



Wesley School for Seniors

Newsbites

Term 2 and 3 - Issue 2
20 July 2020 to 25 September 2020

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Wesley School for Seniors update

By Jeannie Mathews
Program Coordinator

Welcome to the *Newsbites* Issue. I hope that this newsletter reaches our far-spread Wesley School for Seniors community in good heart and health. In years to come, we will look back at 2020 as a time of challenge, uncertainty and anxiety. As events that are part of our school calendar were repeatedly postponed or cancelled, it became necessary for us to find new responses. The upcoming pages have details of how we reimagined our classes and are now offering select classes within the villages and online through Zoom. There are also a few fun and insightful contributions from our tutors and students.

Through the shutdown period, we have endeavoured to keep in touch with our community. If you haven't been receiving our emails and would like to hear from us, please get in touch with us on schoolforseniors@wesleymission.org.au to

update your email and other contact details in our database.

Message

By Dr Keith Suter
Patron, School for Seniors

Living in unusual times

We are living in a unique historical era. Never have governments closed down economies for any reason – let alone for a virus that no one had heard of less than a year ago.

Even in the two World Wars, Australia's economy continued to flourish. One can look at a graph of Australian economic activity throughout the 20th century, and not be able to identify easily where the two world wars occurred on the graph. Factories were kept even busier than usual building tanks and warships rather than (say) cars. There were more workers in the paid workforce because many men had gone off to fight in the war, and women had been recruited from home to work in the factories.

Now virtually every national economy has declined, and the world is in an economic recession – all because governments are seeking to contain the corona virus. There will be history books written about this bizarre era. Wesley School for Seniors has similarly been affected. Our classes have been disrupted - but our spirit is undimmed. We provide a vital social and educational role and we look forward to having in-person classes back as soon as possible.

In the meantime, we have been innovative. We are developing courses online. We are no longer hindered by geography. We could end up with students logging on from anywhere in the world. Some of Wesley Mission's online church services have larger "congregations"

online than when they meet in Sydney – and some worshippers live overseas.

The corona virus is forcing us to make “lemonade out of this lemon”. Wesley School for Seniors will emerge stronger from this crisis.

Wesley 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 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 Seniors online courses. If you would 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.

Dates: Friday 25 September, Friday 2 October and Friday 9 October 2020.

Timing: 11am to 12.30pm on the above dates

Wesley Seniors online student testimonials

“The online course is great, convenient, saves time and as good as face to face class.” – Student aged 69.

“Always interesting and well presented.” – Student aged 72.

Wesley 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 Seniors online upcoming term

Our ten-week term runs from **Monday 12 October to 18 December**. 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 everyone
- Chinese Proverbs & poetry
- Wesley Happy Singers
- Guitar (Beginners)
- Guitar (Intermediate)
- Italian (Beginners)
- Spanish (Beginners A1)
- Spanish (Advanced Beginners A2)
- Mandarin (Beginners)
- Latin (Beginners 1)
- Mysteries of the Universe
- Recorder (Beginners)
- Recorder (Intermediate)
- Money Matters
- Nature Appreciation - in talk and writing
- Comedy Spot
- Learn to use an iPad/iPhone effectively
- Emotional Wellness
- Shakespeare
- Piano (Beginners)

Term fees entitle the 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 the 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 at:

<https://www.wesleymission.org.au/find-a-service/seniors-and-aged-care/staying-active-and-connected/>

Tutor column

By Barbara Tonitto

Tutor, Square dancing

Yesterday I stumbled on this website which may be of interest particularly to those who are looking for something different to do whilst "locked up" or restricted with travelling. The website address is www.amigurumi.net with free patterns of crochet or knitting to make miniature animals with spare wool. Shown below are photos of sample items you can make. Perhaps some of you would like to take up this challenging task as an interest with a difference.



By Domenica Li

Tutor, Shakespeare

Is Shakespeare Still Alive?

I watched a two-hour debate on YouTube during the Lockdown (Didn't I have better things to do? You bet!). It was "Shakespeare vs Milton". What impressed me most was an anecdote told by James Shapiro - Professor of English Literature at Columbia University.

