

LEARNING ROOM 修乐堂

List of Courses 课程课表 (Year 2023)

Self-Care Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
<p>Staying Well - Secrets of The Super Agers</p> <p>身心安泰之道 - 超级乐龄的秘密</p> <p>Onsite/Online Class 实体/线上课程</p>	<p>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 years. 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.</p> <p>在现代社会中, 许多人能活进 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!</p> <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 	<p>English/Chinese</p> <p>3 hours</p> <p>(1 lesson x 3 hours)</p>	<p>Full course fee at \$64.80 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Staying Well to Age Successfully</p> <p>幸福乐龄的养身法</p> <p>Onsite/Online Class 实体/线上课程</p>	<p>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.</p> <p>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。</p>	<p>English/Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Brain Power! A Mental Fitness Programme for Seniors</p> <p>最强大脑! 乐龄心理健康课程</p> <p>Onsite/Online Class 实体/线上课程</p>	<p>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!</p> <p>在现代社会中, 许多人能活到 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:</p> <ul style="list-style-type: none"> • 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 	<p>English/Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>

Self-Care Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
<p>Staying Balanced - Fall Prevention Exercise for Seniors</p> <p>保持平衡 - 乐龄防摔运动</p> <p>Onsite Class 实体课程</p>	<p>Seniors in Singapore are at risk for falls and injury related to falls. Especially at risk are those age 65 and over, with impaired physical mobility, impaired balance, visual/hearing difficulties, multiple medications, among others. However, most falls are preventable!</p> <p>让年长者了解如何获得更好的平衡, 防止意外摔倒, 新加坡的年长者有跌倒和跌倒相关的伤害风险。尤其是 65 岁以上的年长者, 他们的身体活动能力受损, 平衡能力受损, 视力或听力障碍, 多种药物治疗等。但是, 大多数跌倒是可以预防的!</p>	<p>English/Chinese</p> <p>8 hours (4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant =====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Staying Cool – The Power of Positive Emotions</p> <p>自在人生 – 别让负面</p> <p>情绪绑架你</p> <p>Onsite Class 实体课程</p>	<p>This eight-hour workshop aims to help older adults express their emotions in healthy ways by strengthening their emotional awareness and developing positive coping strategies to keep their emotions under control, improve one's emotional health and contribute to successful ageing.</p> <p>人们往往没察觉自己或周围人的情感波。缺乏情绪意识会导致过度情感, 压力及消极应对策略, 影响自己的身心健康与他人的人际关系。</p> <p>课程内容: 健康的方式表达自己的情, 学习积极的情绪应对方式, 应用活动来调和情绪的起伏 增进心灵健康, 丰盛乐龄。</p>	<p>English/Chinese</p> <p>8 hours (4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant =====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Practical Life Conversations with Seniors</p> <p>乐龄人生对话</p> <p>Onsite Class 实体课程</p>	<p>We cannot predict what might happen to our health in the future. But we can plan with Advanced Care Planning (ACP) and Lasting Power of Attorney (LPA) by sharing our wishes and what matters most to us with important loved ones. Having these conversations and making a plan are ways to give you and your loved ones peace of mind especially in a medical crisis.</p> <p>This course aims to help seniors gain insight of their financial situation, as well as to provide a platform to discuss on ACP, LPA and Will.</p> <p>我的钱哪儿去了? 我是否有足够的钱度过我的晚年? 这正是许多乐龄人士所担心的问题。我们希望通过这个基础理财教育课程, 鼓励和帮助乐龄人士们, 学习实用的基本理财技能。让他们更好地理解和管理他们的财务状况, 从而减轻他们在这方面的顾虑。</p> <p>课程题目:</p> <ul style="list-style-type: none"> • 认识基本理财概念 • 分析当前的消费情况 • 检讨日常生活费用的项目 • 预先护理计划 • 持久授权书 • 遗嘱 	<p>English/Chinese</p> <p>8 hours (4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant =====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>

