

## LEARNING ROOM YEAR 2020 LIST OF COURSES (Jul – Dec)

*\*For Singaporeans and PRs aged 50 and above, all courses are **fully funded** by the National Silver Academy and Tsao Foundation.*

No.	Course Title	Course Description	Language	Course Start Dates	Duration
1	DIY 中医穴位按摩课程-系列 3 (Online Course)	本系列针对新加坡中老年人的常见病：高血压、颈椎病、湿疹进行讲座。介绍这三种病的发病原因、主要症状、中医如何防治、常用的药膳方子并示范教授如何来烹饪。	Chinese	2,8 and 14 July 2020	2.00 pm – 3.30 pm, (1.5 hrs x 3 sessions)
2	Brain Power! A Mental Fitness Programme for Seniors (Online Course)	Today, many of us will live well into our 80s, 90s or even the 100s! But we face the risk of decline 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. However, there are steps we can take to protect and maintain our brain health and help us enjoy the gift of long life!	English	4,6,11,13,18 Aug 2020	2.30pm – 4.00pm (1.5 hrs x 5 sessions)
3	Staying Cool - The Power of Positive Emotions	<p>Many of us fail to sense and see the emotions occurring in us and in the people around us. Even when we sense an emotion, we may suppress the emotion because we may not understand what we are feeling and why we are feeling this way. Poor emotional awareness may lead to excessive feelings that can result in stress and negative coping strategies that undermine one's physical and mental health and relationships with others.</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>	Chinese	15, 17, 22 and 24 Sept 2020	2.30pm to 4.00pm (2 hr x 4 sessions)
4	Practical Life Conversations with Seniors	<p>Where does my money go? Will I have enough for my old age? Many seniors fear not having enough money to live out their old age.</p> <p>We cannot predict what might happen to our health in the future. But we can plan ahead by sharing our wishes and what matters most to us with our loved ones, especially during 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 Advanced Care Planning (ACP), Lasting Power of Attorney (LPA) and WILL.</p>	Chinese	6,8,13 Oct 2020	2.30pm to 5.00pm (2.5 hr x 3 sessions)
5	Be a Healthy & Happy Caregiver! (Online Course)	<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.</p> <p>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>	English	25,27 Aug and 1,3,8 Sept 2020	2.30pm to 4.00pm (1.5 hrs x 5 sessions)

**All courses mentioned above will be conducted on site at COMSA Learning Room unless otherwise stated.**