



Wesley School for Seniors

Course Catalogue – Term 3 2018

(Monday 23 July 2018 – Friday 28 September 2018)

Arts and Crafts Learn new skills; use your hands creatively with our practical classes	
Art For Beginners Express yourself through art using oil paintings, colors and expressions. Suitable for beginners with limited or no experience.	Ron Stuart / Patricia McGuire Day: Wednesday Time: 9 – 12pm
Crochet (All levels) Come along and enjoy this simple craft that includes chain and treble stitch. Suitable for all levels of experience.	Thelma Fairbain & Yvonne Andersen Day: Tuesday Time: 12 – 2pm
Drawing (All levels) Creative drawing using black and white media. Learn how to use charcoal and pencil to create your own masterpiece.	Neville Bendall Day: Wednesday Time: 12:30 – 2pm
Jewellery making – Beading (All levels) Learn to design your own piece of jewellery for general wear and occasions.	Irene Krahay Day: Thursday Time: 12:30 – 2pm
Knitting – (Beginners & Advanced) Knitting for all levels and styles. Come along and enjoy some conversation with other knitters. Beginners bring 8 ply yarn and number 4mm needles.	Cherrie Bourke Day: Monday Time: 1 – 3pm
Patchwork, quilting and embroidery (All levels) All aspects of Patchwork, Quilting and Embroidery will be taught in this class. Join us on Monday mornings. First week bring your basic kit, scissors, needles, pins & thread. Come with any project you are working on or come and learn the basics.	Cherrie Bourke Day: Monday Time: 10 – 12pm
Pencil Sketching Learn the basics of drawing/ pencil sketching in a fun and relaxing way. Starting with understanding line, proportion, tones, shading, and perspective, we will later work on subjects like still objects, models, nature, humans, or anything of your choice. Includes pencil shading and sketching exercises, demonstrations and discussions to learn how to observe and visualize, hand-eye coordination, use of different materials and media, etc. The materials you should come with are as follows: Sketching pencils: HB, 2B, 4B, 6B, Eraser, Sharpener, Sketchbook (Size: A2), Drawing book for rough work.	Rupal Gupta Day: Thursday Time: 10 – 11am
Tunisian crochet (All levels) Tunisian Crochet is also known as Tricot. Using a hook needle make forming loops and working them off again, creating interesting and pretty designs.	Kay Temm Day: Monday Time: 12 – 3pm

<p>Water color painting Washing techniques and colour composition makes this form of painting both rewarding and relaxing.</p>	<p>Annie Chiu Day: Friday Time: 1 – 3pm</p>
<p>Christianity and Faith Discussing and sharing about Jesus Christ and the Christian faith</p>	
<p>Christian Meditation This group is part of a global and inclusive contemplative family, 'The World Community for Christian Meditation' of which there are many groups in Australia. The roots of this community lie in the desert tradition of early Christianity dating back to the 4th century. In 1975 John Main, an Irish Benedictine monk (1926-1982), started the first Christian Meditation Centre in London. Join us to become part of this worldwide community committed to an ever-deepening relationship with Christ. This group is inclusive of all Christian denominations and welcomes those of other sacred traditions interested in Christian meditation.</p>	<p>Lorraine Alexander, Noel Neeson Day: Tuesday Time: 9 – 10 am</p>
<p>Computer Technology & Digital Media A diverse range of computer courses and new technology</p>	
<p>Computer – Ms. Word / Excel Microsoft Office Word and excel are tools designed by Microsoft. The course help you learn the MS word program for writing letters, creating documents and making greeting cards by inserting pictures. Microsoft Excel can be used to manage your budgets and make calculations using formulae and templates.</p>	<p>Belinda Ong Day: Monday Time: 9 – 10 am</p>
<p>Basic computer skills This course will teach you how to protect your computer and how to do simple maintenance work. The course is suitable for absolute beginners and anyone who has a laptop or desktop computer.</p>	<p>Day: Thursday Time: 9 – 10 am</p>
<p>Tablets & Smartphones Learn how to use your iPad effectively to get the most out of this affordable tablet computer. Through its various apps, you can do many things including playing games, watching news and movies etc. Learn all the tricks through this class. Learn how to use your iPhone for playing videos, listening to audios or reading e-books. Lessons will also cover how to use 'FaceTime' and Skype. You will be pleasantly surprised by the ability of this amazing tool. It also covers using internet safely, YouTube and Facebook.</p>	<p>Day: Tuesday Time: 11.30 – 12.30 pm</p>
<p>Dance A variety of dances from different parts of the world</p>	
<p>Belly Dance & Tribal Dance (Beginners) Enjoy a wiggle and a giggle, have fun, get fit, make new friends, as you learn to dance with a mystical veil to improve your self-esteem, self-worth, power and posture. Helps arthritis sufferers with wrist and arm movements. Bring a water bottle along with you. \$3 extra fee per session.</p>	<p>Angie Hughes Day: Tuesday Time: 10 – 11am</p>

