

2026 PROSPECTUS

LIFELONG LEARNING FOR MALAYSIANS OVER 50



Message from our President



It gives me great pleasure to present the 2026 Prospectus of U3A Malaysia, an association dedicated to lifelong learning for older persons. Since its inception, U3A Malaysia has been a beacon of opportunity, enabling our members to continue their journey of knowledge, discovery, and personal growth in a supportive and vibrant community.

This Prospectus outlines the wide range of training courses available for year 2026. Each course is carefully designed to enrich the mind, strengthen skills, and foster fellowship. Within these pages, you will find details of the topics offered, the schedules of sessions, and the names of our dedicated instructors and convenors who will guide and support your learning experience.

To our members, I extend heartfelt gratitude for your commitment and enthusiasm. Your participation and spirit have shaped U3A Malaysia into a place where wisdom is shared, friendships are nurtured, and lives are enriched. Renewal of membership is essential to continue enjoying the benefits and opportunities that U3A Malaysia provides, and I encourage you to explore the courses and register promptly to secure your place.

To the wider public, I warmly invite you to join us in this movement. U3A Malaysia is open to all above 50, who believe that learning is a lifelong journey — one that sustains dignity, enhances wellbeing, and fosters intergenerational harmony. Whether you are seeking personal growth, community engagement, or simply the joy of discovery, U3A Malaysia offers a space where ageing is celebrated as a source of wisdom and resilience.

As we look ahead to 2026, let us reaffirm our commitment to nurturing curiosity, celebrating wisdom, and building a community where knowledge and friendship flourish. May this Prospectus inspire you to embark on new paths of learning and to share in the joy of discovery with others.

Together, let us make 2026 a year of growth, connection, and fulfilment.

Life long learning is a shared national treasure.

Zainal Abidin bin K Ahmed

President, U3A Malaysia

9 February 2026

2026 List of Courses (1/4)

Code	Course Name	Mode	Date/ Duration	Day	Time	No. of sessions
ADA01	Adult Development & Ageing	Online	07 Aug - 11 Sep	Friday	9:00 - 11:00	6 x 2 hrs
ART – ART & CRAFT						
ART02-1	Water Colour Painting 1	Online	04 Mar - 15 Apr	Wednesday	11:30 - 13:30	6 x 2 hrs
ART02-2	Water Colour Painting 2	Online	01 Jul - 05 Aug	Wednesday	11:30 - 13:30	6 x 2 hrs
ART02-3	Water Colour Painting 3	Online	28 Oct - 02 Dec	Wednesday	11:30 - 13:30	6 x 2 hrs
ART03-1	Chinese Painting 1	Online	02 Mar - 13 Apr	Monday	14:30 - 16:30	6 x 2 hrs
ART03-2	Chinese Painting 2	Online	06 Jul - 10 Aug	Monday	14:30 - 16:30	6 x 2 hrs
ART04-1	Line Sketching 1	Online	28 Apr - 02 Jun	Tuesday	14:30 - 16:30	6 x 2 hrs
ART04-2	Line Sketching 2	Online	16 Jun - 21 Jul	Tuesday	14:30 - 16:30	6 x 2 hrs
ART06-1	Chinese Calligraphy 1	Online	04 May - 15 Jun	Monday	14:30 - 16:30	6 x 2 hrs
ART06-2	Chinese Calligraphy 2	Online	07 Sep - 12 Oct	Monday	14:30 - 16:30	6 x 2 hrs
ART-08	Floral Arrangement	Dewan Serbaguna*	04 Aug - 15 Sep	Tuesday	14:30 - 16:30	6 x 2 hrs
ART12	Charcoal Drawing	Online	26 Aug - 07 Oct	Wednesday	11:30 - 13:30	6 x 2 hrs
ART14	Batik Painting	Dewan Serbaguna*	04 Aug - 01 Sep	Tuesday	10:00 - 13:00	4 x 3 hrs
ART19	Pencil Sketching	Online	29 Apr - 10 Jun	Wednesday	11:30 - 13:30	6 x 2 hrs
HEA – HEALTH & FITNESS						
HEA01	Swimming	UPM Sports Complex	26 Aug - 21 Oct	Wednesday	09:00 - 10:30	8 x 1.5 hrs
HEA05A	Fitness Gym Group 1	MyAgeing	04 May - 29 Jun	Monday, Wednesday	10:30 - 11:30	14 x 1 hr
HEA05B	Fitness Gym Group 2	MyAgeing	04 May - 29 Jun	Monday, Wednesday	14:30 - 15:30	
HEA05C	Fitness Gym Group 3	MyAgeing	26 Oct - 14 Dec	Monday, Wednesday	10:30 - 11:30	14 x 1 hr
HEA05D	Fitness Gym Group 4	MyAgeing	26 Oct - 14 Dec	Monday, Wednesday	14:30 - 15:30	
HEA12A	Strength Training (IMM Carehub (Mont Kiara))	IMM Carehub (Mont Kiara)	Monthly	Refer IMM Carehub		8 x 1 hr
HEA12B	Strength Training (IMM Carehub (Domitys Bangsar))	IMM Carehub (Domitys Bangsar)	Monthly	Refer IMM Carehub		8 x 1 hr

* Dewan Serbaguna is located at Taman Kembangan Fasa 2, Seri Kembangan

2026 List of Courses (2/4)

Code	Course Name	Mode	Date/ Duration	Day	Time	No. of sessions
HEA12D	Strength Training (IMM Carehub (Domitys Bangsar))	IMM Carehub (Domitys Bangsar)	Monthly	Thursday		4 x 1 hr
HEA13	Taekwondo	WBT MA Centre	Monthly	Monday, Thursday	9:30 - 11:00	8 x 1.5 hrs
HEA17-1	Bio Energetic Exercises 1	Online	28 Apr - 16 Jun	Tuesday	09:00 - 10:30	8 x 1.5 hrs
HEA17-2	Bio Energetic Exercises 2	Online	30 Jun - 18 Aug	Tuesday	09:00 - 10:30	8 x 1.5 hrs
HEA18	Stretch Therapy	IMM Carehub (Mont Kiara)	Monthly	Wednesday	11:00 – 12:00	4 x 1 hr
ICT – INFORMATION, COMMUNICATION & TECHNOLOGY						
ICT04-1	Digital Skills 1	Online	04 Apr - 09 May	Saturday	09:00 - 11:00	6 x 2 hrs
ICT04-2	Digital Skills 2	Online	30 May - 04 Jul	Saturday	09:00 - 11:00	6 x 2 hrs
ICT04-3	Digital Skills 3	Online	01 Aug - 05 Sep	Saturday	09:00 - 11:00	6 x 2 hrs
ICT04-4	Digital Skills 4	Online	19 Sep - 31 Oct	Saturday	09:00 - 11:00	6 x 2 hrs
ISM – ISLAMIC STUDIES						
ISM01-1	Islamic Aqidah 1	Online	05 Mar - 09 Apr	Thursday	08:30 - 10:30	6 x 2 hrs
ISM01-2	Islamic Aqidah 2	Online	16 Apr - 21 May	Thursday	08:30 - 10:30	6 x 2 hrs
ISM02-1	Seerah & Hadith 1	Online	04 Jun - 09 Jul	Thursday	08:30 - 10:30	6 x 2 hrs
ISM02-2	Seerah & Hadith 2	Online	23 Jul - 27 Aug	Thursday	08:30 - 10:30	6 x 2 hrs
ISM02-3	Seerah & Hadith 3	Online	10 Sep - 15 Oct	Thursday	08:30 - 10:30	6 x 2 hrs
LAN – LANGUAGES						
LAN01-1	Mandarin 1 (Basic)	Online	02 Mar - 20 Apr	Monday	11:30 - 13:30	6 x 2 hrs
LAN01-2	Mandarin 2	Online	27 Apr - 08 Jun	Monday	11:30 - 13:30	6 x 2 hrs
LAN01-3	Mandarin 3	Online	29 Jun - 03 Aug	Monday	11:30 - 13:30	6 x 2 hrs
LAN01-4	Mandarin 4	Online	07 Sep - 12 Oct	Monday	11:30 - 13:30	6 x 2 hrs
LAN03	Japanese (Basic)	Online	07 May - 11 Jun	Thursday	11:00 - 13:00	6 x 2 hrs
LAN04	Tamil (Basic)	Online	06 Aug - 10 Sep	Thursday	11:00 - 13:00	6 x 2 hrs

