourself in shape. These exercises include simple body weight exercises designed to build strength, balance and increase your flexibility as well as endurance.

### Trainer:

Maximum Wellness was founded by Sri Yahweh Van Ram in 2009. It supports a broad spectrum of health activities for preventive and intervention measures in areas of Physical Exercise and Mental Health, for multi and inter-generation communities, including children, youth, adult and the elderly.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin



## CHAIR YOGA & YOGA FOUNDATION

Chair yoga is a form of modified yoga that is performed with the support of a chair or while seated. Learn to do simplified versions of twists, hip stretches, forward bends, and mild backbends. Breathe and stretch as you relax the body and calm the mind through simple yoga poses.

### Trainer:

Academy of Yoga Pte. Ltd. conducts Yoga Teacher training programmes, workshops, and classes with the aim of educating both yoga teachers and practitioners on all aspects of yoga.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin





## HEALTHY LIVING WITH TCM

Explore the Traditional Chinese Medicine (TCM) approach to chronic illnesses, and learn how to condition the body through diet and lifestyle. Understand the holistic concept and theories of TCM to healthcare, specifically to illnesses common amongst the elderly.

### Trainer:

Science Arts TCM College is a certified Private Educational Institute established since 2008 with the objective of improving public's appreciation and confidence in TCM by raising their knowledge of TCM.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Science Arts TCM College*



## UNDERSTANDING THE BODY THROUGH TCM

The TCM body constitution is both inherited and nurtured, and unique to each individual. Learn to analyse your own body constitution to understand its tendency to succumb to specific illnesses. Through the TCM 4 diagnostic approach, learn how to analyse and care for specific body constitutions.

### Trainer:

Science Arts TCM College is a certified Private Educational Institute established since 2008 with the objective of improving public's appreciation and confidence in TCM by raising their knowledge of TCM.

**No. of Session/s:** 2

**No. of Participants:** Min 10 | Max 20

**Class Duration:** 3 hours each

**Language Medium:** English or Mandarin

*\*Off-site course @ Science Arts TCM College*



## ALJUNIED CC

110 Hougang Avenue 1, #01-1048 S(530110) Tel: 6288 5578

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Supercharge with Superfoods	07 Oct 17, Saturday	2.30 pm - 5.30 pm	Mandarin
Stories from the Heart	04 Nov 17, Saturday	10.00 am - 1.00 pm	Mandarin
Brain Training Using Modern Technology	11 Nov 17, Saturday	2.30 pm - 5.30 pm	Mandarin

### Specialisation – Food & Beverage\*\* (Please select 3) (Electives)

Food & Drink Pairing: The Perfect Blend	21 Oct 17, Saturday	9.00 am - 12.00 pm	Mandarin
	29 Oct 17, Sunday	9.00 am - 12.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	18 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
	25 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	02 Dec 17, Saturday	9.00 am - 12.00 pm	Mandarin
	16 Dec 17, Saturday	9.00 am - 12.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	06 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
	13 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	20 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
	04 Feb 18, Sunday	9.00 am - 12.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## BEDOK CC

850 New Upper Changi Road S(467352) Tel: 6449 6323

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	27 Oct 17, Friday	2.00 pm - 5.00 pm	English
Supercharge with Superfoods	18 Nov 17, Saturday	10.00 am - 1.00 pm	English
Stories from the Heart	05 Jan 18, Friday	6.30 pm - 9.30 pm	Mandarin

### Specialisation – Health & Wellness (Please select 3) (Electives)

Balance, Endurance and Flexibility	03 Nov 17, Friday	1.00 pm - 4.00 pm	English
	10 Nov 17, Friday	1.00 pm - 4.00 pm	English
Chair Yoga & Yoga Foundation	16 Nov 17, Thursday	2.30 pm - 5.30 pm	English
	30 Nov 17, Thursday	2.30 pm - 5.30 pm	English
Healthy Living with TCM**	20 Nov 17, Monday	2.00 pm - 5.00 pm	Mandarin
	24 Nov 17, Friday	2.00 pm - 5.00 pm	Mandarin
Understanding the Body through TCM**	27 Nov 17, Monday	2.00 pm - 5.00 pm	Mandarin
	08 Dec 17, Friday	2.00 pm - 5.00 pm	Mandarin
Advanced Palm Therapy	22 Dec 17, Friday	2.00 pm - 5.00 pm	English
	29 Dec 17, Friday	2.00 pm - 5.00 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## BISHAN CC