Self-Care Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
<p>The Ties that Bind – Building Strong Intergenerational Bonds</p> <p>建立多代亲子关系</p> <p>Onsite/online Class 实体/线上课程</p>	<p>A new generation of seniors are living longer and healthier lives. Continuing interaction with family members, friends, young and old, becomes even more important for the older person to stay connected and prevent boredom, loneliness and helplessness. This course aims to equip and empower seniors to connect with the young and old through purposeful and meaningful activities that enable the young and old to thrive and the seniors to regain a sense of purpose through the opportunity to teach, instruct and learn.</p> <p>让长者了解多代关系的相处模式，了解他们如何影响他们的关系，并做出改善，以促进和维持关系。</p> <p>年长者、成年人与年轻人之间不同阶段沟通和应对方式的理解。</p> <p>提高倾听和表达处理老一辈和年轻一代差异的技能。探索有助于建立和加强代际纽带的活动。</p>	<p>Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Expressive Art with Seniors</p> <p>与乐龄的表达艺术</p> <p>Onsite Class 实体课程</p>	<p>In this course, we will integrate the Expressive Art Activities into our calm techniques and provide seniors an insight to nurture our wellbeing. As Calm technique is not a “use in case of emergency” technique, but it is a self-help skill that we can practice during the times when we are under stress and overwhelming.</p> <p>The aims of this course are:</p> <ul style="list-style-type: none"> • To learn the Expressive Art techniques to release muscles, free repressed emotions, and negative energy, and to attain a more relaxing state. • To learn how to use some basic art tools to practice calm techniques, such as breathing, sounding, music and Bioenergetic exercise. • To practise creative art techniques such as coloured crayons and mandalas etc for stress reduction. <p>在这个工作坊中，我们将用表达式艺术活动融入到平静的技巧之中，让你了解一个新的心理健康话题，从而培养你的幸福感。</p> <p>平静技巧不是“在紧急情况下使用”的技巧。这是一种自助技能，我们可以在压力和不知所措的时候练习。生活不需要感到压抑。学习将压力转化为平静的技巧，能让你拥有更清晰的思维，提升直觉力，感受平和。同时也能促进睡眠和提升生命活力！</p>	<p>Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$235.44 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>

Self-Care Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
<p>Dancing towards Good Health!</p> <p>舞出健康身姿!</p> <p>Onsite Class 实体课程</p>	<p>This course focuses on enhancing the emotional well-being & stress reduction of the participants, through improvisational tasks. This experiential workshop will promote one's self-expression, creativity & imagination using their bodies. Participants will respond to the tasks spontaneously and feel more confident to use their bodies to express their emotions &/or thoughts. Participants are given opportunities to create their movement based on the guided tasks. Each session will start & end with warm-up / cool-down sequence. No dance experience is required.</p>	<p>English</p> <p>12 hours</p> <p>(8 lessons x 1.5 hours)</p>	<p>Full course fee at \$313.20 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>C3A Mental Well-being Curriculum "Riding the Waves of Change Smiling"</p> <p>C3A 心理健康课程 “以微笑应万变”</p> <p>Onsite/Online Class 实体/线上课程</p>	<p>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.</p> <p>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正面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。</p>	<p>English/Chinese</p> <p>6 hours</p> <p>(3 lessons x 2 hours)</p>	<p>Full course fee at \$108 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.</p>

