



Wesley School for Seniors

Newsbites

Term 1 – Issue 1
27 January 2021 to 01 April 2021

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Wesley School for Seniors update

By Jeannie Mathews
Program Coordinator

Welcome to the first *Newsbites* issue of the year. Amid much uncertainty, we managed to resume Wesley School for Seniors classes this year with COVID Safe practices in place. As we see further restrictions easing, there are a few more in-person classes on offer in the upcoming term. You can download an enrolment form from our website, contact us on (02) 92635416 or email us at schoolforseniors@wesleymission.org.au for details on how to enrol.

We have free Zoom classes on offer during the holidays for those who'd like to learn this tool that has helped bridge the distance for many. The upcoming pages have details on how you can avail the online classes. The office will be open from 10am to 2pm during the school holiday break and there are few perks on offer if you get a friend to sign up at Wesley School for Seniors before 23 April 2021.

Message

By Rev Stu Cameron

CEO and Superintendent for Wesley Mission

It's been such a joy to commence in my new role as CEO and Superintendent for Wesley Mission. Since Sue and I moved from the Gold Coast to Sydney in late October last year, we have been overwhelmed with the warmth of the welcome we have received from the Wesley Mission family, most especially my predecessor and his wife, Rev Keith and Carol Garner.

Let me introduce myself a little. I've been married to Sue for 33 years and we have two young adult children, Joel and Emily, who both live in Queensland. We also 'parent' a very spoiled dog called Splash. Prior to coming to Wesley Mission, I served for 15 years as Lead Minister for Newlife Church, based on the Gold Coast and with other churches in Brisbane and Coolongatta. I am a mad keen AFL supporter (Adelaide Crows) and have adopted the Parramatta Eels as the NRL team I will support, most likely ensuring they will never again win the competition!

Much of our time in these early days has been spent visiting various Wesley Mission sites, programs and engaging in the rich variety of our congregational life. In doing so, we have travelled to all parts of Sydney and all along the coast, right up to Ballina, just south of the Queensland border. Everywhere we have travelled, we have seen and heard the passion of our people for our collective purpose – 'to do all the good we can, because every life matters'. It's a privilege to serve them as they serve others.

Last week I had the privilege of visiting with several Wesley School for Seniors classes, visit our Op Shop and meet Jeannie and

some of our wonderful volunteers. I even got to dance the cha-cha! It was wonderful to see our class rooms filled again with light, learning and laughter, as we slowly emerge from under the heavy COVID-19 restrictions of last year. I am very grateful for our Wesley School for Seniors leadership team and their commitment through challenging times to ensure this vital ministry and service continues to flourish.

If you haven't already done so, and as you feel safe, I encourage you to enrol in classes in term 2. I know our team will love to welcome you and are doing everything absolutely possible to keep you safe. You never know, you might find me 'strutting' my stuff in one of the dance classes!

God bless you all.

Wesley School for Seniors online

Online learning is an integral component of various educational institutes. You can now take many of our popular courses at home using your computer, tablet or phone with Wesley School for Seniors online! Learning online is fun and easy and we're offering a wide range of classes, including music, languages and much more.

Volunteer tutors and students who have expressed interest in the classes are trained to use the technology required for the course.

Free 'How to use Zoom' training

Free 'How to use Zoom' training is offered on the dates below to help you access our Wesley School for Seniors online courses. If you'd like to register for this free training session, pick a date from the options below and send an expression of interest email to schoolforseniors@wesleymission.org.au

Thursday 8 April (students)

Thursday 15 April (tutors)

Time: 12 –1:15pm on the above dates.

Wesley School for Seniors online student testimonials

"The online course is great, convenient, saves time and as good as face to face class," says student, aged 69.

"Always interesting and well presented," says student, aged 72.

Wesley School for Seniors online tutor testimonials

"It's great to teach/learn from home. There is better control over student participation. It's easy to distribute course materials via the internet (no photocopying). It's easy to record each week's class via Zoom and the online process itself."

"It's most appropriate during the current COVID crisis."

"It's convenient for students and tutors. It's the new normal."

Wesley School for Seniors online upcoming term

Our 10-week term runs from **Monday 19 April to Friday 25 June**. You can register for the courses by sending us an email at schoolforseniors@wesleymission.org.au or call **1800 959 099**. We highly encourage you to join the free 'How to use Zoom' training to get familiar with the program.

The following courses are offered online via Zoom during the upcoming term:

- Photography for smartphones
- Chinese Proverbs & poetry
- ESL English Conversation from Intermediate to Advanced
- French (Beginners)
- Guitar (Beginners)
- Guitar (Intermediate)
- Spanish (Beginners A1)
- Spanish (Advanced Beginners A2)
- Latin (Beginners 3)
- Mandarin (Beginners)
- Mysteries of History
- Mysteries of the Universe
- Money Matters
- Nature Journal
- Shakespeare
- Piano (Intermediate)
- Ukulele (Beginners).

Term fees entitle students to the following:

- attendance at a maximum of three courses over a week at a reduced fee of \$50 per term, unless you have paid extra for an additional course
- a copy of Wesley School for Seniors newsletter at the end of each term.

Further information on [enrolment and course details](#) can also be found on our website.

Tutor column

By Liz Morgan

Tutor for Yoga

Offering accessible yoga for older adults



Hi, I am Liz. I am a registered yoga therapist and I teach yoga at Alan Walker Village.

My gentle, mindful yoga classes are specially designed for older people and people with limited

mobility. We focus on correct breathing, stretching, balance and relaxation with gentle exercises designed to help keep you mobile, prevent falls and improve sleep.

All movements can be practiced seated in a chair, rather than on the floor and you definitely do not need previous experience with yoga!

