

# LEARNING ROOM YEAR 2021 LIST OF COURSES (April – Oct)

## 修乐堂

### 2021 年四至十月份课程单

\*All Courses are subsidised at 80% for Singaporeans & PRs aged 50 & above by National Silver Academy.  
五十岁以上的新加坡公民或永久居民可享有 80% 津贴 (由国乐龄学苑资助)。

#### Self-Care Courses

Course Title	Course Description	Dates	Language	Course Fees (after subsidies*)
Staying Balanced - Fall Prevention Exercise for Seniors 保持平衡-乐龄防摔运动	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!	3, 10, 17, 24 June 2pm to 4pm	Mandarin	\$49.95 <b>SkillsFuture Claimable!</b>
Brain Power! A Mental Fitness Programme for Seniors 最强大脑! 乐龄心理健康节目 (Online 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!	3, 10, 17, 24 Aug 2pm to 4pm	Mandarin	\$49.95 <b>SkillsFuture Claimable!</b>
Staying Cool - The Power of Positive Emotions 自在人生 - 别让负面情绪绑架你 (Online Class)	This 8-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.	5, 12, 19, 26 Oct 2pm to 4pm	Mandarin	\$55.35 <b>SkillsFuture Claimable!</b>

#### Caregiving Courses

Course Title	Course Description	Dates	Language	Course Fees (after subsidies*)
Be a Healthy & Happy Caregiver! *	Caregivers often run the risk of suffering caregivers' burnout as the emotional and physical strain of caring for another may cause stress and affect their own health. In this course, you will learn to identify the signs of caregiver stress, communicate your needs as caregivers and manage your stress to take better care of yourself. Increased self-care knowledge, social support will help to make you a more effective, happy and healthy caregiver!	6, 13, 20 Apr 2pm to 4.30pm 7, 14, 21 Sept 2pm to 4.30pm	English	\$49.95 <b>SkillsFuture Claimable!</b>

Basic Care for Elderly *	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.	1, 8, 15, 22 June 2pm to 4pm	English	\$55.35 <b>SkillsFuture Claimable!</b>
		2, 9, 16, 23 Nov 2pm to 4pm		
Journey with Dementia	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	5, 12, 19, 26 Aug 2pm to 4pm	English	\$55.35 <b>SkillsFuture Claimable!</b>
		7, 14, 21, 28 Oct 2pm to 4pm		

\* Sign up for both **Be a Healthy & Happy Caregiver!** and **Basic Care for Elderly** for a flat fee of \$90 after subsidies! (Skillsfuture Claimable)

## TCM Courses

Course Title	Course Description	Dates	Language	Course Fees (after subsidies*)
《中老年人常见病》 中医讲座系列一 (Online Class)	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。	14, 21, 28 Apr, 5 May 2pm to 3.30pm	Mandarin	\$39.15
		4, 11, 18, 25 Aug 2pm to 3.30pm		
《中老年人常见病》 中医讲座系列二 (Online Class)	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。	9, 16, 23, 30 June 2pm to 3.30pm	Mandarin	\$39.15
		6, 13, 20, 27 Oct 2pm to 3.30pm		

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