51 Bishan Street 13 S(579799) Tel: 6259 4720

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	11 Nov 17, Saturday	9.30 am - 12.30 pm	Mandarin
Supercharge with Superfoods	18 Nov 17, Saturday	2.00 pm - 5.00 pm	English
Stories from the Heart	24 Nov 17, Friday	3.30 pm - 6.30 pm	Mandarin

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	28 Nov 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
	29 Nov 17, Wednesday	2.00 pm - 5.00 pm	Mandarin
Healthy Living with TCM**	05 Dec 17, Tuesday	9.30 am - 12.30 pm	English
	06 Dec 17, Wednesday	9.30 am - 12.30 pm	English
Balance, Endurance and Flexibility	12 Dec 17, Tuesday	9.30 am - 12.30 pm	Mandarin
	13 Dec 17, Wednesday	9.30 am - 12.30 pm	Mandarin
Advanced Palm Therapy	19 Dec 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
	20 Dec 17, Wednesday	2.00 pm - 5.00 pm	Mandarin
Understanding the Body through TCM**	21 Dec 17, Thursday	2.00 pm - 5.00 pm	Mandarin
	22 Dec 17, Friday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## BOON LAY CC

10 Boon Lay Place S(649882) Tel: 6261 9947

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	22 Sep 17, Friday	6.30 pm - 9.30 pm	Mandarin
Supercharge with Superfoods	24 Sep 17, Sunday	10.00 am - 1.00 pm	Mandarin
Stories from the Heart	28 Oct 17, Saturday	10.00 am - 1.00 pm	English

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	22 Oct 17, Sunday	2.00 pm - 5.00 pm	English
	19 Nov 17, Sunday	2.00 pm - 5.00 pm	English
Healthy Living with TCM**	10 Nov 17, Friday	2.00 pm - 5.00 pm	Mandarin
	05 Dec 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
Balance, Endurance and Flexibility	11 Nov 17, Saturday	9.00 am - 12.00 pm	English
	18 Nov 17, Saturday	9.00 am - 12.00 pm	English
Understanding the Body through TCM**	06 Dec 17, Wednesday	2.00 pm - 5.00 pm	Mandarin
	13 Dec 17, Wednesday	2.00 pm - 5.00 pm	Mandarin
Advanced Palm Therapy	06 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	13 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## BUKIT BATOK CC

21 Bukit Batok Central S(659959) Tel: 6564 7061

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Supercharge with Superfoods	05 Oct 17, Thursday	10.00 am - 1.00 pm	English
Brain Training Using Modern Technology	10 Oct 17, Tuesday	10.00 am - 1.00 pm	English
Stories from the Heart	1 Dec 17, Friday	1.00 pm - 4.00 pm	English

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Oct 17, Saturday	9.00 am - 12.00 pm	English
	05 Nov 17, Sunday	9.00 am - 12.00 pm	English
Healthy/Vegetarian Cooking: From Garden to Table	19 Nov 17, Sunday	9.00 am - 12.00 pm	English
	26 Nov 17, Sunday	9.00 am - 12.00 pm	English
Herbs Cooking: Spice up Your Life	03 Dec 17, Sunday	9.00 am - 12.00 pm	English
	17 Dec 17, Sunday	9.00 am - 12.00 pm	English
International Cuisine Cooking: Culture & Heritage	07 Jan 18, Sunday	9.00 am - 12.00 pm	English
	14 Jan 18, Sunday	9.00 am - 12.00 pm	English
Sweet Treats & Back-to-Basics Baking	21 Jan 18, Sunday	9.00 am - 12.00 pm	English
	10 Feb 18, Saturday	9.00 am - 12.00 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## BUKIT PANJANG CC

