



Wesley School for Seniors

Course catalogue – Term 2, 2021

Monday 19 April – Friday 25 June 2021

Arts and crafts

Learn new skills; use your hands creatively with our practical classes.

<p>Art for Beginners</p> <p>Express yourself through art using oil paintings, colors and expressions. Suitable for beginners with limited or no experience.</p>	<p>Ron Stuart</p> <p>Wednesday 9 – 11.30am</p>
<p>Drawing (All levels)</p> <p>Creative drawing using black and white media. Learn how to use charcoal and pencil to create your own masterpiece.</p>	<p>Neville Bendall/Ron Stuart</p> <p>Wednesday 11.30am – 12.30pm</p>
<p>Knitting – (Beginners & Advanced)</p> <p>Knitting for all levels and styles. Come along and enjoy some conversation with other knitters. Beginners bring 8 ply yarn and number 4mm needles.</p>	<p>Cherrie Bourke</p> <p>Monday 1.30 - 3.30pm</p>
<p>Watercolour painting</p> <p>Washing techniques and colour composition makes this form of painting both rewarding and relaxing.</p>	<p>Daniela Voican</p> <p>Friday 1.30 – 3.30pm</p>

Christianity and Faith

Discussing and sharing about Jesus Christ and the Christian faith.

The Power of Prayer

Are you hearing from God? Do you pray every day? In the Power of Prayer, we'll learn the seven keys that will unlock the door to positive and powerful prayer. We'll develop a greater sense of who we are in Christ. All are welcome.

Melissa Flowers

Friday
1 – 2pm

Computer technology and digital media

A diverse range of computer courses and new technology.

Tablets and Smartphones

Smartphones have evolved considerably over the past decade and now much more akin to portable computers than mere convenient communicative tools. 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.

Joe Stafrace

Wednesday
12.30 – 1.30pm

Internet/Basic computer skills/MS Word and Excel

This course will cover the following topics: basic computer skills, Windows 10, MS Word/Excel, Zoom and Internet – getting started online including online banking.

Joe Stafrace

Wednesday
2.30 – 3.30pm

Dance

A variety of dances from different parts of the world.

Belly Dance and Tribal Dance (Beginners)

Enjoy a wiggle and a giggle, have fun, get fit and make new friends as you learn to dance with a mystical veil to improve your self-esteem, self-worth, power and posture. This course can also help arthritis sufferers with wrist and arm movements. Bring a water bottle along with you.

Angie Hughes

Tuesday
10 – 11am

Belly Dance and 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'll need to know the basic movements of Middle Eastern Dance.

Angie Hughes

Tuesday
11am – 12pm

Line Dancing

Come and enjoy the old and the new. You must have some basic knowledge of line dancing to participate.

Conrad Metierre

Tuesday
2 – 3.30pm

Scottish Country Dancing (Advanced)

Active dances (reels and jigs) and slower-paced but truly elegant dances (strathspeys) all danced to delightful and enchanting music. Suitable for those who are reasonably experienced and are familiar with the basic formations and movements.

Govindasamy S

Monday
1 – 3pm

<p>Scottish Country Dancing General</p> <p>Active dances (reels and jigs) and slower-paced but truly elegant dances (strathspeys) all danced to delightful and enchanting music. Good physical exercise and mental stimulation in a friendly, sociable, environment. Suitable for those who have some experience of Scottish Country Dancing: beginners are also welcome.</p>	<p>Govindasamy S</p> <p>Tuesday 2.30 – 3.30pm</p>
<p>Square dancing – Beginners/ Mainstream</p> <p>This is a Mainstream class and Beginners will be accepted.</p>	<p>Margaret McAlpine/Pattie Hayes</p> <p>Wednesday 10am – 12pm</p>
<p>Square dancing – Mainstream/Plus</p> <p>No dancers will be taken unless they can do Mainstream. No Beginners will be taken.</p>	<p>Pattie Hayes</p> <p>Wednesday 1.30 – 3.30pm</p>
<p>English country dancing (Beginners)</p> <p>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</p> <p>Wednesday 1 – 2.30pm</p>
<p>Playford (Old English Dancing)</p> <p>These dances were first published by John Playford in editions of <i>The Dancing Master</i>, from 1650 through to the late 1700s, including some that Jane Austen would have known. Some of these dances were used in BBC TV series, <i>Pride and Prejudice</i>. The formations vary, from dances for four, six and eight people or long way dances for more people. They are all danced to delightful music.</p>	<p>Alex Bishop/ Julie Bishop/</p> <p>Thursday 11am – 12pm</p>
<p>English, literature and speech improvement The English language in many different forms.</p>	
<p>Effective speaking and forum</p> <p>Learn how to clearly express your opinion on a variety of topics in a group of supportive and friendly people.</p>	<p>Richard Roebuck</p> <p>Monday 2 – 3.30pm</p>
<p>Creative writing: Fiction</p> <p>Creative writing is any written artistic expression using narrative, imagery and drama.</p>	<p>Edita Diamante</p> <p>Friday 2.30 – 3.30pm</p>
<p>Fun and fitness Activities to help improve your physical wellbeing.</p>	
<p>Exercise (Activate Energy)</p> <p>Exercise system to move energy around the body to promote mental and physical wellbeing.</p>	<p>Leonor Marrone</p> <p>Tuesday 11.30am – 12.30pm</p>