I encourage you to take things at your own pace, with opportunities to challenge yourself only if you want to, and you are invited to rest when you need to.

Each class ends with a guided meditation, which is an opportunity to practice relaxing your body and quietening your mind. This can also be done seated in a chair.

Did you know that more than one-third of people aged 65 and older fall one or more times per year? Falls occur due to multiple risk factors, including decreased muscle strength and postural awareness. There is a legitimate growing body of evidence suggesting that yoga can help older adults achieve increased strength, stability, coordination and wellbeing.

Multiple studies have also demonstrated the positive effects of yoga on the mental health of seniors. It has been shown to be particularly effective in improving symptoms associated with depression and anxiety.

As we age, our strength and mobility decreases but the natural effects of ageing can be countered with yoga. In this gentle yoga class, you are gradually introduced to a range of easy movements and postures which increase your range of motion in the joints, improve bone density and muscle strength and improve your sense of balance.

We practice together in a supportive, friendly atmosphere, so why not come and try a class? I very much look forward to seeing you on Thursday mornings at Alan Walker

Village, Carlingford from 10 to 11 am.

By Joy Crabbe

Tutor, Dancercise

Well here we are at the end of term 1 of 2021. Wonderful to start and get back into the swing of things. Wesley School for Seniors has so many lovely, friendly people who give us the sense of freedom and of getting back to normality. Although classes are smaller, it is so worth the effort to see the lovely happy faces and catch up with friends again. My very best wishes to everyone and look forward to seeing you in term 2.

By Leonor Marrone

Tutor, "QIGONG" (Pronounced Chigong)

What is Qigong? It means the cultivation of energy. It's a self-healing art that combines movement and meditation to unblock and strengthen the flow of energy through the body.

CHI means energy. GONG means work, so the term QIGONG means working with energy.

The movements of QIGONG are soft, slow, circular and relaxed. Practicing Qigong will make you healthier, more emotionally centered, psychologically balanced, smarter, creative and happier. It will strengthen your will and develop your character. By remaining as calm as we can in any given moment by not allowing our emotions or through processes to carry our energy away, we can remain centered and strong.

Regular practice of Qigong can prevent and treat illness, reduce stress and establish balance. Integrating mind, body and spirit brings peace.

"QIGONG IS THE ART OF CULTIVATING CHI TO PROMOTE HEALTH AND VITALITY," – LEONOR.

By Kenneth Ranby

Tutor, Cryptic Crossword

The Cryptic Crossword Class at Wesley School for Seniors is designed for those students with a reasonable command of the English language who wish to give their brain a bit of a work-out. One person who realised the importance of this activity was our former Prime Minister, Bob Hawke whose day was

not complete without his morning wrestle with the crossword right up to his final moments. Doctors say that this stimulation of the brain is important for our general health and wellbeing, together with physical exercise, and creative activities, such as music, and social interaction. I'll leave you with two puzzles involving the sort of general knowledge needed for solvers:

What, rhyming with muumuu, is the name of a bishop and can also be part a ballet costume (4 letters)? Match each word in the first row with one word in the row beneath:

Six-footer lower butter summer layer
Adder goat ant hen cow

All the best!

By Lydia Park

Administration assistant, Wesley School for Seniors

Time flies. I can't believe term 1 is already halfway through. It has been interesting to see the transitions at Wesley School for Seniors with the easing of COVID-19 restrictions. When I first came here in early February, I had to study everyone's face by looking at their eyes, but now it is good to see more full-face expressions. I am looking forward to learning more about the school so I can serve better. I pray that everyone fights the good fight until the battle ends.

God bless you.

Student column

By Lilian Shaw

Student, Qigong class

Why I joined the Qigong Class?

Best tutor

I have followed Leonor's Activate Energy and Tai Chi classes for a number of years. Many of us would agree that Leonor is a tutor très extraordinaire.

Convenient day and time

The Qigong Class day and time is on a day when I am already at Wesley School for Seniors.

Learning Something New (Gaining New Knowledge).

Those 'little grey cells' must be utilised or we lose them.

Benefits of Qigong

I do not or pretend to know the full benefits of Qigong. I am a beginner, still learning and

feeling my way around. I can tell you that the gentle, rhythmic, repetitive movements are definitely stress-free for me, physically and mentally. I have completed four classes so far. Feeling totally relaxed after each class. Perhaps by firstly feeling relaxed, I am on the road towards self-healing.

By Malgorzata de Castillo, Student

Dearest Leonor,

Thank you. Thank you. Thank you for QIGONG. I have studied Qigong with Chinese Masters many years ago, however nobody has ever explained it to me the way you did. The way you teach us is so clear and understandable.

I've joined your Qigong classes hoping I will be helped with my post traumatic hip bursitis (that nothing until now was relieving my aches and pains). After four classes I can turn easily (which I couldn't for about four or five months), I can lift my 'bad' leg (previously I couldn't do it, I couldn't get on the bus) and I can bend. When at home I'm trying to repeat all the exercises learned during your classes. Thank you for your Qigong that is like a light at the end of the tunnel for me.

God bless you.

Wesley School for Seniors council update

Thanks to all the students and tutor representatives who contribute towards the school council meetings. Any students or tutors who are interested in taking a representative position when we resume are welcome to contact the office. We'd like to thank Georgette Kiosidis for all her time as tutor representative with the Wesley School for Seniors council as she takes a break. We hope she can return to her role with the council in the future.



Easter is not just a celebration for a day. It's much more than that because brings positive changes in people's lives. This day is considered as a miracle day for so many people and is known to bring happiness and a lot of changes in their lives. Wish you a Happy Easter break and look forward to seeing you all soon!