8 Pending Road S(678295) Tel: 6506 0900

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	19 Sep 17, Tuesday	7.00 pm - 10.00 pm	Mandarin
Supercharge with Superfoods	13 Oct 17, Friday	7.00 pm - 10.00 pm	Mandarin
Stories from the Heart	01 Dec 17, Friday	7.00 pm - 10.00 pm	Mandarin

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	10 Sep 17, Sunday	7.00 pm - 10.00 pm	Mandarin
	17 Sep 17, Sunday	7.00 pm - 10.00 pm	Mandarin
Balance, Endurance and Flexibility	08 Oct 17, Sunday	1.00 pm - 4.00 pm	Mandarin
	15 Oct 17, Sunday	1.00 pm - 4.00 pm	Mandarin
Advanced Palm Therapy	15 Nov 17, Wednesday	7.00 pm - 10.00 pm	Mandarin
	22 Nov 17, Wednesday	7.00 pm - 10.00 pm	Mandarin
Healthy Living with TCM**	06 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	13 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
Understanding the Body through TCM**	20 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	27 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## BUONA VISTA CC

Blk 36 Holland Drive #01-01 S(270036) Tel: 6778 5163

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	28 Sep 17, Thursday	2.00 pm - 5.00 pm	Mandarin
Supercharge with Superfoods	05 Oct 17, Thursday	2.00 pm - 5.00 pm	Mandarin
Stories from the Heart	08 Dec 17, Friday	2.30 pm - 5.30 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Jan 18, Sunday	9.00 am - 12.00 pm	Mandarin
	11 Feb 18, Sunday	9.00 am - 12.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	04 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
	11 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	18 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
	25 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	1 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
	8 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	15 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
	22 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## CLEMENTI CC

220 Clementi Ave 4 S(129880) Tel: 6776 2517

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	13 Oct 17, Friday	2.00 pm - 5.00 pm	English
Supercharge with Superfoods	10 Nov 17, Friday	2.00 pm - 5.00 pm	English
Stories from the Heart	08 Dec 17, Friday	10.00 am - 1.00 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Jan 18, Sunday	2.00 pm - 5.00 pm	English
	11 Feb 18, Sunday	2.00 pm - 5.00 pm	English
Healthy/Vegetarian Cooking: From Garden to Table	04 Mar 18, Sunday	2.00 pm - 5.00 pm	English
	11 Mar 18, Sunday	2.00 pm - 5.00 pm	English
Herbs Cooking: Spice up Your Life	18 Mar 18, Sunday	2.00 pm - 5.00 pm	English
	25 Mar 18, Sunday	2.00 pm - 5.00 pm	English
International Cuisine Cooking: Culture & Heritage	1 Apr 18, Sunday	2.00 pm - 5.00 pm	English
	8 Apr 18, Sunday	2.00 pm - 5.00 pm	English
Sweet Treats & Back-to-Basics Baking	15 Apr 18, Sunday	2.00 pm - 5.00 pm	English
	22 Apr 18, Sunday	2.00 pm - 5.00 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## FUCHUN CC

1 Woodlands Street 31 #01-02 S(738581) Tel: 6365 6911

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	14 Sep 17, Thursday	4.00 pm - 7.00 pm	Mandarin
Supercharge with Superfoods	21 Sep 17, Thursday	4.00 pm - 7.00 pm	English
Stories from the Heart	18 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	04 Oct 17, Wednesday	2.00 pm - 5.00 pm	English
	11 Oct 17, Wednesday	2.00 pm - 5.00 pm	English
Healthy Living with TCM**	28 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	04 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Balance, Endurance and Flexibility	01 Nov 17, Wednesday	2.00 pm - 5.00 pm	English
	08 Nov 17, Wednesday	2.00 pm - 5.00 pm	English
Advanced Palm Therapy	29 Nov 17, Wednesday	3.00 pm - 6.00 pm	Mandarin
	06 Dec 17, Wednesday	3.00 pm - 6.00 pm	Mandarin
Understanding the Body through TCM**	09 Dec 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	16 Dec 17, Saturday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## GEK POH VILLE CC

