

## Basic Watercolour Painting Class Schedule

Classes are held every Thursday, from 10.30-12.30pm at the Centre For Seniors.

Participants will be given a list of materials to purchase, before attending the first class.

To find out more, please talk to our friendly Programme Coordinator, Ann Puah (DID: 6478 5010; e-mail: [ann.puah@centreforseniors.org.sg](mailto:ann.puah@centreforseniors.org.sg))

*Enhance and Enrich  
your Life with Vivid  
and Vibrant Strokes!*

*Sign Up Now!*

## About Centre For Seniors

The Centre For Seniors (CFS) is a non-profit organisation committed to promoting the total well-being of seniors.

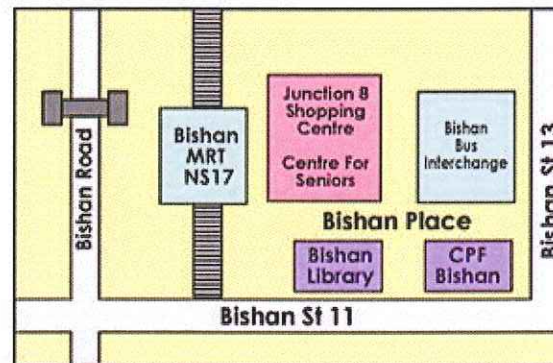
We advocate positive attitudes towards ageing by fostering an inclusive, active ageing culture in Singapore.

At CFS, we encourage you to be *GAINFULLY*, *MEANINGFULLY* and *ENJOYABLY* employed by:

- Remaining in employment for as long as possible.
- Being actively involved in community life.
- Pursuing lifelong learning as a lifestyle.

CFS aspires to enrich the lives of those of you who are 50 years and above and engage you in the new joy of *ACTIVE LIVING*.

### Where Are We?



**Centre For Seniors**  
9 Bishan Place #10-02  
Junction 8 Office Tower  
Singapore 579837  
Tel : 6478-5010  
Fax : 6258 6533  
E-mail : [ann.puah@centreforseniors.org.sg](mailto:ann.puah@centreforseniors.org.sg)  
Website : [www.centreforseniors.org.sg](http://www.centreforseniors.org.sg)

## WATERCOLOUR PAINTING CLASS



Organised by:

 **Centre For  
SENIORS**  
The Hub For Active Seniors

# Unleash your *Potential!* Unlock your *Artistic Side!*

## Lifelong Learning

As we age, it is important to maintain an active lifestyle. One of the ways to stay mentally and physically fit is to continually stimulate your mind through taking up new hobbies, doing sports and participating in group activities.

At the Centre For Seniors, we encourage older persons to pursue lifelong learning as a lifestyle so as to keep their minds and bodies active.

## Watercolour Painting Classes

The watercolour painting classes conducted by our trainer aspire to equip seniors with a basic grasp of this demanding and difficult art, and to inculcate in them an appreciation of art.

## About the Trainer

Rosma Mahyudin Guha was born in Sumatra, Indonesia in 1932 and is now a Singapore citizen.

She is a self-taught artist and a member of the Singapore Watercolour Society and the Singapore Art Society. Rosma also sits on the committee of the International Women's Art Association.

Rosma has had exhibitions in New Zealand, Japan, Taiwan, Thailand, Indonesia and Malaysia. Her works had also been reproduced by the Ministry of Information, Communication and the Arts in 1995 and 1996, as greeting cards for different ministries and consulates in Singapore and abroad.

Rosma's crowning achievement was to be selected as one of a privileged group of artists to create a montage in commemoration of Senior Minister Lee Kuan Yew's 75<sup>th</sup> birthday.

Currently, Rosma conducts classes in watercolour painting and gives demonstrations on this very challenging art form. Her works can be found in public as well as private collections locally and overseas.

## Registration Form

Sign up for our watercolour painting class and unlock the vibrant artistic side of you!

**YES ! I want to sign up for the Basic Watercolour painting class**

**Date/Day: 5 February 2009 Thursday**

**Time: 10.30am – 12.30pm**

**Fee: \$48.00 (8 sessions X 2 hours)** (Fee does not include cost of materials.)

Please fill up your particulars below and submit with your payment to us. Payment by cheque, please attention to "CENTRE FOR SENIORS".

## Your Particulars

Salutation (please tick one):

Mr  Mrs  Ms  Mdm

Name \_\_\_\_\_

NRIC \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tel No (HP) \_\_\_\_\_ (Home) \_\_\_\_\_

E-mail \_\_\_\_\_

RECEIPT NO: \_\_\_\_\_ (To be filled in by CFS)