<p>Belly Dance & Tribal Dance (Beyond Beginners) A progression from beginner's level, this class will explore more intricate steps and patterns of classical, folkloric, traditional, cabaret and innovative aspects of this ancient dance. You will need to know the basic movements of Middle Eastern Dance. \$3 extra fee per session.</p>	<p>Angie Hughes Day: Tuesday Time: 11 – 12pm</p>
<p>Bollywood Dancing Come and join this fun and fabulous dance form. Learn new moves, enjoy the music, increase your fitness, and participate in fun choreography. Just bring yourself and your enthusiasm.</p>	<p>Navalina Kalra Day : Friday Time : 11 – 12pm</p>
<p>DanceSport DanceSport combines sport and dance, and can improve physical fitness, mental well-being, and the ability to form social relationships. You will be introduced to exercises that will increase strength, stamina, agility, co-ordination, discipline and teamwork as well as the artistic components of musical interpretation, grace, grooming and style.</p>	<p>Francis David and Marietta David Day: Wednesday Time: 2.30 – 3.30pm</p>
<p>English Country dancing (Beginners) Social dances in a variety of formations and styles, ranging from lively and exuberant to dreamy and elegant, published from the 17th Century to the 21st Century, i.e. today. No experience necessary.</p>	<p>Yoshiko Todd/David Potter Day: Thursday Time: 1:30 – 2:30 pm</p>
<p>English Country dancing (Intermediate) Social dances in a variety of formations and styles, ranging from lively and exuberant to dreamy and elegant, published from the 17th Century to the 21st Century, i.e. today. Experience is necessary as some of these dances can be quite challenging. Therefore, please consult with Margaret Swait (email to MargaretSwait@gmail.com) to learn more about whether the class is appropriate for you.</p>	<p>Yoshiko Todd/David Potter Day: Thursday Time: 2:30 – 4pm</p>
<p>Latin and Social Dancing Learn to dance Cha Cha, Rhumba, Swing, Mambo and other social dances. Enjoy the music, make new friends, keep fit and have lots of fun! Term 1: Cha Cha, Term 2: Rhumba, Term 3: Swing, Term 4: Mambo. \$3 extra fee per session for tutor.</p>	<p>Angie Hughes & Hazel Hinton Day: Monday Time: 2 – 4pm</p>
<p>Line Dancing Come and enjoy the old and the new. Must have some basic knowledge of line dancing.</p>	<p>Patricia So Day: Tuesday Time: 12:30 – 2pm</p>
<p>Playford (Old English Dancing) These dances were first published by John Playford in editions of "The Dancing Master", from 1650 through to the late 1700s - including some that Jane Austen would have known. Some are dances that were used in BBC-TV's "Pride and Prejudice" series. The formations vary, from dances for 4, 6, or 8 people or long way dances for more people. They are all danced to delightful music.</p>	<p>Alex Bishop/Julie Bishop/ Heather Clemesha Day: Thursday Time: 11:30 – 1pm</p>
<p>Salsa – Beginners Salsa is a popular form of social dance that originated in the Caribbean.</p>	<p>Jil Lindau Nasim Payandeh Day: Monday Time: 9 - 10am</p>

