

“I joined this course to enrich myself and gain better knowledge, as well as to widen my network. Good experience where no book could tell.”

Robert Tan, 61

“I am clearer about the 4 stages of our life. I know that I am in the 3rd age of my life, a stage of fulfilment. Understanding the social and psychological aspects of ageing helps me cope with chronological ageing. I am now more confident to do more, to share with friends to better manage ageing and to live a full and active life.”

Lily Wong, 63



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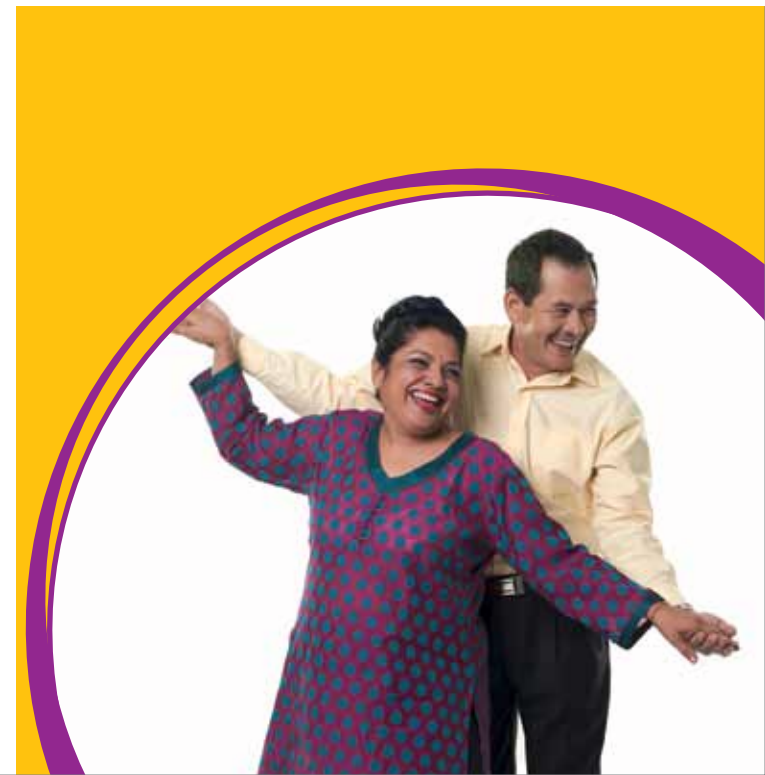
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Social Gerontology



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“We don’t stop playing because we grow old, we grow old because we stop playing.”

- George Bernard Shaw, Irish Playwright

C3A promotes the concept of successful ageing and understanding of social perspectives in ageing, through the participation of curriculum. Through one of C3A’s new initiatives, Practical Social Gerontology (PSG) programme, we work towards building awareness and educating seniors about the importance of meaningful ageing.

Practical Social Gerontology Programme (PSG)

In a broad sense, Social Gerontology is a study of the social aspects of ageing.

“I’m Senior & I’m Loving It” is a Practical Social Gerontology programme, an initiative of Council for Third Age (C3A) and organised by Fei Yue Community Services (FYCS). Participants will have better understanding of active ageing topics and its related issues. Amidst this challenging landscape facing family and society, participants will be equipped to make lifestyle choices to help them achieve active ageing.

Programme Structure

- Programme consists of 6 sessions of 3 hours each and 1 field trip for community involvement
- With the programme being delivered in simple layman’s language, seniors can become aware of ways to maintain wellness
- Seniors can discover joy of learning and make new friends in a group learning environment

For more information about PSG, please email to psg@c3a.org.sg

You may also contact Fei Yue Community Services at **6593 6455** or activeageing@fysc.org for upcoming PSG programmes.