No. 1 Jurong West Street 74 S(649149) Tel: 6792 0095

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	05 Sep 17, Tuesday	4.00 pm - 8.00 pm	English
Brain Training Using Modern Technology	27 Sep 17, Wednesday	7.00 pm - 10.00 pm	Mandarin
Supercharge with Superfoods	07 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Stories from the Heart	28 Oct 17, Saturday	3.30 pm - 6.30 pm	Mandarin

Specialisation – Health & Wellness (Please select 3)			(Electives)
Advanced Palm Therapy	07 Oct 17, Saturday	10.00 am - 1.00 pm	Mandarin
	14 Oct 17, Saturday	10.00 am - 1.00 pm	Mandarin
Healthy Living with TCM**	28 Oct 17, Saturday	9.00 am - 12.00 pm	English
	29 Oct 17, Sunday	9.00 am - 12.00 pm	English
Understanding the Body through TCM**	04 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
	11 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
Chair Yoga & Yoga Foundation	11 Nov 17, Saturday	2.00 pm - 5.00 pm	English
	18 Nov 17, Saturday	2.00 pm - 5.00 pm	English
Balance, Endurance and Flexibility	25 Nov 17, Saturday	10.00 am - 1.00 pm	Mandarin
	02 Dec 17, Saturday	10.00 am - 1.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## KAMPONG UBI CC

10 Jalan Ubi S(409075) Tel: 6745 9199

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Supercharge with Superfoods	13 Sep 17, Wednesday	1.00 pm - 4.00 pm	English
Brain Training Using Modern Technology	20 Oct 17, Friday	1.00 pm - 4.00 pm	English
Stories from the Heart	03 Nov 17, Friday	1.00 pm - 4.00 pm	English

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Jan 18, Sunday	2.00 pm - 5.00 pm	English
	11 Feb 18, Sunday	2.00 pm - 5.00 pm	English
Healthy/Vegetarian Cooking: From Garden to Table	04 Mar 18, Sunday	2.00 pm - 5.00 pm	English
	11 Mar 18, Sunday	2.00 pm - 5.00 pm	English
Herbs Cooking: Spice up Your Life	18 Mar 18, Sunday	2.00 pm - 5.00 pm	English
	25 Mar 18, Sunday	2.00 pm - 5.00 pm	English
International Cuisine Cooking: Culture & Heritage	1 Apr 18, Sunday	2.00 pm - 5.00 pm	English
	8 Apr 18, Sunday	2.00 pm - 5.00 pm	English
Sweet Treats & Back-to-Basics Baking	15 Apr 18, Sunday	2.00 pm - 5.00 pm	English
	22 Apr 18, Sunday	2.00 pm - 5.00 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## MACPHERSON CC

400 Paya Lebar Way S(379131) Tel: 6841 1085

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	07 Oct 17, Saturday	10.00 am - 1.00 pm	Mandarin
Supercharge with Superfoods	15 Oct 17, Sunday	10.00 am - 1.00 pm	Mandarin
Stories from the Heart	19 Nov 17, Sunday	2.30 pm - 5.30 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	21 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	29 Oct 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	18 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	25 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	02 Dec 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	16 Dec 17, Saturday	2.00 pm - 5.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	06 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	13 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	20 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	04 Feb 18, Sunday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## NEE SOON SOUTH CC