He told the audience that one time he went with a production to Rikers Island. Rikers Island is home to New York City's main jail complex. 40 inmates came to watch Shakespeare's *Much Ado About Nothing*. They had no exposure to the theatre or Shakespeare. Before the production, Shapiro took two questions from the audience. One was "How many plays did Shakespeare write?" Shapiro said he had the choice of giving a two-hour lecture (since the inmates are not short on time) or a 30-second answer. He said, "35 to 40". The second question was "Is Shakespeare still alive?". There was some giggling among the inmates. Shapiro said "no", but on leaving the prison, he muttered to himself "certainly yes". I posted the same question to my Shakespeare class via Zoom. In unison, I got a resounding YES. If you ask me is Shakespeare still alive? I would say, without doubt, he cheated death and went on to become literature without borders.

By Paul Hurst

Tutor, Wesley Seniors online

MUSICAL FUN

What do you call a musician with problems?

A trebled man.

Which composer likes tea the most?

Chai-kovsky.

Me and my friends are in a band called "Duvet".

We're a cover band.

How do you make a bandstand?

Take away their chairs.

My neighbours are listening to great music.

Whether they like it or not.

By Paul Hurst

Tutor, Mysteries of History

Based on an article by Our Daily Bread

THE INVENTION THAT CHANGED THE WORLD



When Johannes Gutenberg, combined the printing press with moveable type in 1450, he brought in the era of mass communications in the West, spreading learning into new social realms. Literacy increased across the globe, and new ideas produced fast social and religious changes.

Gutenberg, from Germany, produced the first-ever printed version of the Bible. Prior to this, Bibles were painstakingly hand-copied, taking scribes up to a year to produce. I can recall that as a young graphic arts student at a local Sydney college, we were instructed to do a printing project the way that it was done in the early days of Gutenberg. This involved picking up individual metallic characters to form words. This was a rather slow process, but in the end, I could see that it was a much faster way of reproducing books than laboriously making individual copies by hand.

For centuries since Gutenberg, the printing press has provided people like you and me the privilege of direct access to a world of knowledge. We also have multiple versions of the Bible. While we also have electronic versions available to us, many of us often hold a physical Bible in our hands because of his invention. What was once inaccessible given the sheer cost and time to have a book copied is available at our fingertips today.

Having access to God's printed truth is an amazing privilege. The writer of Proverbs indicates we should treat His instructions to us in the Scriptures as something to be cherished, as "the apple of [our] eye" (Proverbs 7:2).

By Edita Diamante
Tutor, Narrative Writing

Ageing Well: 5 tips to healthy ageing.
Source: HELPGuide.ORG

Healthy aging means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones.

Tip 1: Learn to cope with change

- * Focus on the things you're grateful for.
- * Acknowledge and express your feelings.
- * Accept the things you can't change.
- * Look for the silver lining.
- * Take daily action to deal with life's challenges.
- * Staying healthy through humour, laughter, and play

Tip 2: Find meaning and joy

If you're not sure where to get started, try some of the following suggestions:

- * pick up a long-neglected hobby
- * learn something new
- * get involved in your community
- * travel somewhere new
- * spend time in nature
- * enjoy the arts
- * write your memoirs.

Tip 3: Stay connected

- * Connect regularly with friends and family.
- * Make an effort to make new friends.
- * Spend time with at least a person a day.
- * Volunteer.
- * Find support groups in times of change.

Tip 4: Get active and boost vitality

- * Exercise. Check with your doctor before starting any exercise program.
- * Eat well.
- * Get plenty of sleep.

Tip 5: Keep your mind sharp

- * Try variations on what you know.
- * Work something new in each day.
- * Take on a completely new subject.

Student column

By Norman Yee

Student

Have some fun with the pictures below! Some of these old pictures guaranteed to make you feel older or to be grateful you don't have to live like this anymore. Which one? Probably both!!!



Wesley SFS council update

The school council, which includes students and tutor representatives, meets twice each term. We are glad to have Melissa Beard join us during the year as our student representative. We are grateful to Dr Keith Suter who has continually offered his support to the school during this difficult period.

During the shutdown, the council has continued to meet online via zoom twice a term. The councils input on the launch of Wesley Seniors online and on communication to students and tutors has been valuable.