

**SPEECH BY NUSS PRESIDENT MR EDDIE LEE
AT THE NUSS ALL DAY PANEL DIALOGUE SESSION 1:
THE SILVER YEARS – THE BEST YEARS OF OUR LIVES
14 APRIL 2018, SATURDAY
10AM AT KENT RIDGE GUILD HOUSE**

1. Address the audience

Distinguished panellists – Dr Kanwaljit Soin, Ms Eleanor Yap and Ms Helen Yong
Fellow NUSS members
Ladies and gentlemen

Good morning and a very warm welcome to NUSS' inaugural ALL Day! I am delighted that you have chosen to spend your Saturday with us.

Firstly, please allow me to thank a few parties who have made NUSS ALL Day possible:

Our partner and sponsor - The Lifelong Learning Council, who has generously contributed towards the event through the LearnSG Fund;

Our esteemed panellists - Dr Kanwaljit Soin (Founding President of WINGS, the Women's Initiative for Ageing Successfully), Ms Eleanor Yap (Founder and Editor of Ageless Online) and Ms Helen Yong (Assistant Director of Outreach Services in the Singapore Association for Mental Health), for taking time off their busy schedule to share their expertise with us;

Our volunteers - the Active-Ageing and Lifelong Learning Sub-Committee and our Society members who have worked tirelessly to pull off the event;

And lastly, the Secretariat teams who have worked behind the scenes to tie this event together. Thank you for the great efforts and support!

2. About NUSS and the event

One of the missions of the Society has always been focused on fostering a lifelong relationship with graduates across all age groups and we do so by not just providing fellow members a platform to bond with loved ones and make new friends but also creating activities and programmes that cater well to our members' varied interests. For this purpose, we have various sections. One section which catered for senior members was initially called – Senior Circle, and then it was changed to S-Connect to remove the word "Senior". Two years ago, we changed the name to ALL, an acronym for Active-ageing and Lifelong Learning. It is not just a change of name, but also in mind set and intention to involve younger members. The chair of ALL Sub-Committee is Edgar Liao, and he is below 40 years of age.

Today, I am extremely happy to be part of the NUSS' ALL Day, a meaningful and well thought-out event created to bring to members a full range of activities well suited for their diverse interests, in just one day through one venue at KRGH! Throughout the day, members can look forward to not just learning more through Panel Dialogues but also networking with old and

new friends through workshops and enjoying bonding time with their loved ones at the mobile library, booths and concert!

I hope that through this event, you will be able to gain valuable knowledge on areas you are interested in while at the same time spend quality time with friends and family members.

3. Introduce the Dialogue Session

For this Panel Dialogue session titled, “The Silver Years – The Best Years of Our Lives”, our panellists will be sharing their expertise and tips on how to pursue self-development, live positively and age gracefully.

Given their diverse and deep knowledge on this topic, I am confident that all of us will gain valuable insight on how to live our lives well into our senior years.

I am also delighted to introduce the moderator for this session, Mr Lai Kim Seng, a past NUSS President. Mr Lai is someone who walks the talk when it comes to active ageing. He has been an active member in many of our Sub-Committees over the years and has also helped to put together several active ageing programmes and initiatives.

I wish you all an enriching and fun day ahead, and look forward to interacting with you throughout the event.

Thank you.