* Dewan Serbaguna is located at Taman Kembang Sari Fasa 2, Seri Kembangan

2026 List of Courses (3/4)

Code	Course Name	Mode	Date/ Duration	Day	Time	No. of sessions
LSK – LIVING SKILLS						
LSK05	Herbal Gardening	Dewan Serbaguna*	03 Jun - 15 Jul	Wednesday	09:00 - 11:00	6 x 2 hrs
LSK11	Joyful Legacy: Begin Your Journey to Decluttering and Simplifying for Peace of Mind	Online	17 Sep - 22 Oct	Thursday	14:30 - 16:30	6 x 2 hrs
LSK15	Ageing Smart: Building Habits For Longevity & Vitality	Online	09 Mar - 13 Apr	Monday	09:00 - 11:00	6 x 2 hrs
LSK16	Dr Mel's Health Hacks for Seniors	Online	06 Aug - 10 Sep	Thursday	14:30 - 16:30	6 x 2 hrs
LSK17-1	Creative Writing - Discover the Storyteller Within (Module 1)	Online	23 Apr - 28 May	Thursday	14:00 - 16:00	6 x 2 hrs
LSK17-2	Creative Writing - Discover the Storyteller Within (Module2)	Online	11 Jun - 16 Jul	Thursday	14:00 - 16:00	6 x 2 hrs
MSD – MUSIC & DANCE						
MSD01	Ukulele (Basic)	Online	07 Sep - 26 Oct	Monday	09:30 - 11:00	8 x 1.5 hrs
MSD03	Gamelan (Basic)	ASWARA	08 Sep - 13 Oct	Tuesday	14:00 - 16:00	6 x 2 hrs
MSD04A	24-Festive Drums Group 1 (Skills Enhancement Class)	TDRA	Per term (3 months)	Thursday	18:30 - 20:00	12 x 1.5 hrs
MSD04B	24-Festive Drums Group 2 (Progressive Class)	TDRA	Per term (3 months)	Saturday	10:00 - 11:30	12 x 1.5 hrs
MSD04C	24-Festive Drums Group 3 for Beginners (March new intake)	TDRA	Per term (3 months)	Saturday	12:00 - 13:30	12 x 1.5 hrs
MSD04D	24-Festive Drums for Beginners (2026 new intake)	TDRA	Per term (3 months)	Saturday	14:00 - 15:30	12 x 1.5 hrs
MSD05A	Harmonica (Basic 1)	Online & Onsite at Dewan Serbaguna*	27 Mar - 08 May	Friday	09:30 – 11:30	6 x 2hrs
MSD05B	Harmonica (Basic 2)	Online & Onsite at Dewan Serbaguna*	05 Jun - 10 Jul	Friday	09:30 – 11:30	6 x 2hrs

* Dewan Serbaguna is located at Taman Kembang Sari Fasa 2, Seri Kembangan

2026 List of Courses (4/4)

Code	Course Name	Mode	Date/ Duration	Day	Time	No. of sessions
MSD07-1	Seniors Sing 1	Online	08 Apr - 13 May	Wednesday	14:00 - 16:00	6 x 2 hrs
MSD07-2	Seniors Sing 2	Online	05 Aug - 09 Sep	Wednesday	14:00 - 16:00	6 x 2 hrs
MSD08A	Line Dance 1	Studio 99-2	25 Mar – 29 Apr	Wednesday	10:45 - 12:45	6 x 2 hrs
MSD08B	Line Dance 2	Studio 99-2	03 Jun – 15 Jul	Wednesday	10:45 - 12:45	6 x 2 hrs
MSD11A-1	Guitar Intermediate 1	Online	04 May - 27 Jul	Monday	17:00 - 18:00	12 x 1 hr
MSD11A-2	Guitar Intermediate 2	Online	10 Aug - 02 Nov	Monday	17:00 - 18:00	12 x 1 hr
MSD12B-1	Keyboard Intermediate 1	Online	17 Jul - 04 Sep	Friday	11:30 - 13:00	8 x 1.5 hrs
MSD12B-2	Keyboard Intermediate 2	Online	18 Sep - 06 Nov	Friday	11:30 - 13:00	8 x 1.5 hrs
MSD13	Folk Dance	Dewan Serbaguna*	22 Aug - 26 Sep	Saturday	10:30 - 12:30	6 x 2 hrs
MSD15	Plant a Djembe including Dunun Drum Course	KLPAC	07 Apr - 23 Jun	Tuesday	10:30 - 11:30	12 x 1 hr

* Dewan Serbaguna is located at Taman Kembang Sari Fasa 2, Seri Kembangan

COURSE **DIRECTORY**

ADA01 Adult Development & Ageing

(Online)

Date : 07 Aug – 11 Sep
Day / Time : Friday, 09:00 – 11:00
Weeks : 6
Instructor : MyAgeing
Convenor : Zarina Merican/Zainal Abidin Ahmed

Topics to be covered in the course are:

	TOPIC	DATE
1	Ageing with Purpose: Staying Relevant, Connected, and Contributing for Older Adults	07 Aug
2	Digital Safety and Online Scams for Older Adults	14 Aug
3	Common Medical Illness in Ageing	21 Aug
4	Brain Health for Older Adults	28 Aug
5	Nutrition for Managing Chronic Diseases for Older Adults	04 Sep
6	Physical Activity and Mobility for Older Adults	11 Sep



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ART02-1 Water Colour Painting 1

(Online)

Date	: 04 Mar – 15 Apr
Day / Time	: Wednesday, 11:30 – 13:30
Weeks	: 6
Instructor	: Shireen Lee
Convenor	: Zainal Abidin Ahmed/Zarina Merican



Foundation in understanding Watercolour medium and techniques besides theoretical knowledge on composition, tones, dimensions and perspective. Subject matters: landscape, scenery, street views, floral and still life.

ART02-2 Water Colour Painting 2

(Online)

Date	: 01 Jul – 05 Aug
Day / Time	: Wednesday, 11:30 – 13:30
Weeks	: 6
Instructor	: Shireen Lee
Convenor	: Zainal Abidin Ahmed/Zarina Merican

Strengthen foundation and techniques by painting more complicated subject matters with emphasis on creating depth, atmosphere and so on. Subject matters: landscape, cityscapes, close-up objects, people and fauna.

ART02-3 Water Colour Painting 3

(Online)

Date	: 28 Oct – 02 Dec
Day / Time	: Wednesday, 11:30 – 13:30
Weeks	: 6
Instructor	: Shireen Lee
Convenor	: Zainal Abidin Ahmed/Zarina Merican

Execution of watercolour medium in more advanced level including shaping own styles & techniques.

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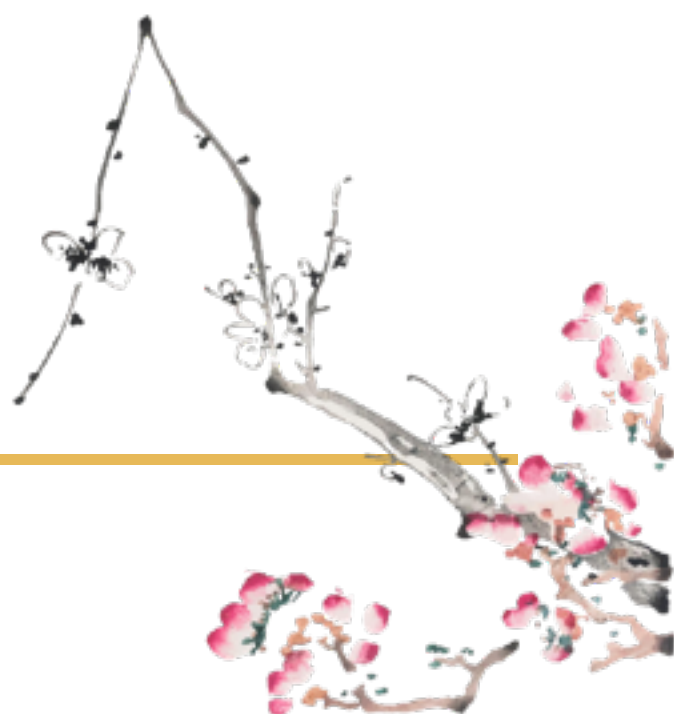


ART03-1 Chinese Painting 1

(Online)

Date	: 02 Mar – 13 Apr
Day / Time	: Monday, 14:30 – 16:30
Weeks	: 6
Instructor	: Michael Yee Fuh Wen
Convenor	: Che Puteh Zakaria

Introduction to basic strokes requirement of using medium brush to paint floral and fruits as well as painting of birds and insects as matching objects. Emphasis is given to composition of subjects in the painting.



ART03-2 Chinese Painting 2

(Online)

Date	: 06 Jul – 10 Aug
Day / Time	: Monday, 14:30 – 16:30
Weeks	: 6
Instructor	: Michael Yee Fuh Wen
Convenor	: Che Puteh Zakaria

Continuation to practice different strokes requirement using bigger brush to paint bigger subject such as animals and birds. Emphasis is given to using brush to do simple sketching of animals prior to doing actual paintings.

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ART04-1 Line Sketching 1

(Online)

Date : 28 Apr – 02 Jun
Day / Time : Tuesday, 14:30 – 16:30
Weeks : 6
Instructor : Michael Yee Fuh Wen
Convenor : Zarina Merican



Introduction to basic line sketching skills by sketching simple still live subjects and the basic One and Two diminishing point concepts will be introduced. Weekly exercises includes simple sketching of structural subjects such as different types of buildings.

ART04-2 Line Sketching 2

(Online)

Date : 16 Jun – 21 Jul
Day / Time : Tuesday, 14:30 – 16:30
Weeks : 6
Instructor : Michael Yee Fuh Wen
Convenor : Zarina Merican

Continuation with the One and Two diminishing point concepts by sketching more different subjects with emphasis on how to focus on the main attraction of the buildings. Three diminishing point concept will also be introduced in the module with weekly exercises.