Caregiving Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
<p>Be a Healthy & Happy Caregiver!</p> <p>做一个健康快乐的看护者 - “自我身心的护理”</p> <p>Onsite/online Class 实体/线上课程</p>	<p>Caregivers are often exposed to physical, emotional, and mental exhaustion from their caregiving routine. These can sometimes lead to caregiver stress and burnout where they begin to neglect their own biopsychosocial well-being too. Through this course, you will learn to identify the signs of caregiver stress, communicate your needs as caregivers and manage your stress so as to take better care of yourself. Increased self-care knowledge, social support will help to make you a more effective, happy and healthy caregiver!</p> <p>做为一位看护者，经常都被要求去做众多的任务，而因照顾他人的情绪和身体压力可能会导致压力并影响自身的健康。在本课程中，您将学习识别看护者压力的迹象，传达您做为看护者的需求并管理你的压力，以便更好地照顾自己。增进自我保健知识，社会支持将有助于使你一个更有效、更快乐、更健康的看护者！</p> <ul style="list-style-type: none"> 了解看护者压力的各种症状 确认压力来源 列出提供看护者所需的帮助和服务 探讨照顾自己的方法 	<p>English/Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.</p>
<p>Gifts of Caregiving - Level I (Building resilience)</p> <p>看护旅程的成长和礼物 - “看护者成长课程” (第一阶)</p> <p>Online Class 线上课程</p>	<p>Many caregivers have strived to provide their aged loved ones with dedicated care in the home environment.</p> <p>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.</p> <p>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.</p> <p>照顾家人是一个充满挑战的旅程。家人病情的进展和照顾责任有时会让我们心烦意乱，不知所措。我们关于照顾的想法和对自己的期待也会是压力的来源。让我们一起来探讨如何调整观念，学习把看护对象当作照顾旅程的伙伴，在照顾家人的同时也关爱自己，让看护的过程有更多收获和意义。</p> <p>欢迎大家报名参与我们这个一共四次的团体活动</p> <ul style="list-style-type: none"> 听取其他看护者和专业辅导员的意见，互相支持 了解我们在看护中的角色和意义 了解看护者需要具备的技能 深入探索常见的看护挑战，并学习新的应对策略 学习更好地善待自己 	<p>English/Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation.</p>

Caregiving Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
Basic Care for Elderly Onsite Class	<p>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.</p>	<p>English</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
Journey with Dementia Onsite/Online Class	<p>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.</p>	<p>English</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
Mindfulness and Self Care for Healthy Ageing 正念练习: 专注自我, 活在当下 Onsite/Online Class 实体/线上课程	<p>Mindfulness has been established as an evidence-based approach to managing stress. It can be an important method to address burnout among caregivers. By explaining the role of mindfulness in healthy ageing, and sharing techniques to build mindfulness, participants may understand the role mindfulness plays in helping seniors with long-term care, as well as promoting self-care among caregivers.</p> <p>我们往往没察觉到发生在自己和周围人身上的情绪。即使我们感觉到一种情绪，我们可能会压抑它，因为我们不明白自己的情感，也或许不了解为什么会有这种感受。缺乏情绪意识会导致过度的心理反应，从而产生压力和负面的应对策略，影响个人的身心健康和与他人的关系。</p> <p>这个8小时的工作坊旨在帮助年长者以正面的方式表达自己的情绪，加强他们的情绪意识，并发展积极的应对策略，以控制自己的情绪，改善个人的情绪健康，促进丰盛的乐龄。</p>	<p>English / Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$221.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>