30 Yishun Street 81 S(768455) Tel: 6753 3121

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	16 Sep 17, Saturday	10.00 am - 1.00 pm	Mandarin
Stories from the Heart	23 Sep 17, Saturday	10.00 am - 1.00 pm	Mandarin
Supercharge with Superfoods	30 Sep 17, Saturday	10.00 am - 1.00 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	21 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	29 Oct 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	18 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	25 Nov 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	02 Dec 17, Saturday	2.00 pm - 5.00 pm	English
	16 Dec 17, Saturday	2.00 pm - 5.00 pm	English
International Cuisine Cooking: Culture & Heritage	06 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	13 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	20 Jan 18, Saturday	2.00 pm - 5.00 pm	Mandarin
	04 Feb 18, Sunday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## PASIR RIS EAST CC

1 Pasir Ris Drive 4 S(519457) Tel: 6584 2798

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	Mandarin
Supercharge with Superfoods	14 Sep 17, Thursday	10.00 am - 1.00 pm	English
Brain Training Using Modern Technology	19 Sep 17, Tuesday	10.00 am - 1.00 pm	English
Stories from the Heart	22 Sep 17, Friday	2.00 pm - 5.00 pm	English

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	03 Oct 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
	10 Oct 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
Healthy Living with TCM**	12 Oct 17, Thursday	2.00 pm - 5.00 pm	English
	24 Oct 17, Tuesday	2.00 pm - 5.00 pm	English
Understanding the Body through TCM**	31 Oct 17, Tuesday	2.00 pm - 5.00 pm	English
	07 Nov 17, Tuesday	2.00 pm - 5.00 pm	English
Balance, Endurance and Flexibility	06 Nov 17, Monday	1.30 pm - 4.30 pm	English
	14 Nov 17, Tuesday	1.30 pm - 4.30 pm	English
Advanced Palm Therapy	09 Nov 17, Thursday	1.30 pm - 4.30 pm	Mandarin
	16 Nov 17, Thursday	1.30 pm - 4.30 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)



## POTONG PASIR CC

6 Potong Pasir Ave 2 S(358361) Tel: 6280 1182

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	20 Sep 17, Wednesday	2.00 pm - 5.00 pm	English
Supercharge with Superfoods	27 Sep 17, Wednesday	2.00 pm - 5.00 pm	English
Stories from the Heart	19 Nov 17, Sunday	9.00 am - 12.00 pm	Mandarin

Specialisation – Health & Wellness (Please select 3)			(Electives)
Chair Yoga & Yoga Foundation	17 Oct 17, Tuesday	2.00 pm - 5.00 pm	Mandarin
	22 Oct 17, Sunday	9.00 am - 12.00 pm	Mandarin
Balance, Endurance and Flexibility	15 Nov 17, Wednesday	1.00 pm - 4.00 pm	English
	19 Nov 17, Sunday	1.00 pm - 4.00 pm	English
Healthy Living with TCM**	06 Jan 18, Saturday	9.30 am - 12.30 pm	Mandarin
	13 Jan 18, Saturday	9.30 am - 12.30 pm	Mandarin
Advanced Palm Therapy	17 Jan 18, Wednesday	2.00 pm - 5.00 pm	Mandarin
	24 Jan 18, Wednesday	2.00 pm - 5.00 pm	Mandarin
Understanding the Body through TCM**	20 Jan 18, Saturday	9.30 am - 12.30 pm	English
	03 Feb 18, Saturday	9.30 am - 12.30 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Science Art TCM College (150 MacPherson Road Singapore 348524)

## SEMBAWANG CC

2125 Sembawang Road S(758528) Tel: 6758 4183

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	23 Sep 17, Saturday	1.00 pm - 4.00 pm	Mandarin
Supercharge with Superfoods	14 Oct 17, Saturday	1.00 pm - 4.00 pm	Mandarin
Stories from the Heart	09 Dec 17, Saturday	1.00 pm - 4.00 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	21 Oct 17, Saturday	9.00 am - 12.00 pm	Mandarin
	29 Oct 17, Sunday	9.00 am - 12.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	18 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
	25 Nov 17, Saturday	9.00 am - 12.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	02 Dec 17, Saturday	9.00 am - 12.00 pm	Mandarin
	16 Dec 17, Saturday	9.00 am - 12.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	06 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
	13 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	20 Jan 18, Saturday	9.00 am - 12.00 pm	Mandarin
	04 Feb 18, Sunday	9.00 am - 12.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## SENGKANG CC