ART06-1 Chinese Calligraphy 1

(Online)

Date	: 04 May – 15 Jun
Day / Time	: Monday, 14:30 – 16:30
Weeks	: 6
Instructor	: Michael Yee Fuh Wen
Convenor	: Che Puteh Zakaria/Chen Kwee Ling

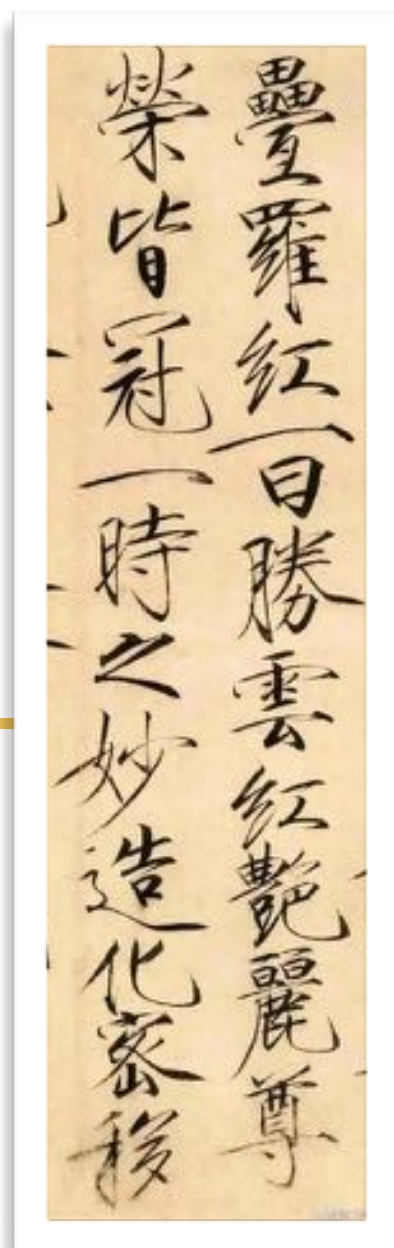
In this module, participants will be introduced to the style and background of “Shou Jin Ti”, which was first started in the Sung Dynasty. Weekly exercises include writing of 16 different words and also simple but different calligraphy presentation.

ART06-2 Chinese Calligraphy 2

(Online)

Date	: 07 Sep – 12 Oct
Day / Time	: Monday, 14:30 – 16:30
Weeks	: 6
Instructor	: Michael Yee Fuh Wen
Convenor	: Che Puteh Zakaria/Chen Kwee Ling

The cursive style of calligraphy and simple background history will be introduced from simpler words to more complicated word including the “one-stroke cursive calligraphy”. Each week sixteen or more different words will be introduced as weekly exercise.



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ART08 Floral Arrangement

(Onsite at Dewan Serbaguna, Taman Kembang Sari Fasa 2)

Date : 04 Aug – 15 Sep
Day / Time : Tuesday, 14:30 – 16:30
Weeks : 6
Instructor : Jacey Choo
Convenor : Lily Fu

The course covers the basic tools used in flower arrangement and introduces simple techniques such as making a one-stalk flower arrangement. Learners are taught how to mix and match colours and create a round-shaped bouquet.

The course also includes lessons on the care and maintenance of flower arrangements, as well as how to create small floral gifts for special occasions. In addition, participants learn how to make fruit baskets and combined fruit and flower arrangements. A short visit to a wholesale flower market will provide practical exposure to flower sourcing.

Note:

- *Participants will be required to pay for the cost of flowers.*
- *This course requires a minimum of 15 participants to commence.*



ART12 Charcoal Drawing

(Online)

Date : 26 Aug – 07 Oct
Day / Time : Wednesday, 11:30 – 13:30
Weeks : 6
Instructor : Shireen Lee
Convenor : Zarina Merican/Chen Kwee Ling

- Understand how to use basic materials for charcoal sketching.
- Learn to plan ratio & composition on painting area/paper and sketch basic shapes.
- Learn various techniques in creating lines, plains, mass & weight.
- The importance of symmetry & asymmetry; shapes & dimension; shading & tonal value; light & shadow; still life.



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ART14 Batik Painting

(Onsite at Dewan Serbaguna, Taman Kembangsari Fasa 2)

Date : 04 Aug – 01 Sep
Day / Time : Tuesday, 10:00 – 13:00
Weeks : 4
Instructor : En Mohd Isnine Bin Ali
Convenor : Hazizan Mohd Yusof

Asas mencanting batik
Dan teknik overlip...canting 2 kali



** Additional charges for material*

ART19 Pencil Sketching

(Online)

Date	: 29 Apr – 10 Jun
Day / Time	: Wednesday, 11:30 – 13:30
Weeks	: 6
Instructor	: Shireen Lee
Convenor	: Chen Kwee Ling/Madhumathi Pillai

Pencil sketching is the artistic practice of using a pencil to create preliminary drafts or finished monochromatic artworks. It is considered a foundational skill in art because it allows for rapid visualization of ideas, study of proportions, and exploration of light and shadow before committing to more complex media.

In an artistic context, pencil sketching transcends mere technical reproduction to become a medium of personal expression and storytelling. While foundational sketching focuses on "getting the lines right", artistic sketching uses those lines to convey emotion, mood, and conceptual truth.

Course outline

WEEK 1: Basic techniques, Foundations & Control

Pencil Grips,
Line Quality

WEEK 2: Basic geometric frame

Measuring & Proportion

WEEK 3: Light, Shadow, and Value

Value Scales
Shading Techniques

WEEK 4: Perspective & Depth

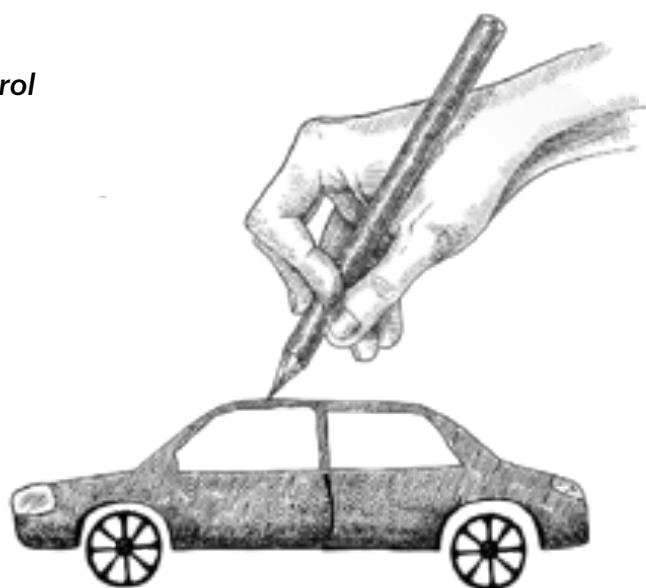
WEEK 5: Texture & Artistic Expressiveness

Mark-Making: Using varying line weights and "messy" strokes to convey emotion or energy in a sketch

WEEK 6: Apply all previous lessons to a complex subject

Note: Materials required - set of pencils (H, HB, B, 2B, 4B, 6B), eraser, drawing paper 200gsm.

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HEA01 Swimming

(Onsite at UPM Sports Complex)

Date : 26 Aug – 21 Oct
Day / Time : Wednesday, 09:00 - 10:30
Weeks : 8
Instructor : Shaizalah bin Kamarudin
Convenor : Hamdan Adnan

Water Acclimatisation & Safety – blowing bubbles with mouth and nose, breath control, floating.

Movement & Propulsion – using the kick-board, flutter kick, combining skills, basic arm movement.

Basic Stroke, free style (front crawl), side breathing, back stroke.

Treading Water.

Note: Pool entrance fee excluded – payable by course participants.



HEA05A Fitness Gym Group 1

HEA05B Fitness Gym Group 2

(Onsite at MyAgeing)

Date	: 04 May – 29 Jun
Day / Time	: Mon & Wed, 10:30 – 11:30 (Group 1) & 14:30 – 15:30 (Group 2)
Weeks	: 12 (+2 assessment sessions*)
Instructor	: MyAgeing™ UPM
Convenor	: Hazizan Mohd Yusof/Che Mansor Mohyiddin
Fee	: RM100 per course

*** Assessment on 04 May at 09:00 – 11:00 (Group 1) and 11:00 – 13:00 (Group 2)**
Reassessment on 29 Jun at 09:00 – 11:00 (Group 1) and 11:00 – 13:00 (Group 2)

HEA05C Fitness Gym Group 3

HEA05D Fitness Gym Group 4

(Onsite at MyAgeing)

Date	: 26 Oct – 14 Dec
Day / Time	: Mon & Wed, 10:30 – 11:30 (Group 3) & 14:30 – 15:30 (Group 4)
Weeks	: 12 (+2 assessment sessions**)
Instructor	: MyAgeing™ UPM
Convenor	: Hazizan Mohd Yusof/Che Mansor Mohyiddin
Fee	: RM100 per course

**** Assessment on 26 Oct at 09:00 – 11:00 (Group 3) and 11:00 – 13:00 (Group 4)**
Reassessment on 14 Dec at 09:00 – 11:00 (Group 3) and 11:00 – 13:00 (Group 4)



As we age, we tend to lose some muscle mass and strength. This can lead to frailty and higher risk of falls.

- Using HUR equipment customised to provide strength training for seniors to exercise safely.
- One of its kind in Malaysia conducted at the Physical Functional Lab at Institut Pendidikan Penuaan Malaysia (MyAgeing) based in UPM Serdang.

HEA17 Bio Energetic Exercises

(Online)

For Seniors who are fit, and looking for continued strength, and energy. Coupled with flexibility and breathing for calming effects and enhanced sleep. Also suitable for people with weaker health wishing to rebuild.