<p>活跃年长者系列： 断舍离 整理术</p> <p>(Active Ageing Series: Be Organized)</p> <p>实体/线上课程</p>	<p>“断舍离”是由日本杂物管理咨询师山下英子提出的人生整理理念。所谓断舍离，就是透过整理物件了解，清理了发生在物品身上的纠结和回忆，整理心中的混沌，空间不断充裕，心情越发舒畅。我们学习“断舍离”让我们藉由改善生活品质，然后从外而内，提升精神素质。</p> <p>断 = 不轻易添置物品及断绝不需要的东西， 舍 = 放手。舍弃多余的废物 离 = 最佳状态。脱离对物品的执着，心情会变得轻松</p>	<p>Chinese</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$259.20 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Active Ageing Series: Be Creative</p> <p>Onsite / Online Class</p>	<p>This course introduces cognitive art in the form to reduce stress levels while focusing on another task. Seniors will freely express their most Likes or any of their previous memorable experiences. The 'Likes' is referring to their memorable experiences which can be Food, Interest in places, games or sports etc Seniors will enjoy sharing with their peers about their 'good old times as well as their current activities, so to enjoy the companionship with the peers. Such sharing activities will bring out their current stage of emotional and inner thinking.</p>	<p>English</p> <p>8 hours</p> <p>(4 lessons x 2 hours)</p>	<p>Full course fee at \$259.20 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>
<p>Active Ageing Series: Be Restful</p> <p>活跃年长者系列： 优质睡眠</p> <p>Onsite / Online Class</p> <p>实体/线上课程</p>	<p>The course is designed for seniors to have a better understanding of how ageing could have an impact on the quality and duration of sleep and to empower them to seek control of their sleeping habits. Topics include the effects of sleep disorders in seniors, the physiology of sleep, assessment of sleep disorders, management of sleep disorders and more.</p> <p>睡眠质量是许多年长者的困扰，新加坡人口老化，年长者睡眠问题将成为显著的医疗课题。该课程主要是让年长者更好的了解如何影响睡眠质量和持续时间，并使他们能够调试自己的睡眠习惯；也让年长者知道拥有充分良好品质的睡眠对于保持身心健康十分重要。</p>	<p>English / Chinese</p> <p>6 hours</p> <p>(3 lessons x 2 hours)</p>	<p>Full course fee at \$194.40 per course title per participant</p> <p>=====</p> <p>Singaporean / Singapore PR, aged 50 years old and above, FULLY subsidized by NSA and Tsao Foundation</p>

TCM Course Title	Course Description	Language, Total No. of Lessons & Total Hours	Course Fees
《中老年人常见病》 中医讲座系列一 (线上课程)	骨关节炎、中风、肿瘤、糖尿病是中老年人的常见病，它严重影响了中老年人的健康和生命。如何预防、治疗这些疾病，对于中老年人至关重要。本系列讲座，对于这些疾病的发病原因、主要症状、中医如何防治等方面，进行分析。同时教导中老年人，进行一些简单的自我保健按摩和食疗。	Chinese 6 hours (4 lessons x 1.5 hours)	课程费用是 每人\$156.60 ===== 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
《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，它严重影响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。	Chinese 6 hours (4 lessons x 1.5 hours)	课程费用是 每人\$156.60 ===== 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
《中老年人常见病》 中医讲座系列五 实体/线上课程	老年便秘、老年耳鸣、感冒、头痛，有的好发于长者，有的可见于各年龄，它给人们造成一定的痛苦。本系列讲座将根据中医理论分析这些病症的病因，症状、防治，特别介绍运用中医理论指导按摩，以达到预防病症发生、缓解病痛的目的。	Chinese 6 hours (4 lessons x 1.5 hours)	课程费用是 每人\$156.60 ===== 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
《中老年人常见病》 中医讲座系列六 实体/线上课程	中医知识与养生保健 中医是人们同疾病作斗争的经验和理论知识，通过长期医疗实践逐步形成并发展成的医学理论体系。 中医学以阴阳五行作为理论基础，通过“望闻问切”四诊合参的方法，探求病因、病性、病位，分析病机及人体内五脏六腑、经络关节、气血津液的变化，以辨证论治原则，制定治疗方法，使用中药、针灸、推拿、按摩、拔罐、气功、食疗等多种治疗手段，使人体达到阴阳调和而康复。本讲座主要介绍中医基本知识，中医养生保健知识以及坐式八段锦，以了解中医，促进健康。 中医基本知识介绍 (introduction to TCM knowledge) 中医养生保健知识 (一) (TCM health care) 中医养生保健知识 (二) (TCM health care) 曹氏《坐式八段锦》教授 (Sitting eight section brocade)	Chinese 6 hours (4 lessons x 1.5 hours)	课程费用是 每人\$156.60 ===== 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

Scan the QR code / SMS or Whatsapp to 8733 0194
预知详情或预约服务请扫二维码或拨发简讯 8733 0194