2 Sengkang Square S(545025) Tel: 6312 5400

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	08 Nov 17, Wednesday	10.00 am - 1.00 pm	Mandarin
Supercharge with Superfoods	27 Nov 17, Monday	10.00 am - 1.00 pm	Mandarin
Stories from the Heart	10 Jan 18, Wednesday	10.00 am - 1.00 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Jan 18, Sunday	9.00 am - 12.00 pm	Mandarin
	11 Feb 18, Sunday	9.00 am - 12.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	04 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
	11 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	18 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
	25 Mar 18, Sunday	9.00 am - 12.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	1 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
	8 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	15 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin
	22 Apr 18, Sunday	9.00 am - 12.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## TAMPINES CHANGKAT CC

13 Tampines Street 11 S(529453) Tel: 6781 1806

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	04 Nov 17, Saturday	10.00 am - 1.00 pm	English
Supercharge with Superfoods	09 Dec 17, Saturday	10.00 am - 1.00 pm	English
Stories from the Heart	08 Jan 18, Monday	6.30 pm - 9.30 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Oct 17, Saturday	9.00 am - 12.00 pm	English
	05 Nov 17, Sunday	9.00 am - 12.00 pm	English
Healthy/Vegetarian Cooking: From Garden to Table	19 Nov 17, Sunday	9.00 am - 12.00 pm	English
	26 Nov 17, Sunday	9.00 am - 12.00 pm	English
Herbs Cooking: Spice up Your Life	03 Dec 17, Sunday	9.00 am - 12.00 pm	English
	17 Dec 17, Sunday	9.00 am - 12.00 pm	English
International Cuisine Cooking: Culture & Heritage	07 Jan 18, Sunday	9.00 am - 12.00 pm	English
	14 Jan 18, Sunday	9.00 am - 12.00 pm	English
Sweet Treats & Back-to-Basics Baking	21 Jan 18, Sunday	9.00 am - 12.00 pm	English
	10 Feb 18, Saturday	9.00 am - 12.00 pm	English

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## TANJONG PAGAR CC

101 Cantonment Road S(089774) Tel: 6221 9898 / 6223 6847

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	30 Sep 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Supercharge with Superfoods	14 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
Stories from the Heart	03 Nov 17, Friday	6.30 pm - 9.30 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	05 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	19 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
	26 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	03 Dec 17, Sunday	2.00 pm - 5.00 pm	Mandarin
	17 Dec 17, Sunday	2.00 pm - 5.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	07 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
	14 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	21 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
	10 Feb 18, Saturday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

## TECK GHEE CC

861 Ang Mo Kio Ave 10 S(569734) Tel: 6456 7123

Core Module (Compulsory)	Date	Time	Language Medium
Happiness in Volunteering!*	09 Sep 17, Saturday	9.00 am - 1.00 pm	English
Brain Training Using Modern Technology	11 Sep 17, Monday	6.30 pm - 9.30 pm	Mandarin
Supercharge with Superfoods	17 Sep 17, Sunday	1.00 pm - 4.00 pm	Mandarin
Stories from the Heart	06 Nov 17, Monday	6.30 pm - 9.30 pm	Mandarin

Specialisation – Food & Beverage** (Please select 3)			(Electives)
Food & Drink Pairing: The Perfect Blend	28 Oct 17, Saturday	2.00 pm - 5.00 pm	Mandarin
	05 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Healthy/Vegetarian Cooking: From Garden to Table	19 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
	26 Nov 17, Sunday	2.00 pm - 5.00 pm	Mandarin
Herbs Cooking: Spice up Your Life	03 Dec 17, Sunday	2.00 pm - 5.00 pm	Mandarin
	17 Dec 17, Sunday	2.00 pm - 5.00 pm	Mandarin
International Cuisine Cooking: Culture & Heritage	07 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
	14 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
Sweet Treats & Back-to-Basics Baking	21 Jan 18, Sunday	2.00 pm - 5.00 pm	Mandarin
	10 Feb 18, Saturday	2.00 pm - 5.00 pm	Mandarin