<p>Exercise (Activate Energy) Exercise system to move energy around the body to promote mental and physical well-being.</p>	<p>Leonor Marrone Friday 12.30 – 1.30pm</p>
<p>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, it helps cultivate inner spiritual strength and creativity.</p>	<p>Leonor Marrone Friday 1.30 - 3pm</p>
<p>Dancercise Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p>	<p>Joyce Crabbe Monday 10 – 11am</p>
<p>Dancercise Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p>	<p>Mary Bourne Tuesday 10 – 11am</p>
<p>Pilates – Mat Joseph Pilates invented Pilates after World War One in order to rehabilitate injured soldiers. Pilates is a gentle way of strengthening the musculature and bone density, whilst adhering to the natural movements of the body. It incorporates weight bearing of the upper and lower extremity, re- alignment of muscles and correcting imbalances, which cause pain, including lower back pain, through strengthening the abdominals and sore feet by stretching and strengthening the weak and tight muscles causing foot pain.</p>	<p>Dominique Rainger Tuesday 2.30 – 3.30pm</p>
<p>Gentle Exercise Move the body through gentle exercise accompanied by lovely music.</p>	<p>Joyce Crabbe Thursday 9.30 – 10.30am</p>
<p>Indoor Bowls A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.</p>	<p>Richard Roebuck Monday 11.30am – 12.30pm</p>
<p>Table Tennis (Beginners) Enjoy being coached. Suitable for beginners.</p>	<p>Sofia Clark Friday 8.30 – 10am</p>
<p>Table Tennis (Intermediate) Enjoy being coached. Suitable for some knowledge of the game.</p>	<p>Jackie Kwan Thursday 2 – 3.30pm</p>
<p>Table Tennis (Advanced) Suitable for players who have good experience with the game.</p>	<p>Hazel Hinton Friday 10 – 11.30am</p>

<p>Qigong</p> <p>QIGONG IS a simple but powerful practice that anyone can learn. Slow physical movements, breathing techniques, visualization and meditation strengthen and move the CHI (Vital energy) within the body.</p>	<p>Leonor Marrone</p> <p>Tuesday 1 – 2pm</p>
<p>Yoga and Relaxation</p> <p>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'll also work with some meditation and relaxation practices. Yoga movements are adapted to suit the individual.</p>	<p>Kylie Barr</p> <p>Monday 12 – 1pm</p>
<p>Mat yoga for everybody</p> <p>This class will support you in your goal of feeling balanced, connected, grounded, less stressed and more relaxed. Postures are taught carefully, with thought and with guidance. Everyone is encouraged to move at their own pace. The class is designed to help you come together as one whole – mind, body and breath – in ways that are gentle and paced to suit you.</p>	<p>Tanya Clark</p> <p>Friday 9.30 – 10.30am</p>
<p>General interest Covers various topics and interests.</p>	
<p>Emotional Wellness and Art Therapy for Seniors</p> <p>Emotional Wellness Art Therapy classes offer participants the opportunity to explore issues of concern in a gentle and creative way in a safe, respectful and unpressured environment:</p> <ul style="list-style-type: none"> • participants will create art based on personal stories, gain an understanding of the benefits of art and writing • we'll practice relaxation and guided visualisation technique • use simple art processes as emotional expression • engage in fun, therapeutic and creative activities which can include collage, narrative, music, drawing and more. 	<p>Keri Haiyes</p> <p>Monday 12 – 1pm</p>
<p>Psychology Interest group</p> <p>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</p> <p>Tuesday 9 – 10am</p>
<p>Introduction to Meditation and mindful living</p> <p>Meditation is a technique to cultivate awareness of the present moment. You'll learn how to stay present through your body, everyday activities and in conversations as well. Mindful living and meditation can help reduce stress, anxiety, cultivate peace and wellness.</p>	<p>Catarina Mak</p> <p>Thursday 12 – 1pm</p>

