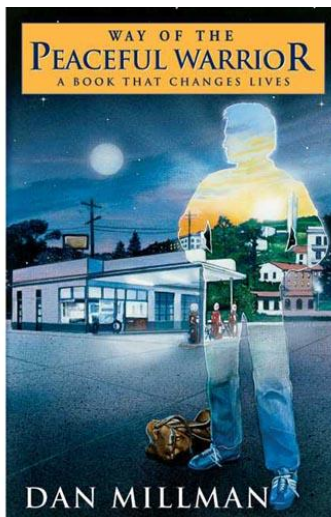


Peaceful Warrior

Date : Every 3rd Mon of the month
 Time : 6.30 pm – 9.30 pm
 Venue : Sophia Centre
 Facilitator : Quek Joo Hock
 Contact : Tel: 65822280
 Email: enquiry@u3a.sg

A PERSONAL DEVELOPMENT Learning Community

Start Date: 21 Apr 2014



The Stories of Our Lives

Everyone loves a story, even more so when it comes in the form of a film complete with sound effects and music. In this learning community we will watch a film together and in addition to just enjoying it we will delve into the intricacies of the plot and characters, their aspirations, strengths, short comings and their relationships with each other. By so doing we will enrich ourselves tremendously in:

- Our understanding of life's issues and contradictions
- Inevitable conflicts and how these are tackled, resolved or not resolved
- Struggles and different strategies of each character and their consequences
- Perhaps even discover hidden aspects of ourselves

Come and join us as we discuss and share stories from movies and perhaps re-discover new values and truths.

2. **The Way** (this is about an estranged father and son relationship story, of a father who walked the pilgrimage trail to fulfil his son's dream). - 19 May 2014
3. **Best exotic Marigold Hotel** (this is the story of a group of complaining retirees whose dreams of living out their golden years of their lives, turned out to be challenges that changed their lives. - 16 Jun 2014
4. **Tuesdays with Morrie** (a young workaholic man met his dying professor and refocused his priorities) - 21 Jul 2014
5. **Poetry** (a cleaner lady on social welfare felt inadequate, that she could not write poetry, decides to attend a poetry class, while facing the challenges of caring for a wayward grandson) - 18 Aug 2014
6. **Departures** (a young musician lost his job and decided to take up the job of a tour leader, but it turned out to be otherwise) - 15 Sep 2014
7. **Three Idiots** (parents and grandparents always have great dreams for their sons, grandsons, to be doctors and engineers, but is this what they really want?). - 20 Oct 2014

Facilitator: Quek Joo Hock

Hairstylist cum business owner, Joo Hock is also a freelance trainer, speaker, games inventor and author of two books, entitled "Dare to be Free?" and "What I Feel Like Saying". For the last 18 years he led a Bucky Group, an informal learning community, on the applications of Buckminster's concepts. Wielding "Bucky" as his multi-purpose tool, his on-going mission is to enrich and inspire others to re-invent their lives.

Know yourself, know others. A hundred encounters a hundred successes.