

LEARNING ROOM 修乐堂

List of Courses from January to March 2022

课程课表 - 2022 年 1 月至 3 月

Self-Care Courses

Course Title	Course Description	Language Dates & Time	Course Fees
Staying Well – Secrets of the Super Agers Onsite Class	Today many of us will live well into our 80s or 90s or even the 100s! But our goal isn't simply to reach our 80s or 90s, but to stay mentally sharp and active as we age so that we can enjoy those extra. Like the super agers. Who are people in their 70s, 80s and older with the mental or physical capability of their younger counterparts in their 40s, 50s.	English 9 Feb 2022 2pm to 5pm	Full course fee at \$64.20 per course title per participant ===== Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.
身心安泰之道 – 超级乐龄的秘密 线下实体课程	在现代社会中，许多人都能活进 80，90，甚至 100 岁。不过我们的目标不仅仅是活近百岁，我们也需要保持精神敏锐和活跃。所以大家应该向超级乐龄学习，无论几岁，身心还是保持依然年轻！ <ul style="list-style-type: none"> • 超级乐龄的养生法 • 如何保持心智敏锐与身体活跃 • 大脑挑战：数学题与七巧板游戏 • 大脑健康有益饮食 • 益脑运动 	华语讲解 10 Feb 2022 2pm to 5pm	课程费用是 每人 \$64.20 ===== 五十岁以上的 新加坡公民或永久居民 可享有由全国乐龄学苑和 曹氏基金会，全额资助
Riding the Waves of Change Smiling Onsite Class	Discover how you can strengthen your mental resilience and well-being, which are important factors of successful ageing. Join us to learn about mental well-being and the common issues affecting it. In our daily lives, we may face stressors which affect our ability to experience life in a positive manner and could increase our vulnerability to mental health difficulties. Through experiential learning, this course will help you pick up practical tips to enhance and maintain your mental well-being.	English 15, 22 Feb & 1 Mar 2022 2pm to 4pm	Full course fee at \$107 per course title per participant ===== Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.
心理健康课程: 以微笑应万变 线下实体课程	探索如何增强你的心理韧性和心理健康，这些都是成为成功乐龄的重要因素。与我们一起了解心理健康以及影响它的常见问题！在日常生活中，我们或许会面临不同的压力，这些都会影响我们以积极的方式体验生活，使心理健康问题的风险增加。通过体验式学习，本课程将帮助你掌握实用技巧来促进及保持心理健康。	华语讲解 8, 15 & 22 Mar 2022 2pm to 4pm	课程费用是 每人 \$107 ===== 五十岁以上的 新加坡公民或永久居民 可享有由全国乐龄学苑和 曹氏基金会，全额资助

Self-Care Courses

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Brain Power! A Mental Fitness Programme for Seniors Onsite Class	Today, many of us will live well into our 80s, 90s or even the 100s! However, with increases in longevity, we face the risk of decreases in mental abilities due to changes in the ageing brain. One of the most feared consequences of brain decline is the loss of memory function and ultimately of who we are. But studies show that brain impairment is not inevitable. There are steps we can take to protect and maintain our brain health and help us enjoy the gift of long life!	English 23 Feb and 2, 9 & 16 Mar 2022 2pm to 4pm	Full course fee at \$219.35 per course title per participant ===== Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.
最强大脑! 乐龄心理健康课程 线下实体课程	在现代社会中，许多人都能活到 80, 90 甚至 100 岁。不过我们却要面对大脑老化，而导致脑力衰退的问题。庆幸的是，我们还是能采取一些防范措施，来保护和维持您大脑的健康！ 在这课程中，您将会学习： • 辨认可能影响大脑健康的因素 • 认识保持大脑活跃的益处 • 学习各种心智和体能活动以刺激大脑功能	华语讲解 24 Feb and 3, 10, 17 Mar 2022 2pm to 4pm	课程费用是 每人\$219.35 ===== 五十岁以上的 新加坡公民或永久居民 可享受有由全国乐龄学苑和 曹氏基金会， 全额资助
Staying Well to Age Successfully Onsite Class	Staying well can be a challenge for older adults. A longer life, poor health, isolation, and rising cost of living, are some issues that can affect the ability to stay well and age successfully. This eight-hour workshop introduces older adults to the five dimensions of wellness and the small steps they can take to improve and maintain high physical, mental and social functioning, financial independence and overall quality of life.	English 24, 31 Mar and 7, 14 Apr 2022 2pm to 4pm	Full course fee at \$219.35 per course title per participant ===== Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.
幸福乐龄的养身法 线下实体课程	对于年长者来说，保持健康可能是一个挑战。寿命更长，健康状况不佳，独居生活和生活费用不断上升，这些因素都可能影响老年人保持健康的能力和安康之道。这8小时的课程会介绍身心健康 的5个层面，以及一些步骤来帮助乐龄人士改善和维持身体，精神 和社交功能，财务独立性和整体生活质量。	华语讲解 25 Mar and 1, 8, 22 Apr 2022 2pm to 4pm	课程费用是 每人\$219.35 ===== 五十岁以上的 新加坡公民或永久居民 可享受有由全国乐龄学苑和 曹氏基金会， 全额资助

Caregiving Courses

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Journey with Dementia Online Class	This interactive workshop aims to introduce some of the fundamental issues of ageing, dementia and caregiving. Through this course, participants will understand the stages, signs and symptoms of dementia	English 6, 13, 20, 27 Jan 2022 2pm to 4pm	Full course fee at \$219.35 per course title per participant ===== Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.
Basic Care for Elderly Onsite Class	This intensive and interactive workshop aims to introduce some of the most fundamental issues of ageing and caregiving in the ageing process and practical skills and hands-on practice on caring for the elderly e.g. safe use of mobility aids, safe transfer and positioning, communication skills etc.	English 11, 18, 25 Jan & 8 Feb 2022 2pm to 4pm	
Gifts of Caregiving - Level I (Building resilience) Online Class	Many caregivers have strived to provide their aged loved ones with dedicated care in the home environment. What many may not have anticipated are the many transitions and responsibilities that come along with caregiving and how one has to move along with them. This workshop will equip you with skills in understanding and appreciating your motivations and meanings of caregiving, exploring impacts of caregiving and managing emotions related to caregiving situations. You will also understand the importance of self-care and develop plans on practicing self-care in your daily caregiving routines.	English 9, 16, 23 Feb & 2 Mar 2022 2pm to 4pm	

TCM Course

Course Title	Course Description	Language Dates & Time	Course Fees
《中老年人常见病》 中医讲座系列二 (线上课程)	失眠、便秘、失智症、高血脂血症是中老年人的常见病，它严重影行了中老年人生活质量。如何预防、治疗这些疾病，对于中老年人很重要。本系列讲座，对于这些疾病的发病原因、主要症状、中医如何防治等作出分析。同时教导中老年人，进行一些简单的自我保健按摩和食疗。	华语讲解 2, 9, 16, 23 Mar 2022 2pm to 3.30pm	课程费用是每人\$155.15 ===== 五十岁以上的新加坡公民或永久居民可享有由全国乐龄学苑和曹氏基金会，全额资助

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