<p>Scottish Country Dancing (Advanced) This includes reels, jigs, square sets, circular dances and country dances.</p>	<p>S Govindasamy Day: Monday Time: 12:30 – 2pm</p>
<p>Scottish Country Dancing (General) Reels, jigs, square sets, circle dances and country dances. Country dances are performed in two parallel lines usually one of them of men, one of women; patterns are waved on the floor by the dancer.</p>	<p>S Govindasamy Day: Tuesday Time: 2 – 4pm</p>
<p>Square Dancing (Mainstream – no new beginners) Must have completed beginners' class or have done square dancing elsewhere.</p>	<p>Barbara Tonitto & Agnes ydney Day: Wednesday Time: 10.00 – 12pm</p>
<p>Square Dancing (Beginners – no new beginners) This course is both learning and dancing. No new beginners.</p>	<p>Margaret McAlpine & Pattie Hayes Day: Wednesday Time: 1– 3pm</p>
<p>Square Dancing (Plus) This course is both learning and dancing. This is next challenging phase of the square dancing and therefore not suitable for beginners. Students are required to know the mainstream square dancing movements thoroughly.</p>	<p>Barbara Tonitto & Glenna Farr Day: Friday Time: 10 – 12pm</p>
<p>Rounds and basic experienced Squares (no new beginners) Must have completed Beginners Square Dancing class. This class will include ROUND dancing for beginners as well as moving forward to another level in Square Dancing.</p>	<p>Barbara Tonitto Day: Wednesday Time: 12 – 1pm</p>
<p>English, Literature and Speech Improvement</p> <p>The English language in many different forms</p>	
<p>Public Speaking Learn to make good speeches and to debate interesting subjects.</p>	<p>Jimmy Hill Day: Tuesday Time: 2:30 – 4pm</p>
<p>Effective speaking & forum Learn how to clearly express your opinion on a variety of topics in a group of supportive and friendly people.</p>	<p>Richard Roebuck Day: Monday Time: 2 – 3:30pm</p>
<p>Memoir Writing A memoir focuses on one part of a writer's life, unlike an autobiography which is the story of a writer's whole life. So you can write a number of memoirs and they may be as long or as short as you want. In this class you will learn how to put together a story: know where to begin – how to even begin; know the essential elements of storytelling; preparing the outline; developing a writing style, and so on. Students are not required to actually write their memoir at once.</p>	<p>Edita Diamante Day: Friday Time: 2.30 – 4.00pm</p>
<p>Shakespeare Explore and learn the works of Shakespeare. We will be reading and discussing poignant pieces of work from this literary master.</p>	<p>Earl Workman Day: Tuesday Time: 10 – 11am</p>
<p>Speech & Expression A study and discussion on how to improve your expression through language and speech.</p>	<p>Lyal Iddles Day: Monday Time: 10 – 11am</p>

Fun and Fitness Activities to help improve your physical well being	
Exercise (Activate Energy) Exercise system to move energy around the body to promote mental and physical well-being.	Leonor Marrone Day: Friday Time: 12 – 1pm
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Dancercise Exercise leading to dance moves as we combine balance and co-ordination. When you dance good things happen.	Valerie Doodie Day: Tuesday Time: 10 – 11:30am
Dancercise Exercise leading to dance moves as we combine balance and co-ordination. When you dance good things happen.	Valerie Doodie Day: Monday Time: 10 – 11am
Gentle Exercise Move the body through gentle exercise accompanied by lovely music.	Joyce Crabbe Day: Thursday Time: 10:30 – 11:30am
Indoor Bowls A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.	Richard Roebuck Day: Monday Time: 11 – 12:30pm
Table Tennis Open to anyone interested in playing this sport. Good exercise and a lot of fun.	Hazel Hinton & Elisha Lau Day: Friday Time: 8:30 – 10am
Table Tennis (Advanced) Enjoy being coached! Only accepts advanced players. Limited to 12 players only.	Elisha Lau & Hazel Hinton Day: Thursday Time: 8:30 – 10:30am
Tai – Chi Chuan An integrated exercise system for both mind and body, Tai-chi is an enjoyable and effective way to reduce stress and avoid mental and physical tension, at the same time helping to cultivate inner spiritual strength and creativity.	Leonor Marrone Day: Friday Time: 1:30 – 3pm
Yoga & Relaxation During the one-hour class we practice yoga in a way that supports you in your daily life, working with balance, flexibility and strength. Classes include gentle, breath-centred yoga movements and postures while seated in a chair, and if able some standing movements (also supported with chairs). During classes we will also work with some meditation and relaxation practices. Yoga movements are adapted to suit the individual.	Kylie Barr Day: Monday Time: 12pm – 1pm
Yoga/ Meditation Calm the mind by harmonizing the movement of the body with the flow of the breath. A relaxing yoga class culminating in a re-energizing meditation session.	Joanne Tweedie Day: Friday Time: 10 – 11am