\* Off-site course @ College of Alice and Peter Tan (NUS) (8 College Avenue East, S138615)

\*\* Off-site course @ Civil Service Club (60 Tessensohn Road, S217664)

**CC LISTING****Aljunied CC**

110 Hougang Avenue 1 #01-1048  
S(530110)

Tel: 6288 5578

**Bedok CC**

850 New Upper Changi Road  
S(467352)

Tel: 6449 6323

**Bishan CC**

51 Bishan Street 13  
S(579799)

Tel: 6259 4720

**Boon Lay CC**

10 Boon Lay Place  
S(649882)

Tel: 6261 9947

**Bukit Batok CC**

21 Bukit Batok Central  
S(659959)

Tel: 6564 7061

**Bukit Panjang CC**

8 Pending Road  
S(678295)

Tel: 6506 0900

**Buona Vista CC**

36 Holland Drive #01-01  
S(270036)

Tel: 6778 5163

**Clementi CC**

220 Clementi Ave 4  
S(129880)

Tel: 6776 2517

**Fuchun CC**

1 Woodlands Street 31 #01-02  
S(738581)

Tel: 6365 6911

**Gek Poh Ville CC**

No. 1 Jurong West Street 74  
S(649149)

Tel: 6792 0095

**CC LISTING****Kampong Ubi CC**

10 Jalan Ubi  
S(409075)

Tel: 6745 9199

**MacPherson CC**

400 Paya Lebar Way  
S(379131)

Tel: 6841 1085

**Nee Soon South CC**

30 Yishun Street 81  
S(768455)

Tel: 6753 3121

**Pasir Ris East CC**

1 Pasir Ris Drive 4  
S(519457)

Tel: 6584 2798

**Potong Pasir CC**

6 Potong Pasir Ave 2  
S(358361)

Tel: 6280 1182

**Sembawang CC**

2125 Sembawang Road  
S(758528)

Tel: 6758 4183

**Sengkang CC**

2 Sengkang Square  
S(545025)

Tel: 6312 5400

**Tampines Changkat CC**

13 Tampines Street 11  
S(529453)

Tel: 6781 1806

**Tanjong Pagar CC**

101 Cantonment Road  
S(089774)

Tel: 6221 9898 / 6223 6847

**Teck Ghee CC**

861 Ang Mo Kio Ave 10  
S(569734)

Tel: 6456 7123

## TERMS & CONDITIONS

### Advanced Certificate in Senior Wellness:

- Any Singaporean/PR, aged 50 years and above (born in 1967 or earlier), is eligible to sign up for the "Advanced Certificate in Senior Wellness" programme at the following rates: **\$80 (M) / \$92 (NM)** if they have fulfilled the below criteria:
  - Graduated from the Certificate in Senior Wellness Programme OR**
  - Attended at least 12 courses from any of our Senior Academy Programmes** (*Golden Hobbyist Series, Golden Work Series, Senior for Smart Nation*)
- Participants can register over the counter at any of the following Senior Academy Satellite Training Centres: Aljunied CC, Bedok CC, Bishan CC, Boon Lay CC, Bukit Batok CC, Bukit Panjang CC, Buona Vista CC, Clementi CC, Fuchun CC, Gek Poh Ville CC, Kampong Ubi CC, MacPherson CC, Nee Soon South CC, Pasir Ris East CC, Potong Pasir CC, Sembawang CC, Sengkang CC, Tampines Changkat CC, Tanjong Pagar CC and Teck Ghee CC.
- Participants will be given a Senior Academy Kit, comprising the 'Golden Passport', during the first class to redeem stamps from the trainer.
- The Advanced Certificate in Senior Wellness programme is a special package offered to seniors, and seniors must select, register and attend courses offered at the same CC.
- Payment must be made before the first class commences to secure placement.
- To graduate, participants must complete four core modules over four classes, three elective courses over six classes from one specialisation (Food & Beverage, Health & Wellness) and one elective course from the other specialisation offered at the same CC and to partake in a group project presentation at the end of the programme.
- If a participant misses a core or elective class due to medical reasons and wishes to request for a make-up class, the participant has to inform the CC at least 5 working days before the start of the make-up class at the same CC, subject to class size availability and for a maximum of 2 classes only. (Applicable for elective modules only).