HEA17-1: Bio Energetic Exercises 1

Date : 28 Apr – 16 Jun
Day / Time : Tuesday, 09:00 – 10:30
Weeks : 8
Instructor : Sifu Yeap Eit Keung
Convenor : Choy Choke Ling

Benefits:

Keeping muscle tone and strength. Joint flexibility. Breath and lung health.



HEA17-2: Bio Energetic Exercises 2

Date : 30 Jun – 18 Aug
Day / Time : Tuesday, 09:00 – 10:30
Weeks : 8
Instructor : Sifu Yeap Eit Keung
Convenor : Choy Choke Ling

Benefits:

Option with easy equipment like bands and home made equipment. Things at home e.g. stairs, push against the wall or door.

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ICT04 Digital Skills

(Online)



ICT04-1: DIGITAL SKILLS 1

Date	: 04 Apr – 09 May
Day / Time	: Saturday, 09:00 – 11:00
Weeks	: 6
Instructor	: Dr. Wong Chui Yin
Convenor	: Angeline Cheong

In **Digital Skills 1**, you will learn to explore job opportunities and create freelance job platforms that are suitable for seniors. With the prevalence of Artificial Intelligence (AI) tools, you will learn how to use AI and prompt engineering to assist you from resume builder to job search. Below are the proposed topics, but not limited subject to:

- Exploring job opportunities and freelancing platforms for seniors
- AI and Prompt Engineering (Chat GPT, Gemini, CoPilot and other AI tools) for resume builder
- Hands-on practice from searching relevant jobs, writing AI-powered resume and email, bidding for applications.

(Please prepare your laptop and smartphone with Internet connection. All topics coverage is subject to class participants' pace of learning.)

ICT04-2: DIGITAL SKILLS 2

Date	: 30 May – 04 Jul
Day / Time	: Saturday, 09:00 – 11:00
Weeks	: 6
Instructor	: Dr. Wong Chui Yin
Convenor	: Angeline Cheong

In **Digital Skills 2**, you will learn how to use Google Workspace (formerly known as G-Suite) apps for communication, collaboration and productivity in daily life. Features include:

- Google Drive (Google Cloud)
- Google Office (i.e. Docs, Slides or Sheets for creating content, financial book keeping, etc)
- Google Forms
- Google Gemini AI
- Google Calendar
- Google Meet



(Please prepare your laptop and smartphone with Internet connection. All topics coverage is subject to class participants' pace of learning.)

ICT04 Digital Skills

(Online)



ICT04-3: DIGITAL SKILLS 3

Date	: 01 Aug – 05 Sep
Day / Time	: Saturday, 09:00 – 11:00
Weeks	: 6
Instructor	: Dr. Wong Chui Yin
Convenor	: Angeline Cheong

In **Digital Skills 3**, you will learn how to create digital printing (i.e. graphics for social media, eCards) for creativity and fun, using Canva. Features such as adding photos, icons into photo gallery, adding text, sound for animation, create collages, save a digital copy, and export to social media or personal collection, with new features of AI prompts.

You will also learn how to create videos and perform video editing incorporating audio and video features using Canva. Features such as video uploading, editing, trimming, filters, effects and social sharing. Other video editing tools such as CapCut may be introduced subject to the time availability. pace of learning.

(Please prepare your laptop and smartphone with Internet connection. All topics coverage is subject to class participants' pace of learning.)

ICT04-4: DIGITAL SKILLS 4

Date	: 19 Sep – 31 Oct
Day / Time	: Saturday, 09:00 – 11:00
Weeks	: 6
Instructor	: Dr. Wong Chui Yin
Convenor	: Angeline Cheong



(Pre-requisite: You have attended ICT04-3 Digital Skills 3 or have basic knowledge of Canva)

In **Digital Skills 4**, you will learn how to design your memorable events and create a digital Photobook by using advanced techniques in Canva. You will start crafting your memorable events such as family memories, travel, hobbies, special occasions events and turn the content into a beautifully curated life story using graphics, audio and/or video. You will learn to share your story in Photobook to your family members and others via social media, or for personal collection.

The expected output may be a digital photobook (mandatory), or a printed out hard-copy Photobook (optional).

(Please prepare your laptop and smartphone with Internet connection. All topics coverage is subject to class participants' pace of learning.)

ISM01 Islamic Aqidah

(Online)

ISM01-1: Islamic Aqidah 1

Date	: 05 Mar – 09 Apr
Day / Time	: Thursday, 08:30 – 10:30
Weeks	: 6
Instructor	: Ustaz Shofwan Badrie Bin Ahmad Badrie
Convenor	: Hamdan Adnan



Al-Quran adalah Kitab Suci yang terjaga diturunkan oleh Allah, Rabb Yang Maha Mengetahui jiwa-jiwa manusia, yang menggenggam segala takdir kehidupan. Kerananya, apa yang tertera dalam rangkaian kalimat di dalamnya adalah petunjuk bagi ketenteraman jiwa dan kehidupan, ubat bagi segala kegalauan dan persoalan kedalaman kata-kata dan maknanya tak akan bisa tersaing dan tergantikan. Mereka yang selalu merenungi makna-maknanya, hatinya akan lapang, jiwanya akan selalu merendah dan tunduk pada kebenaran.

Buku ini sangat penting untuk dimiliki, di tengah kesibukan dan makin gemerlapnya kehidupan, serta di saat dunia makin dipenuhi dengan berbagai fitnah akhir zaman, yang terkadang bisa melemahkan hati dan mengusik ketenteraman jiwa. Sungguh, Al-Quran adalah ubat bagi jiwa-jiwa yang gersang, penentram bagi hati-hati yang gundah gulana.

Perbincangan akan bermula dengan topik 19 hingga 24, satu topik setiap minggu.

ISM01-2: Islamic Aqidah 2

Date	: 16 Apr – 21 May
Day / Time	: Thursday, 08:30 – 10:30
Weeks	: 6
Instructor	: Ustaz Shofwan Badrie Bin Ahmad Badrie
Convenor	: Hamdan Adnan

Perbincangan akan bersambung dengan topik 25 hingga 30, satu topik setiap minggu.

ISM02 Seerah & Hadith

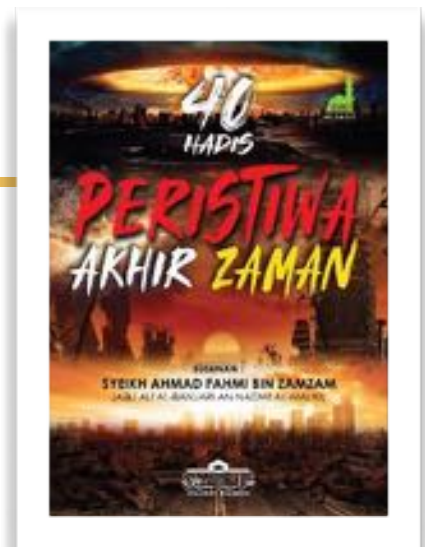
(Online)

ISM02-1: Seerah & Hadith 1

Date : 04 Jun – 09 Jul
Day / Time : Thursday, 08:30 – 10:30
Weeks : 6
Instructor : Ustaz Shofwan Badrie Bin Ahmad Badrie
Convenor : Hamdan Adnan

Sebelum itu banyak peristiwa yang akan mendahuluinya, sebagai petanda hampir tiba saat kiamat Kemerosotan umat islam, para ulamak berkurangan, ujian berat terhadap iman, kemungkaran berleluasa di tengah-tengah masyarakat, keruntuhan moral, gempa bumi demi gempa bumi, peperangan demi peperangan.

Buku susunan Abu Ali Al-Banjari An-Nadw Al-Maliki ini, menyebut petanda-petanda kiamat yang sekarang ini sedang kita rasakan Buku ini sedikit sebanyak akan membantu pembaca mengenali tanda-tanda golongan yang sesat, supaya kita terpelihara daripada mereka dan tetap berada di garisan yang haq dan termasuk dalam golongan yang selamat.



HADIS 1: Takwa dan perpaduan asas keselamatan di akhir zaman

HADIS 2: Kenapa dunia islam menjadi sasaran pemusnahan

HADIS 3: Seluruh dunia datang mengerumuni dunia islam

HADIS 4: Ilmu agama akan beransur-ansur hilang

HADIS 5: Umat islam mengikuti langkah-langkah yahudi dan nasrani

HADIS 6: Golongan anti hadith

ISM02-2: Seerah & Hadith 2

Date : 23 Jul – 27 Aug
Day / Time : Thursday, 08:30 – 10:30
Weeks : 6
Instructor : Ustaz Shofwan Badrie Bin Ahmad Badrie
Convenor : Hamdan Adnan

HADIS 7: Golongan yang sentiasa menang

HADIS 8: Penyakit umat-umat dahulu

HADIS 9: Islam kembali dagang

HADIS 10: Bahaya kemewahan

HADIS 11: Umat islam memusnahkan orang orang yahudi

HADIS 12: Sifat amanah akan hilang sedikit demi sedikit

ISM02-3: Seerah & Hadith 3

Date : 10 Sep – 15 Oct
Day / Time : Thursday, 08:30 – 10:30
Weeks : 6
Instructor : Ustaz Shofwan Badrie Bin Ahmad Badrie
Convenor : Hamdan Adnan

HADIS 13: Orang yang baik berkurangan sedang yang jahat bertambah banyak

HADIS 14: Dimanakah punca kebinasaan seseorang

HADIS 15: Dua golongan yang akan menjadi penghuni neraka

HADIS 16: Zaman dimana orang tak pedulikan dari mana mendapatkan harta

HADIS 17: Harta riba' wujud di merata tempat

HADIS 18: Orang meminum khamar dan menamakannya bukan khamar

LAN01 Mandarin

(Online)



LAN01-1: MANDARIN 1 (BASIC)

Date	: 02 Mar – 20 Apr
Day / Time	: Monday, 11:30 – 13:30
Weeks	: 6
Instructor	: Dr. Ang Lay Hoon
Convenor	: Choy Choke Ling

Mandarin 1 is for beginners. The main objective is to introduce the standard pronunciation system (Hanyu Pinyin). At the end of 6 weeks, the learners should be able to read Hanyu Pinyin, understand numbers in Mandarin, tell the name of some common food, fruits and drinks in Mandarin, and able to apply simple Mandarin in doing grocery or daily activities.