<p>Self-Care 101</p> <p>This is a basic introduction to Self-Care. We'll primarily focus on water, sunshine, rest, food, fresh air, exercise and energy. We shall discover and discuss how these elements naturally influence our mind, emotions and vitality for living.</p>	<p>Melissa Flowers</p> <p>Friday 11am – 12.30pm</p>
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Languages

<p>French – Comprehension (Advanced 1)</p> <p>Listening, reading, answering questions and grammar. Emphasis will be on grammar revision</p>	<p>Seraphine Schilter</p> <p>Friday 1 – 2pm</p>
<p>French – Conversation (Beginners)</p> <p>Learn the basics of speaking French.</p>	<p>Mieke Eder</p> <p>Tuesday 1 – 2pm</p>
<p>German Beginners A2</p> <p>German dialogues and stories.</p>	<p>Heinz Schneider</p> <p>Tuesday 10 – 11am</p>
<p>German Intermediate B1</p> <p>Intermediate German text and interesting dialogues and stories.</p>	<p>Heinz Schneider</p> <p>Tuesday 11am – 12pm</p>
<p>Chinese Proverbs and Poetry</p> <p>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.</p>	<p>Annie Chiu</p> <p>Wednesday 10 – 11am</p>
<p>Mandarin (Beginners)</p> <p>This class will concentrate on the spoken language, with emphasis on the systematic method of Mandarin pronunciation.</p>	<p>Annie Chiu</p> <p>Wednesday 11am – 12pm</p>
<p>Japanese (Beginners)</p> <p>This course will help you converse in basic Japanese.</p>	<p>Nobuyo Williams</p> <p>Friday 9 – 10am</p>
<p>Japanese (Intermediate)</p> <p>This course is suitable for those who have some knowledge of the Japanese language.</p>	<p>Asako Nagata</p> <p>Friday 10 – 11am</p>
<p>Spanish (Beginners A1)</p> <p>Learn the basics of the Spanish language.</p>	<p>Marina Esther</p> <p>Wednesday 1 – 2pm</p>
<p>Spanish (Advanced Beginners A2)</p> <p>This course is suitable for those who have some knowledge of Spanish.</p>	<p>Marina Esther</p> <p>Wednesday 2 – 3pm</p>

Music and performing arts

Includes different expressions of music and performances.

Ukulele Intermediate)

Learn beyond basics of playing the ukulele or come and expand your repertoire.

Andrew Banks

Thursday
10.30 – 11.30am

Piano (Beginners & Intermediate)

This course is for people with little or no knowledge of piano playing. As the course progresses, you'll learn to play some easy tunes on the piano.

John Stavert

Wednesday
9.30am –
12.30pm

Recorders (Beginners)

The recorder is a wind instrument made from plastic or wood, readily available from music shops, either descant (soprano) or treble (alto). As music stands are not always available, students are advised to purchase a portable folding stand (available online for \$20). Sheet music will be supplied as needed at a small charge.

Ken Ranby

Monday
2.30 – 3.30pm

Recorders (Intermediate)

This course is aimed at those students who've completed the Beginners course or have previously reached First Grade standard (C Major, G Major and D Major). Descants, Altos and tenors are welcome. Sheet music is supplied at a small charge.

Ken Ranby

Tuesday
12.30 – 1.30pm

Recorders (Advanced)

For students who have passed Intermediate Level and can play the full Chromatic scale.

Ken Ranby

Tuesday
1.30 – 2.30pm

Merry Music makers

This is a music therapy program. 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.

Margaret Langlands

Wednesday
11am –12.30pm

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.

Eric Fong

Thursday
10.30am –12 pm

Table/card/board games

Includes different types of table and card games.

Canasta (Beginners – first week of term only)

A card game originating in Uruguay but popularised in Argentina, in which players attempt to make melds of seven 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.

Marcia Peters

Wednesday
12 – 2pm

How to Solve Sudoku

For beginners and some slightly more experienced people. The mysteries of Sudoku will be unraveled, made simple, all while having fun.

Govin S

Monday
10 – 11am

Solving Cryptic Crosswords

How to solve cryptic crosswords using those in *The Sydney Morning Herald* from the previous Saturday.

Ken Ranby

Monday
1.30 – 2.30pm

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.

Penelope Caisley

Tuesday
10.30am –
12.30pm

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.

Patrick Tong

Thursday
12.30–3.30pm

Wesley School for Seniors

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