General Interest Covers various topics and interests	
Applying Philosophy to everyday living Lively discussions and conversations around everyday living situations and the application of philosophical meaning.	Richard Roebuck Day: Tuesday Time: 10 – 11am
Emotional Wellness A class that touches upon mindfulness and relaxation.	Monica Tomkins Day: Monday Time: 11 – 12 pm
Art History In a society inundated with images, there are certain artworks that everyone with an interest (and sometimes no interest) in art, knows of Da Vinci and his Mona Lisa; Van Gogh's Starry Night(s); Michael Angelo's David. This course shares the wonderful artworks of lesser-advertised predecessors, contemporaries and successors of "celebrity" art figures.	Aili Day: Tuesday Time: 2 – 3pm
Great film adaptations interest group Shows movies based on novels and plays.	Edita Diamante Day: Thursday Time: 10 – 12pm
History (Australian) Examine the history of our great country, from Captain Cook to present day Australia.	Lyal Iddles Day: Monday Time: 1 – 2pm
Life Hacks: Aging in place Tricks to make life more convenient for the aged living alone at home.	Edita Diamante Day: Friday Time: 12 – 1pm
Movie Appreciation This class is a celebration of the American Movie Industry – the period after the war years.	James (Jimmy) Hill Day: Monday Time: 10 – 12pm
Modern history – 20th century (Starts week 4) We will be looking at history, culture, and news events from the early 1900s onwards. The sessions will use a combination of video presentations with commentary and discussion. History will come alive!	Paul Hurst Day: Thursday Time: 2 – 3 pm
Mysteries of the Universe Have you ever wondered about the beginning of the universe, those mysterious Black Holes or what is going on in one of the greatest mysteries of the universe, our brains? We look at these and many other questions about "life, the universe and everything" using DVDs and weekly handouts which summarise the key points of the topic we are studying. Come and join our friendly class and bring your curiosity with you!	Kathy & Leslie Martin Day: Friday Time: 1 – 2.30pm
Resilient Living (highly recommended that this class be taken with the Purposeful living class) Resilience - ability to cope with adversity is a skill that seniors need as much as anyone else. From empty nests to loss of friends, falling living standards when most of us retire, falling health etc. are many events that most of us will face and it will be good to have skills to cope with such events. The outline: What is resilience? Clarifying and doing what matters most, cultivating a support network, awareness and empowerment, managing intense emotions, connecting with others in meaningful way.	Raj Asawa Day: Tuesday Time: 11 – 12 pm