LAN01-2: MANDARIN 2

Date	: 27 Apr – 08 Jun
Day / Time	: Monday, 11:30 – 13:30
Weeks	: 6
Instructor	: Dr. Ang Lay Hoon
Convenor	: Choy Choke Ling

The main objective of Mandarin 2 is to introduce the writing system of Chinese characters. At the end of this course, the learners should be able to write some Chinese characters, use simple Chinese in socializing, ordering food and drinks, and recognize Chinese characters at the public areas, such as the facilities signage, selling price at the supermarket, signage at the airport.

LAN01-3: MANDARIN 3

Date	: 29 Jun – 03 Aug
Day / Time	: Monday, 11:30 – 13:30
Weeks	: 6
Instructor	: Dr. Ang Lay Hoon
Convenor	: Choy Choke Ling

The main objective of Mandarin 3 is to introduce an immersive experience in learning Mandarin that is through reading Chinese texts and lyrics. At the end of this reading course, the learners should be able to pick up new words, phrases, sentence structures, Chinese thought and culture via the selected topics and lyrics prepared in Hanyu Pinyin, Chinese characters and audio-visual recordings.

LAN01-4: MANDARIN 4

Date	: 07 Sep – 12 Oct
Day / Time	: Monday, 11:30 – 13:30
Weeks	: 6
Instructor	: Dr. Ang Lay Hoon
Convenor	: Choy Choke Ling

The main objective of Mandarin 4 is to boost the interest to learn Mandarin through reading Chinese stories and lyrics. At the end of this course, the learners should be able to pick up more new words, phrases, sentence structures, Chinese thought and culture via stories and lyrics prepared in Hanyu Pinyin, Chinese characters and audio-visual recordings.

LAN03 Japanese (Basic)

(Online)

Date	: 07 May – 11 Jun
Day / Time	: Thursday, 11:00 – 13:00
Weeks	: 6
Instructor	: Masami Fujiuchi
Convenor	: Chen Kwee Ling/Madhumathi Pillai

The course starts with Japanese Basic for beginners.

It will be an interactive conversation-based course. The emphasis will be on real-time speaking practice and listening comprehension on topics covering Japanese history and culture.

日本語を話せるよう勉強しましょう
Nihongo o hanaseru yō benkyō shimashou
Let's learn to speak Japanese



All images are for illustration purposes only

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LANO4 Tamil (Basic)

(Online)

Date	: 06 Aug – 10 Sep
Day / Time	: Thursday, 11:00 – 13:00
Weeks	: 6
Instructor	: Lourdes Nathan
Convenor	: Angeline Cheong/Madhumathi Pillai



Target Group: Beginners with no prior Tamil knowledge

Focus: Every day spoken Tamil, listening, confidence building.

Learning Outcome

By the end of the course, Learners will be able to:

- Greet others politely in Tamil
- Introduce themselves and ask simple questions
- Use Tamil in daily situations (home, shopping, restaurant, travel)
- Understand common spoken phrases
- Respond confidently using short sentences

Note: Progress of the Course depends on the Participants' pace of learning.

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LSK05 Herbal Gardening

(Onsite at Dewan Serbaguna, Taman Kembang Sari Fasa 2)

Date : 03 Jun – 15 Jul
Day / Time : Wednesday, 09:00 – 11:00
Weeks : 6
Instructor : Hj Ghazali Bin Mohd Satar
Convenor : Hamdan Adnan/Hazizan Mohd Yusof

Introduction to the plants with medicinal values, and the basics of planting herbs and vegetables.

- Basics of microorganisms and plants and organic herbs and vegetables; compost.
- Demonstration on methods of planting herbs and home made fertilizers. Site visit to herbs farm in Klang Valley.

Note: Site visit location may require entrance fee.



*All images are for
illustration purposes only*

LSK11 Joyful Legacy: Begin Your Journey to Decluttering and Simplifying for Peace of Mind

(Online)

Date : 17 Sep – 22 Oct
Day / Time : Thursday, 14:30 – 16:30
Weeks : 6
Instructor : Rebecca Jo-Rushdy
Convenor : Madhumathi Pillai/Choy Choke Ling

Scope:

This 6-week course is designed to help you begin your decluttering journey in a way that feels intentional and achievable. By combining the KonMari philosophy with the Gentle Art of Swedish Death Cleaning (Döstädning), you'll learn how to simplify your life with intention, joy, and legacy in mind.



You will discover practical methods to organize your space with purpose, creating a home that reflects your current needs and brings you joy. The course emphasizes mindfulness, ease, and a compassionate approach to decluttering, while honoring personal stories and memories.

Instead of focusing on finishing quickly, this course is about giving you the tools and momentum to continue your journey at your own pace. With expert guidance and the support of your peers, you'll make meaningful progress in creating a home that supports your well-being and future legacy.

Week 1	Laying the Groundwork – Your Why and Your Wardrobe
Week 2	Simplifying Everyday Spaces – Books and Papers
Week 3	Tidy the Miscellaneous – Komono
Week 4	Sentimental Items and the Legacy of Letting Go
Week 5	Digital Decluttering and Legacy Planning
Week 6	Sustaining Simplicity and Celebrating Progress



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LSK15 Ageing Smart: Building Habits For Longevity & Vitality

(Online)

Date : 09 Mar – 13 Apr
Day / Time : Monday, 09:00 - 11:00
Weeks : 6
Instructor : Lily Fu
Convenor : Zainal Abidin Ahmed

This 6-week course will cover the essential lifestyle habits to age well. It will be interactive with discussions and sharing of life experiences on key components such as physical and mental health, relationships, social engagements, spirituality and retirement housing options. The overall objective is to equip participants with the tools for living a happy and healthy long life.



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LSK16 Dr Mel's Health Hacks for Seniors

(Online)

Date : 06 Aug – 10 Sep
Day / Time : Thursday, 14:30 – 16:30
Weeks : 6
Instructor : Dr Melanie Yeoh
Convenor : Angeline Cheong/Madhumathi Pillai



Course overview:

Week 1	Lung and Skin Issues (common cold, pneumonia, allergic rhinitis, dermatitis, shingles, etc), plus a primer on some relevant vaccinations
Week 2	Those Pesky Nuisances (aches and pains, insomnia, giddiness), Eye + Ear issues (Glaucoma, cataracts, tinnitus etc) - common drugs, side effects, safe alternatives. Bonus: Managing minor home emergencies
Week 3	Toilet Time: Bowel and Urinary Tract Issues (indigestion, constipation, loss of appetite, UTIs, stones – kidney & gall, etc)
Week 4	Health Hacks for the Discerning Traveller + Malaysian Hospital Tips
Week 5	Controlling The Big "Three" and Their Side Effects (diabetes, hypertension, cholesterol issues, heart attacks and strokes)
Week 6	Nature's Gift of "Gold" in Your Kitchen (simple natural remedies for staying healthy/ common ailments and some precautions)



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LSK17 Creative Writing – Discover the Storyteller Within

(Online)

We all have the seeds of stories inside us: memories, bits of gossip, remains of half-forgotten dreams. Sometimes, we feel a need to grow these seeds into proper stories, write them down, maybe even get them published. All too often, long before we're halfway done, both story and storytelling urge have withered away like delicate night blossoms surprised by the sun.

This course of workshops is designed to help you discover the storyteller within you. The aim is to introduce you to the joy of using your imagination to generate, construct, and craft stories that interest and appeal to your readers.

About the Course

The course is divided into 2 modules. Each module consists of 6 weekly sessions, each session lasting 2 hours.

LSK17-1: MODULE 1

Date : 23 Apr – 28 May
Day / Time : Thursday, 14:00 – 16:00
Weeks : 6
Instructor : Chuah Guat Eng
Convenor : Choy Choke Ling



Module 1 focuses on the process of creating stories. It introduces the most basic storytelling essentials: (i) the power of imagination and (ii) the nature and shape of stories. By the end of this module, participants should have an outline of an original story to share with course-mates.

LSK17-2: MODULE 2

Date : 11 Jun – 16 Jul
Day / Time : Thursday, 14:00 – 16:00
Weeks : 6
Instructor : Chuah Guat Eng
Convenor : Choy Choke Ling

Module 2 focuses on the art and craft of writing stories. It introduces narrative approaches and techniques basic to storytelling. By the end of this module, participants should have the first draft of an original short story to share.

