



## I'M SENIOR & I'M LOVING IT!

This programme is a study of the social, psychological and biological aspects of ageing. Equip older adults with practical knowledge and skills important for late adulthood. Build awareness and promote positive attitude on ageing. Enhance social connectedness through making new friends.

### Course Description

Interesting highlights of the program include

- The 4 ages and aspects of life; Introduction to social gerontology
- The 6 dimensions of wellness
- Social impact of physical ageing
- Changes in social roles and relationships in old age

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### Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 9116 3200 (Full name + NRIC + Course Title)
- 3) Email to [agapewong@fyca.org](mailto:agapewong@fyca.org)

### Payment Procedure

Payment can be made via cheque, cash or NETS.

**(Payment is required for confirmation of place.)**

### Class Details

#### Course Date:

5, 12, 19, 26 Sep, 3, 10, 17 Oct  
2019 (TBC)

#### Time:

10.00am – 12.00pm

#### Closing Date for Registration:

22 August 2019

#### Venue:

TBC

#### Duration

14 hours over 7 sessions

#### Course Fee

\$75.60 (inclusive of GST &  
after NSA subsidy)

**Fees Payable for limited  
period: \$56**

#### Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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