<p>Purposeful Living After 50-55, many of us live a life adrift. We have achieved most of what was set for us. For many of us, this supposed happiest period of our lives is also the most miserable and lonely. Most of us still have 30-40 years of life to live. A life without purpose is a life without meaning and coherence. There is evidence that having a purpose adds happiness as well as increases life span. This course will provide you with the skills and processes to find your purpose and how to achieve it. This course is companion to the Resilience course and it is recommended that both courses are taken together.</p>	<p>Raj Asawa Day: Tuesday Time: 12 – 1 pm</p>
<p>Psychology Interest group This course will cover basic concepts in various psychology topics including social psychology, personality, perception, and biological psychology, with class discussion focused on everyday living. No previous knowledge in psychology is required.</p>	<p>Chi Pui Cheng Day: Tuesday Time: 9 – 10 am</p>
<p>Physics for Politicians In an age with information so readily available, why are most people captive to strongly negative views about the future? Depending on who is speaking, we are either going to all die at the hands of terrorists, be taken over by robots, the planet blown up by nuclear weapons or be drowned by climate change induced tsunami. Or all 4 at once! The good news is that with a little math and science, we can put these fears into perspective and work at the problems at hand. To help us, we will be guided by a book by Dr. Richard Muller – “Physics for future Presidents”</p>	<p>Mark Ridegway Day: Tuesday Time: 1:30 – 2:30pm</p>
<p>Languages Come along and learn a foreign language. Use it as a skill for travelling, or just come along to be stimulated</p>	
<p>French – Comprehension (Advanced 1) Listening, reading, answering questions and grammar.</p>	<p>Seraphine Schilter Day: Friday Time: 1 – 2:30pm</p>
<p>French – Conversation (Beginners) Learn the basics of speaking French.</p>	<p>Mieke Eder Day: Tuesday Time: 1 – 2pm</p>
<p>French (Intermediate) Improve your French through this course</p>	<p>Georgette Kiosidis Day: Thursday Time: 1 – 2pm</p>
<p>French – Advanced Beginners Conversation Includes pronunciation, grammar, text reading and vocabulary. This is for those who have attended French for beginners.</p>	<p>Jan Heddema Day: Wednesday Time: 11 – 12pm</p>
<p>German B1 & B2 Intermediate We will be looking at newspaper articles and using easy texts, conversation and grammar revision in this class.</p>	<p>Heinz Schneider Day: Tuesday Time: 1 – 2pm</p>
<p>German A2 Beginners 2 The class will cover the very basics of the German Language. This is suitable for absolute beginners.</p>	<p>Heinz Schneider Day: Tuesday Time: 3 – 4pm</p>
<p>German A1 Beginners 1 The class will cover the advanced version of the German Language. This is suitable for advanced beginners.</p>	<p>Heinz Schneider Day: Tuesday Time: 2 – 3pm</p>

Italian – (Beginners) Learn the basics of the Italian language.	Marina Foti Day: Thursday Time: 2 – 3pm
Latin – (Advanced) We will continue reading extracts from Caesar’s Military Expedition with attention to grammar. The book used is the Oxford Latin Reader, 2nd edition.	Jane Banfield Day: Monday Time: 12 – 1pm
Japanese This course will help you converse in basic Japanese.	Mary Bourne Day: Friday Time: 10 – 11am
Spanish – (Beginners & Intermediate) (starts from Wed 15 th Aug) A course for those wanting to learn basics of Spanish in a fun learning environment.	Paul Hurst Day: Wednesday Time: 2:30 – 4pm
Chinese Proverbs in Mandarin (Intermediate) The Chinese language is full of proverbs mostly derived from historical sources or Chinese poetry. In this class, some simple Chinese proverbs will be introduced. As an introduction to the appreciation of Chinese poetry, a few very simple Chinese poems will also be introduced in this class	Annie Chiu Day: Tuesday Time: 9.30 – 10.30 am
Mandarin – (Beginners) This class will concentrate on the spoken language, with emphasis on the systematic method of Mandarin pronunciation.	Annie Chiu Day: Tuesday Time: 10.30 – 11.30 am
Music and Performing Arts Includes different expressions of music and performances	
Classical Music Music to soothe the heart and soul. Learn and listen to the great composers and their music.	Roger King Day: Tuesday Time: 2 – 3:30pm
Ukulele – (Intermediate) Learn beyond basics of playing the ukulele or come and expand your repertoire.	Andrew Banks Day: Thursday Time: 10 – 11am
Ukulele – (Beginners) Learn the basics of playing the ukulele.	Billy Koh Day: Wednesday Time: 10 – 11am
Guitarists Plus Singers – (Beginners, Intermediate & Advanced) Calling all singers and guitarists to our new combined choir and guitar workshop. This workshop will explore a range of mainstream music styles such as pop, country, folk and soft rock. We will aim to present ‘popular easy listening’ music. A selection of music from the 1950s up to the 1980s will be practised. Most of all we will fun in a relaxed atmosphere. The choir called the Six String Choir will be supported by our class of enthusiastic guitarists. Prior music theory knowledge is not required. New students will only be accepted in the first two weeks of the term.	Andrew and Isabel (1st 3 weeks of term) Paul Hurst (Week 4 onwards) Day: Thursday Time: 11 – 12pm
Popular Music of the 20th Century (starts from Thursday 16 th Aug) We will discuss the performers and popular songs of the 20th century. Come along and sing a wide variety of songs.	Paul Hurst Day: Thursday Time: 12 – 1pm

<p>Piano (Beginners and Intermediate) Some experience required – suitable for beginners</p>	<p>Misa Nakata Day: Wednesday Time: 10 – 2:30 pm</p>
<p>Piano (Beginners) (27th July to 17th Aug only) Keyboard skills on piano. Elementary.</p>	<p>Tori Brown Day: Friday Time: 9.30 – 11 pm</p>
<p>Recorders (Beginners) Students must bring in a descant or soprano recorder and buy the test book: The school recorder book 1 by E. Priestly & F. Fowler (may be ordered from tutor) cost is \$11.50. A portable music stand would be useful.</p>	<p>Ken Ranby Day: Tuesday Time: 12.30 – 1.30pm</p>
<p>The Merry Music makers This is a music therapy programme. Members sing along as the tutor leads on the piano. Lyrics are provided for well-known songs from many nationalities and genres such as stage musicals, movies and artists of the 20th century. Time is also allocated for quiet listening to classical piano pieces.</p>	<p>Margaret Langlands Day: Wednesday Time: 11 – 12.30pm</p>
<p>Wesley Happy Singers This is a vocal training class with contemporary music. Some old music and church hymns as well will be part of the class.</p>	<p>Eric Fong Day: Thursday Time: 10.30 – 12pm</p>
<p>Table / Card / Board Games Includes different types of table and card games</p>	
<p>Rubber Bridge – (Beginners and Intermediate) A popular game of cards played by four players in partnership, with one partnership opposing the other. It will keep you mentally alert and quite probably help you live longer. Come join us now.</p>	<p>Patrick Tong Day: Thursday Time: 12:30 – 3:30pm</p>
<p>Canasta A card game originating in Uruguay but popularised in Argentina, in which players attempt to make melds of 7 cards of the same rank, and “go out” by playing all cards in their hand and discarding. Note: Absolute beginners will be taught only on the first week of every term.</p>	<p>Marcia Peters & Agnes Sydney Day: Wednesday Time: 12 – 2pm</p>
<p>Solving Cryptic Crosswords How to solve cryptic crosswords using those in the Sydney Morning Herald from the previous Saturday.</p>	<p>Ken Ranby Day: Monday Time: 1 – 2pm</p>

<p>How to Solve Suduko For beginners and some slightly more experienced people. The mysteries of Suduko are unraveled and made simple and good fun.</p>	<p>Govin S Day: Monday Time: 10:00 – 11am</p>
<p>Domino – Mexican Train 99 The object of this game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains”, emanating from a central hub or “station”. Its name comes from a special optional train that belongs to all players.</p>	<p>Graham Shirley Day: Wednesday Time: 12 – 1:30pm</p>
<p>Mahjong (Western) This game is played with 152 tiles of attractive characters and symbols. The game originated from mainland China however, we will be using the Westernised version for this class. Note: Absolute beginners are required to start on the 1st week of each term.</p>	<p>Roger King Day: Wednesday Time: 2pm – 4pm</p>
<p>Scrabble A word game in which two to four players score points by forming words from individual lettered tiles on a game board marked with a 15 by 15 grid. The words are formed across and down in crossword fashion and must appear in a standard dictionary.</p>	<p>Penelope Caisley Day: Tuesday Time: 11 – 1pm</p>
<p>Chess Chess is a two-player strategy board game played on a chessboard, a checkered with 64 squares arranged in an eight-by-eight grid. It is one of the world's most popular games, played by millions of people worldwide in homes, parks, clubs, online, by correspondence, and in tournaments.</p>	<p>Bill Chan & Leonie Holmes Day: Friday Time: 11 – 1pm</p>
<p>Rummikub Class A fun game played with tiles. Improves your mathematic skills and gets people together.</p>	<p>Ellen Meadem Day: Friday Time: 11 – 1pm</p>