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MSD01 Ukulele (Basic)

(Online)

Date	: 07 Sep – 26 Oct
Day / Time	: Monday, 9:30 – 11:00
Weeks	: 8
Instructor	: Teh Bee Teen
Convenor	: Kelly Teh

This Course introduces fundamental Ukulele theory and hands-on practice.

Participants will learn time values, rhythm training, and basic chords which are relevant to the selected songs.

The Course also covers chord movement concepts for both left hand (LH) and right hand (RH), additional 4/4 strumming patterns, and their application through song practice and jamming sessions.

This Course is suitable for absolute Beginners with no prior experience, as well as Learners with basic knowledge who wish to further develop their skills and progress to the next level. The selection of songs covered will depend on the Participants' learning pace.

The objective of the Course is to build confidence and prepare Participants for performance at a later stage.



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MSD03 Gamelan (Basic)

(Onsite at ASWARA)

Date : 08 Sep – 13 Oct
Day / Time : Tuesday, 14:00 – 16:00
Weeks : 6
Instructor : Teuku Umar Ilany
Convenor : Kasummah Binti Salleh/Che Puteh Zakaria

Sejak dibawa masuk ke Tanah Melayu dari Riau-Lingga pada awal abad ke-19 sehingga ia ditemui semula pada tahun 1967 di bawah "Istana Kolam" (Istana Terengganu), Gamelan Melayu telah menjadi aset dan khazanah besar kepada penemuan budaya Melayu di Malaysia. Sejak itu, kajian berterusan telah membawa kepada perkembangan dan pertumbuhan dalam perjalanan mempelajari budaya & warisan seni tradisional yang telah lama hilang.

Kelas ini merupakan kursus pengenalan yang akan membawa anda ke dunia Gamelan Melayu melalui pembelajaran lagu-lagu Gamelan Melayu tradisional dengan pendekatan yang unik untuk merasai sendiri keajaibannya.

Pelajar akan mendalami teknik permainan dan lagu-lagu gamelan.



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MSD05A Harmonica (Basic 1)

(Online & Onsite at Dewan Serbaguna, Taman Kembang Sari Fasa 2)

Date : 27 Mar – 08 May
Day / Time : Friday, 9:30 – 11:30
Weeks : 6
Instructor : Chloe Lim
Convenor : Angeline Cheong



Course Objectives:

This course introduces fundamental harmonica techniques, including proper hand positioning, correct holding posture and producing clean, clear tones. Participants will learn to play simple single notes, explore basic scales such as the major scale, and practise easy melodies. Emphasis is placed on developing proper breathing techniques, understanding the layout of the harmonica, and building confidence in basic harmonica playing skills.

The course is ideal for beginners with no prior musical experience, as well as learners seeking a refresher in harmonica fundamentals.

MSD05B Harmonica (Basic 2)

(Online & Onsite at Dewan Serbaguna, Taman Kembang Sari Fasa 2)

Date : 05 Jun – 10 Jul
Day / Time : Friday, 9:30 – 11:30
Weeks : 6
Instructor : Chloe Lim
Convenor : Angeline Cheong



Course Objectives:

The Basic B course builds upon the foundation of Basic A course, and introduces more advanced playing concepts. Participants will learn expressive techniques such as legato, slurs, staccato and tonguing to enhance tone and musicality, focusing on playing more complex scales and applying harmonica techniques across various musical styles.

Participants will further develop ear training and rhythmic accuracy, enabling smoother and more fluid phrasing, improved timing, and greater creative expression. This course is ideal for learners who are already familiar with basic harmonica skills and are ready to advance to the next level of proficiency.

MSD07-1 Seniors Sing 1 – Introduction to Musical Theatre

(Online)

Date	: 08 Apr – 13 May
Day / Time	: Wednesday, 14:00 – 16:00
Weeks	: 6
Instructor	: Cheryl Teh
Convenor	: Lily Fu

Step into the magic of musical theatre and let your voice take centre stage! Over six joyful weeks, we'll sing our way through much-loved classics and discover exciting newer shows, bringing stories and melodies to life together.



Join us online and enjoy the energy, laughter, and camaraderie of musical theatre from wherever you are.

(Optional highlight: celebrate the journey by attending a Broadway musical together in person!)

MSD07-2 Seniors Sing 2 – Step into the World of Musical Theatre

(Online)



Date	: 05 Aug – 09 Sep
Day / Time	: Wednesday, 14:00 – 16:00
Weeks	: 6
Instructor	: Cheryl Teh
Convenor	: Lily Fu

Explore a fresh selection of musical theatre shows—both classic and contemporary—through singing and storytelling in a fun, supportive, and relaxed environment.

Join us online and enjoy the shared energy, laughter, and camaraderie of musical theatre, wherever you are.

Note: Both courses are standalone and may be taken independently. No prior experience or prerequisites required.

MSD08A Line Dance 1

(Onsite at Studio 99-2, Seri Petaling)

Date : 25 Mar – 29 Apr
Day / Time : Wednesday, 10:45 – 12:45
Weeks : 6
Instructor : Teresa Tai
Convenor : Angeline Cheong



Course Coverage (Beginner 1):

- Introduction of basic line dance techniques, listening & rhythm counting, floor orientation (walls), confidence in movement (weight transfer & posture)
- Learn easy Beginner-level choreographies to Cha-Cha, Waltz, Samba, etc tunes
- Warm-up & cool-down stretches & injury prevention basics

Expectation:

Participants can confidently perform Beginner line dances with correct timing and basic turns.

Note: Progress of the Course depends on the Participants' pace of learning Playing in triads

MSD08B Line Dance 2

(Onsite at Studio 99-2, Seri Petaling)

Date : 03 Jun – 15 Jul
Day / Time : Wednesday, 10:45 – 12:45
Weeks : 6
Instructor : Teresa Tai
Convenor : Angeline Cheong

Course Coverage (Beginner 2):

- Enhance techniques & co-ordination learnt from earlier Module
- Improve on the quality styling & expression
- Revision, review & enhancement of choreographies learnt from earlier Module, plus choreographies to other Cha-Cha, Waltz, Samba, etc tunes
- Learn more steps combinations
- Warm-up & cool-down stretches & injury prevention basics

Expectation:

Participants can execute line dances smoothly with rhythmic accuracy and expressive styling.

MSD11A-1 Guitar Intermediate 1

(Online)

Date	: 04 May – 27 Jul
Day / Time	: Monday, 17:00 – 18:00
Weeks	: 12
Instructor	: Joshua Long Hean Kim
Convenor	: Chen Kwee Ling

A friendly, relaxed guitar class for enjoyment and shared music-making. No exams, no pressure — just learning and enjoying music together.

- Play familiar chords more comfortably
- Learn easy chord shapes in a calm, unhurried way
- Enjoy exploring well-known sounds and keys together
- Listen to and recognise simple melodies
- Gain a clearer sense of how music fits together



*Guitar Instructor, Joshua Long
conducting an online class.*

This course is for guitar players who already know some basic chords and would like to feel more comfortable playing music in a relaxed, social setting. It is ideal for those who enjoy learning at a steady pace, with encouragement and no pressure.

MSD11A-2 Guitar Intermediate 2

(Online)

Date	: 10 Aug – 02 Nov
Day / Time	: Monday, 17:00 – 18:00
Weeks	: 12
Instructor	: Joshua Long Hean Kim
Convenor	: Chen Kwee Ling

Continuing the journey — playing, listening, and creating together. A supportive, friendly space to explore music at your own pace.

- Explore blues-style sounds for relaxed, expressive playing
- Try simple musical ideas in a supportive group
- Add gentle variety and colour to your playing
- Build confidence playing along with others
- Shape musical ideas into something you can share

This course is for participants who have completed Guitar Intermediate 1, or who already feel comfortable with basic chords and scales. It suits learners who enjoy making music with others and would like to explore creativity in a friendly, encouraging environment.

MSD12B Keyboard Intermediate

(Online)



MSD12B-1: KEYBOARD INTERMEDIATE 1

Date : 17 Jul – 04 Sep
Day / Time : Friday, 11:30 – 13:00
Weeks : 8
Instructor : Chong Hoe Yeu
Convenor : Chen Kwee Ling

Week 1:

1. Introduce the Bb major scale
2. The riddle
3. Leisure song 1

Week 2:

1. Introduce the primary chords in Bb major
2. Nobody knows the trouble i've seen
3. Leisure song 1

Week 3:

1. La donna e mobile
2. Leisure song 2

Week 4:

1. Leisure song 2
2. Frankie and Johnnie
3. Introduce the key of G minor & G harmonic minor

Week 5:

1. Black is the colour of my true love's hair
2. Introduce the primary chords in G minor
3. When Johnny comes marching home

Week 6:

1. Review major & minor triads
2. Theme from symphony no.6

Week 7:

1. Leisure song 3
2. Fascination

Week 8:

1. Introduce the augmented triads
2. Deep river
3. Leisure song 3

MSD12B-2: KEYBOARD INTERMEDIATE 2

Date : 18 Sep – 06 Nov
Day / Time : Friday, 11:30 – 13:00
Weeks : 8
Instructor : Chong Hoe Yeu
Convenor : Chen Kwee Ling

Week 1:

1. Introduce the Eb major scale
2. Loch lomond
3. Leisure song 1

Week 2:

1. Leisure song 1
2. Introduce the primary chords in Eb major
3. Aria from the marriage of figaro

Week 3:

1. Introduce the trill
2. Theme from a festive rondeau
3. Leisure song 2

Week 4:

1. Leisure song 2
2. Canon in D

Week 5:

1. Canon in D
2. Introduce the Circle of 5ths in Major keys

Week 6:

1. Introduce the Circle of 5ths in Minor keys
2. Leisure song 3

Week 7:

1. Leisure song 3
2. Leisure song 4

Week 8:

1. Leisure song 4
2. Leisure song 5



MSD13 Folk Dance

(Onsite at Dewan Serbaguna, Taman Kembang Sari Fasa 2)

Date	: 22 Aug – 26 Sep
Day / Time	: Saturday, 10:30 – 12:30
Weeks	: 6
Instructor	: Joanne Cheng Lai Yoong
Convenor	: Angeline Cheong

Course overview:

- Understanding music, rhythm and footwork.
- Learning basic steps: walking steps, skip, grapevine, stamp, shuffle, etc.
- Learning formations: circles, turns, lines, contra lines, pairing, partner rotation, etc.
- Learning a repertoire of worldwide Folk Dances: from Europe, America, Africa and others.
- Developing co-ordination, spatial awareness, teamwork, group movements.