- However, if the class is postponed due to trainer or CC's request, participant can sign up for another elective at the same CC, at no cost, subject to class size availability.
- Upon collection of 12 stamps and completion of the group project, participant has completed the Advanced Certificate in Senior Wellness programme and will be eligible to graduate at a Graduation Ceremony.
- Terms & Conditions are subject to changes without notice.

### Golden Hobbyist (Advanced) – Electives:

- The Golden Hobbyist (Advanced) courses are open to Singaporeans/PR of all ages at the following rates:
  - \$20 (PAssion Card Member)**
  - \$30 (Non-PAssion Card Member)** for Singaporeans/PR aged 50 & above (born in 1967 or earlier)
  - \$30 (PAssion Card Member)**
  - \$40 (Non-PAssion Card Member)** for Singaporean/PR aged 49 & below (born in 1968 or later)
- Participants can register over the counter at any of the following Senior Academy Satellite Training Centres: Aljunied CC, Bedok CC, Bishan CC, Boon Lay CC, Bukit Batok CC, Bukit Panjang CC, Buona Vista CC, Clementi CC, Fuchun CC, Gek Poh Ville CC, Kampong Ubi CC, MacPherson CC, Nee Soon South CC, Pasir Ris East CC, Potong Pasir CC, Sembawang CC, Sengkang CC, Tampines Changkat CC, Tanjong Pagar CC and Teck Ghee CC
- The Golden Hobbyist (Advanced) programme is a special package offered to seniors, and seniors must select, register and attend courses offered at the same CC.
- Payment must be made before the class commences to secure placement.
- Terms & Conditions are subject to changes without notice.

### Interested to be part of the People's Association Senior Academy Programme?

You can now sign up for the Advanced Certificate in Senior Wellness programme or any of the elective courses. Register with any of the Satellite Training Centres now!

- \$80 (PAssion Card Member)
- \$92 (Non-PAssion Card Member) for Singaporean/PR aged 50 and above (born in 1967 or earlier)

You can also check out the updated class schedules at [www.one.pa.gov.sg](http://www.one.pa.gov.sg)

### If you wish to participate in the elective courses, you may do so at a nominal fee!

- \$20 (PAssion Card Member)
- \$30 (Non-PAssion Card Member) for Singaporean/PR aged 50 and above (born in 1967 or earlier)
- \$30 (PAssion Card Member)
- \$40 (Non-PAssion Card Member) for Singaporean/PR aged 49 and below (born after 1968)

### For further enquiries, please contact Lifeskills & Lifestyle Division

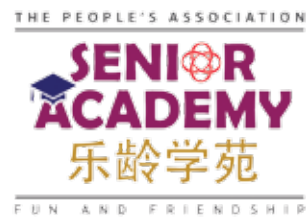
-  PA\_Lifeskills\_Lifestyle@pa.gov.sg
-  8344 4129 / 9081 5580  
(Mon-Fri, 9am-6pm, except Public Holidays)
-  People's Association Senior Academy

To achieve the mission of the People's Association (PA) in building and bridging communities to achieve one people, one Singapore, we initiate and offer a wide range of programmes and services to cater to the needs and interests of Singaporeans from all walks of life.

*\*Information is accurate at time of print. Images used are for illustration only. Printed in August 2017.*



## An Initiative By:



## Partners:

