



Wesley School for Seniors

Course catalogue – Carlingford	
Monday 19 April to Friday 25 June 2021	
<p>Yoga (Beginners) Calm your mind by harmonizing the movement of the body with the flow of the breath in this relaxing yoga class.</p>	<p>Liz Morgan Thursday 10 – 11am Location: Auditorium</p>
<p>Gentle exercise (All levels) Move your body through gentle exercise accompanied by lovely music. It's also an opportunity to meet and socialize with other village residents.</p>	<p>Winnie Chick Tuesday 10 – 11am Location: Auditorium</p>
<p>Tai Chi (Yang style) An integrated exercise system for both mind and body, Tai Chi is an enjoyable and effective way to reduce stress, avoid mental and physical tension, and at the same time cultivate inner spiritual strength and creativity. It's also an opportunity to meet and socialize with other village residents.</p>	<p>Winnie Chick Tuesday 11 – 12pm Location: Auditorium</p>
<p>Tablets and Smartphones and Basic computer skills Learn the basic of using tablets and smartphones. Become more familiar with Word /Excel. So, whether you wish to use your device for work purposes, entertainment, social networking or generally making your life easier, this course will help you discover why. You'll need to bring your own device to complete the course.</p>	<p>Surya Lesmana Friday 10.30am – 11.30am Location: Auditorium</p>

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