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MONTHLY COURSES

HEA12A Strength Training

(Onsite at IMM Carehub, Mont Kiara)



Date	: Monthly (twice a week)
Day / Time	: Refer IMM Carehub
Instructor	: Dr Jillian Yeoh
Convenor	: Choy Choke Ling
Fee	: RM315 per month

The course is designed to help participants strengthen their muscles and improve their overall fitness.

The HUR gym equipment is pneumatic i.e. it works on air pressure/resistance. This is a much safer and more effective workout for seniors.

HEA12B Strength Training

(Onsite at IMM Carehub, Domitys Bangsar)

Date	: Monthly (twice a week)
Day / Time	: Refer IMM Carehub
Instructor	: Dr Jillian Yeoh
Convenor	: Choy Choke Ling
Fee	: RM315 per month

The course is designed to help participants strengthen their muscles and improve their overall fitness.

The HUR gym equipment is pneumatic i.e. it works on air pressure/resistance. This is a much safer and more effective workout for seniors.



Important Note:

*Strength Training Course runs on a monthly basis and is independent of the previous or subsequent months. Participants may register for each month separately. Interested Participants may contact IMM CareHub @ **017-2100 218**, to enquire on available slots before registration.*

HEA12D Strength Training

(Onsite at IMM Carehub, Domitys Bangsar)



Date	: Monthly (once a week)
Day / Time	: Refer IMM Carehub
Instructor	: Dr Jillian Yeoh
Convenor	: Choy Choke Ling
Fee	: RM250 per month

The course is designed to help participants strengthen their muscles and improve their overall fitness.

The HUR gym equipment is pneumatic i.e. it works on air pressure/resistance. This is a much safer and more effective workout for seniors.

Minimum number of participants: 2

Important Note:

*Strength Training Course runs on a monthly basis and is independent of the previous or subsequent months. Participants may register for each month separately. Interested Participants may contact IMM CareHub @ **017-2100 218**, to enquire on available slots before registration.*



HEA13 Taekwondo

Onsite at WBT MA Centre

Date	: Monthly
Day / Time	: Monday & Thursday, 09:30 – 11:00
Instructor	: Wong Boon Teik
Convenor	: Chen Kwee Ling
Fee	: RM110 per month

Taekwondo is suitable for people of all ages. IT IS A SOCIAL ACTIVITY.

Taekwondo is a healthy exercise that can strengthen and improves flexibility, balance, posture, strength, and stamina. It also improves mental health by increasing self-esteem, focus, confidence, concentration, and self-discipline as well as improves muscle tone, physical condition, agility and reflexes.

There will be a one-time RM150 Uniform cost.



HEA18 Stretch Therapy

(Onsite at IMM Carehub, Mont Kiara)

Date	: Monthly (once a week)
Day / Time	: Wednesday, 11:00 – 12:00
Instructor	: Adrain Loh
Convenor	: Choy Choke Ling
Fee	: RM130 per month

Stretch Therapy is a guided therapeutic session designed to improve flexibility, mobility, and posture for those needing targeted support.

Immerse yourself in a 60-minute session focused on stretching techniques that enhance body movement, release muscle tension, and promote long-term flexibility, helping you feel more comfortable and agile as you age.



Important Note:

*This Course runs on a monthly basis and is independent of the previous or subsequent months. Participants may register for each month separately. Interested Participants may contact IMM CareHub @ **017-2100 218**, to enquire on available slots before registration.*

All images are for illustration purposes only

MSD04A 24-Festive Drums Group 1 (Skills Enhancement Class)

Onsite at TDRA, Taman Desa, Kuala Lumpur

Date	: Per term of 3 months
Day / Time	: Thursday, 18:30 – 20:00
Instructor	: Harmonic Drums
Convenor	: Angeline Cheong & Chen Kwee Ling
Fee	: RM315 per term (3 months)



CONTINUING CLASSES

Course Coverage

- 基本花式 jī běn huā shì (Basic Styles)
 - 摘星 zhāi xīn (Plucking Stars)
 - 收割 shōu gē (Harvest)
 - 欢庆 huān qīng (Celebration)
 - 雨水 yǔ shuǐ (Rain Drop)
 - 孔子 kǒng zǐ (Confucius)
 - 三合 sān hé (3-Combinations)
 - 高低 gāo dī (High-Low)
 - 开关 kāi guān (Open-Close)
 - 八卦 bā guà (Ba Gua)
 - 马来奏 mǎ lái zòu (Rentak Muzik Melayu)
- and etc.

Training Practice

- 手腕练习 shǒu wàn liàn xí (Wrist training)
- 重音练习 zhòng yīn liàn xí (Hard-Soft Beats)
- 自创, 改编 zì chuàng, gǎi biān (Improvisation, Variations)

NOTE:

The steps given are the fundamentals.
As Learners progress from Beginner to more advanced levels, the complexity will step up, plus choreography added in.



BEGINNER & CONTINUING CLASSES

Course Coverage

- 基本花式 jī běn huā shì Basic Styles
- 摘星 zhāi xīn (Plucking Stars)
- 收割 shōu gē (Harvest)
- 欢庆 huān qīng (Celebration)
- 雨水 yǔ shuǐ (Rain Drop)
- 孔子 kǒng zǐ (Confucius)
- 三合 sān hé (3-Combinations)
- 高低 gāo dī (High-Low)
- 开关 kāi guān (Open-Close)
- 八卦 bā guà (Ba Gua)
- 马来奏 mǎ lái zòu (Rentak Muzik Melayu) and etc.

Training Practice

- 手腕练习 shǒu wàn liàn xí (Wrist training)
- 重音练习 zhòng yīn liàn xí (Hard-Soft Beats)
- 自创, 改编 zì chuàng, gǎi biān (Improvisation, Variations)

NOTE:

The steps given are the fundamentals.

As Learners progress from Beginner to more advanced levels, the complexity will step up, plus choreography added in.



MSDO4B 24-Festive Drums Group 2 (Progressive Class)

Onsite at TDRA, Taman Desa, Kuala Lumpur

Date	: Per term of 3 months
Day / Time	: Saturday, 10:00 – 11:30
Instructor	: Harmonic Drums
Convenor	: Angeline Cheong
Fee	: RM315 per term

MSDO4C 24-Festive Drums Group 3 for Beginners (March new intake)

Onsite at TDRA, Taman Desa, Kuala Lumpur

Date	: Per term of 3 months
Day / Time	: Saturday, 12:00 – 13:30
Instructor	: Harmonic Drums
Convenor	: Angeline Cheong
Fee	: RM315 per term

MSDO4D 24-Festive Drums for Beginners (2026 new intake)

Onsite at TDRA, Taman Desa, Kuala Lumpur

Date	: Per term of 3 months
Day / Time	: Saturday, 14:00 – 15:30
Instructor	: Harmonic Drums
Convenor	: Angeline Cheong
Fee	: RM315 per term

MSD15 Plant a Djembe including Dunun Drum Course

Onsite at KLPAC (Outdoor)

Date	: 07 Apr – 23 Jun
Day / Time	: Tuesday, 10:30 – 11:30
Instructor	: Tai Chun Wai
Convenor	: Chen Kwee Ling
Fee	: RM330 per term (3 months)

The Djembe is a traditional hand drum from West Africa, known for its deep and resonant sound while the **Dunun Drum is an accompaniment base drum for the Djembe.**

Though simple in structure, different hand techniques create a rich and captivating rhythm vocabulary.

As you drum, beat by beat, your body begins to sway gently with the rhythm.

In this course, the facilitator will guide everyone step by step, starting from the basics.

Through drumming, we enter the world of rhythm and feel the power and warmth of the drum with our own hands.

Course Content:

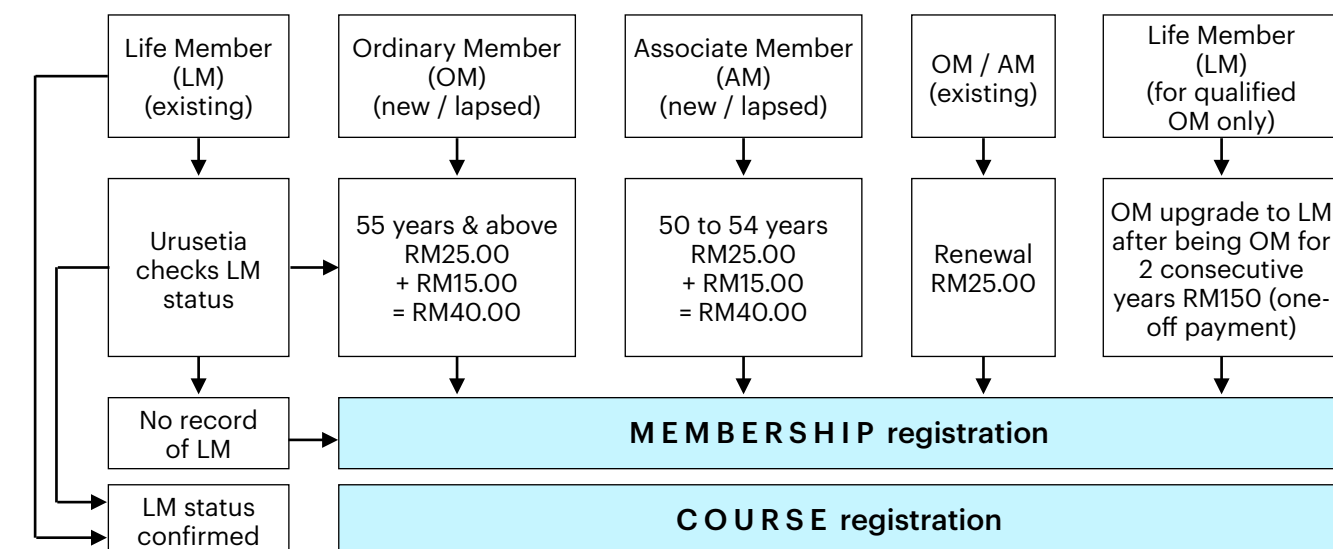
- Develop a sense of rhythm and groove
- Basic hand-drumming techniques, Bass, Tone, Slap **Sun, Water, and Air**
- Rhythm games
- Introduction to West African rhythms



REGISTRATION

for
**Courses and
Membership**

Registration Process Flow



MEMBERSHIP	COURSES
Choose the appropriate Membership category – calculate TOTAL FEE applicable (refer above) Make payment ONLINE – for MEMBERSHIP FEE only	Refer to Prospectus and select Course(s) – calculate TOTAL FEE applicable Make payment ONLINE – for COURSE FEE only

IMPORTANT PLEASE NOTE	- Kindly make SEPARATE PAYMENTS for MEMBERSHIP FEE & COURSE FEE. - Online Transfer: Please provide your HP No. and Name as reference for your Payment. - Keep soft copy of "Proof Of Payment" for uploading to your Membership and Course Registration Forms.
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Link for MEMBERSHIP Registration Form https://forms.gle/gzvYps5Pf3v2wtmJ9	Link for COURSE Registration Form https://forms.gle/RSgAwxa22cZ3Hgfe8
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MEMBERSHIP REGISTRATION	COURSE REGISTRATION
- have "Proof Of Payment" for MEMBERSHIP FEE ready - please fill in your particulars accordingly - upload "Proof Of Payment" slip for MEMBERSHIP FEE - upload copy of IC - click "submit" - wait for "submission successful" message to appear before you exit	- have "Proof Of Payment" for COURSE FEE ready - please fill in your particulars accordingly - select the Course(s) you have paid for - upload "Proof Of Payment" slip for COURSE FEE - click "submit" - wait for "submission successful" message to appear before you exit

BANKING DETAILS
Online Bank Transfer, DuitNow Transfer or ATM Deposit payable to: PERSATUAN PEMBELAJARAN SEPANJANG HAYAT WARGA EMAS U3A MALAYSIA CIMB Bank Account no.: 800 216 9500

NOTE: - Please make separate payments for MEMBERSHIP & COURSE FEES and keep soft copy of "Proof Of Payment" for uploading with your Registration Forms. - Issuance of Official Receipts and registration for Membership and Course(s) will be subject to Bank confirmation of receipt of your payments. - Please provide HP No. and Name of Member as reference when making payments for your MEMBERSHIP FEE and COURSE FEE. - Submission of Registration Forms with incomplete information will cause delay.

Course Fees

All Courses are RM80.00 per Course EXCEPT for the following:		
Course Code	Course Name	Fee
ADA01	Adult Development & Ageing	RM10.00 per Course
HEA05	Fitness Gym (Venue: MyAgeing™ UPM)	RM100.00 per Course
HEA12A & HEA12B	Strength Training (twice a week) (Venue: IMM Carehub (Mont Kiara) or IMM Carehub (Domitys Bangsar))	RM315 per month
HEA12D	Strength Training (once a week) IMM Carehub (Domitys Bangsar))	RM250 per month
HEA13	Taekwondo (Venue: WBT MA Centre)	RM110.00 per month
HEA18	Stretch Therapy (once a week) (Venue: IMM Carehub (Mont Kiara))	RM130.00 per month
MSD04	24-Festive Drums (Venue: TDRA, Taman Desa, Kuala Lumpur)	RM315.00 per term (3 months)
MSD15	Plant a Djembe including Dunun Drum Course (Venue: KLPAC)	RM330 per term (3 months)
REFUND OF COURSE FEE: Refund of Course Fee is only applicable for Courses which are cancelled, re-scheduled or terminated by U3A Malaysia in 2026 for whatever reason (hereinafter collectively referred to as "Cancelled Course[s]"). In such instances, Members have the option to: i) utilise the Course Fee paid for Cancelled Course to swap for another Course. ii) request for a refund. Members shall be required to submit the Course Amendment Form (for swapping of Course) / Refund Form (for refund), whichever is applicable. In the case of Refund, U3A Malaysia shall refund the Course Fee to the Bank Account specified by Member in the Refund Form, within 30 DAYS after the commencement of the last Course in the 2026 Course Year, OR within 30 DAYS of acknowledgement receipt of the Refund Form, whichever is the LATER. Where Member opts to swap Course, Course Fee paid shall be utilised by / for said Member only, and is NOT TRANSFERABLE to another Member. Members are advised to keep their own record of Official Receipts issued. This Refund Policy is effective for 2026 Courses, and is not applied retrospectively. U3A Malaysia reserves the right to vary the Refund Policy from time to time. Note: There shall be no Refund of Membership Fee. Any surplus of Membership Fee may be set off against subsequent year Membership Fee or used to pay for Course Fee.		
For further information, please contact (via WhatsApp only): Ms. Che Puteh Zakaria: 013-341 9087 Ms. Choy Choke Ling: 012-200 1929 Ms Angeline Cheong: 012-223 7339 Urusetia U3A Malaysia: 019-696 0832 For more information, visit our website & FaceBook page at the links below: https://u3aklsl.wixsite.com/malaysia/ https://www.facebook.com/U3AMalaysia		

Venue Locations

QR CODE	VENUE / ADDRESS
COURSE Registration 	Course Registration Form https://forms.gle/JoX4XSMX4y19ADkV7
ASWARA 	Akademi Seni Budaya Dan Warisan Kebangsaan 464, Jalan Tun Ismail, 50480 Kuala Lumpur https://maps.app.goo.gl/YHsg3m3KMeMLEnC89
IMM CareHub (Bangsar) 	IMM CareHub (Domitys Bangsar) 136, Jalan Ara, Bangsar, 59100 Kuala Lumpur https://maps.app.goo.gl/mu5ec8zmJnGyKXEZ9
Dewan Serbaguna 	Dewan Serbaguna, Taman Kembangan Fasa 2 Jalan SK1/8, Taman Kembangan, 43300 Seri Kembangan https://maps.app.goo.gl/w1pQJJwhrB9Q37pGA
Studio 99-2 	Studio 99-2 No. 99-2, 2nd Floor, Jalan Radin Bagus, Bandar Baru Seri Petaling, 57000 Kuala Lumpur. https://maps.app.goo.gl/mknzd5J5v4t6oVAm7
TDRA 	Community Centre Taman Desa (TDRA) 14, Jalan Desa Ria, Taman Desa, 58100 Kuala Lumpur https://maps.app.goo.gl/5s9R5Hesa54YYPfw5

QR CODE	VENUE / ADDRESS
MEMBERSHIP Registration 	Membership Registration Form https://forms.gle/gzvYps5Pf3v2wtmJ9
MyAgeingTM 	Institut Penyelidikan Penuaan Malaysia (IPPM) MyAgeing™, IPPM UPM Serdang, Persiaran Mardi, 43300 Serdang, Selangor. https://maps.app.goo.gl/kqp9UhgAQKLVDYKA
IMM CareHub (Mont Kiara) 	IMM CareHub (Mont Kiara) Sunway 163 Mall, 8 Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur https://maps.app.goo.gl/9LtTbut9Jrh3qtWP7
WBT Martial Art Centre 	WBT Martial Art Centre No.12-A, 1st Floor, Jalan Damai Perdana 6/1E, Bandar Damai Perdana, 56000 Kuala Lumpur https://maps.app.goo.gl/Gm4C4vnpoDRSur1r9
KLPAC 	Kuala Lumpur Performing Arts Centre (KLPAC) Jln Sultan Azlan Shah, Sentul, 51100 Kuala Lumpur https://maps.app.goo.gl/qLLxqg3YGMokshyr5

End of Prospectus



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