



# Wesley School for Seniors

## Course catalogue – Term 2 2022

Monday 2 May – Friday 1 July 2022

### Arts and crafts

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

<p><b>Crochet (All skill levels)</b> Come along and enjoy this simple craft that includes chain and treble stitch. Suitable for all levels of experience</p>	<p><b>Yvonne Andersen</b> Tuesday 12.30 – 2pm</p>
<p><b>Art for Beginners</b> Express yourself through art using oil paintings, colors and expressions. Suitable for beginners with limited or no experience.</p>	<p><b>Ron Stuart</b> Wednesday 9am – 12pm</p>
<p><b>Drawing (All skill levels)</b> Creative drawing using black and white media. Learn how to use charcoal and pencil to create your own masterpiece.</p>	<p><b>Neville Bendall</b> Wednesday 11 – 12pm</p>
<p><b>Watercolour painting</b> Washing techniques and colour composition makes this form of painting both rewarding and relaxing.</p>	<p><b>Daniela Voican</b> Friday 1 – 3pm</p>

### Computer technology and digital media

A diverse range of computer courses and new technology.

<p><b>Internet/Windows</b> 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. The course will also touch upon basics of MS Word and Excel.</p>	<p><b>Joe Stafrace</b> Wednesday 12 – 1pm</p>
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<p><b>Tablets and Smartphones (Intermediate and Advanced)</b> Smartphones have evolved considerably over the past decade and are 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.</p>	<p><b>Joe Stafrace</b> Thursday 12– 1pm</p>
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## Dance

Please note that our dance classes are limited in Term 2 due to COVID restrictions, but we will have more classes as soon as restrictions ease further. Thank you for your patience and understanding.

<p><b>Scottish Country Dancing (Advanced)</b> 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. It's also suitable for those who have some experience of Scottish Country Dancing.</p>	<p><b>Govin S</b> Monday 1 – 3 pm</p>
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<p><b>Scottish Country Advanced (General)</b> 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. It's also suitable for those who have some experience of Scottish Country Dancing. Beginners are welcome.</p>	<p><b>Govin S</b> Tuesday 2 – 4pm</p>
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<p><b>Line Dancing</b> Come and enjoy the old and the new. You must have some basic knowledge of line dancing to participate.</p>	<p><b>Conrad Metierre</b> Tuesday 2 – 3.30pm</p>
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## English, literature and speech improvement

The English language in many different forms.

<p><b>Effective speaking and forum</b> Learn how to clearly express your opinion on a variety of topics in a group of supportive and friendly people.</p>	<p><b>Richard Roebuck</b> Monday 2 – 3.30pm</p>
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<p><b>English grammar and idioms</b> Students will learn two important aspects of the English language: Grammar and Idioms. Through this course you will refresh your skills and knowledge of the parts of speech, punctuation as well as sentence construction and clauses. To complement grammar, you will learn to understand idioms, which will help with English speaking and comprehension.</p>	<p><b>Edita Diamante</b> Friday 12.30 – 1.30pm</p>
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<p><b>Creative writing</b> This is free artistic expression out of one's imagination through the use of imagery, drama and literary devices. In Term 1 2022, you will learn about fiction and screenwriting. You will learn to understand, analyse and review movies by acquiring the knowledge of how films are developed from book to film in twelve stages, culminating into a simple guided screenplay to be written by you. You will never see a movie the same way again after this class.</p>	<p><b>Edita Diamante</b> Friday 2.30 – 4pm</p>
<p><b>Fun and fitness</b> Activities to help improve your physical wellbeing.</p>	
<p><b>Exercise (Activate Energy)</b> Exercise system to move energy around the body to promote mental and physical wellbeing.</p>	<p><b>Leonor Marrone</b> Tuesday 11.30am – 12.30pm</p>
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<p><b>Tai Chi Chuan</b> 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><b>Leonor Marrone</b> Friday 1 – 2.30pm</p>
<p><b>Dancercise</b> Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p>	<p><b>Joyce Crabbe</b> Monday 10 – 11am</p>
<p><b>Dancercise</b> Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p>	<p><b>Patricia Zouveleakis</b> Tuesday 10 – 11am</p>
<p><b>Gentle Exercise</b> Move the body through gentle exercise accompanied by lovely music.</p>	<p><b>Joyce Crabbe</b> Thursday 10 – 11am</p>
<p><b>Indoor Bowls</b> A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.</p>	<p><b>Richard Roebuck</b> Monday 11am – 12.30pm</p>
<p><b>Table Tennis (Beginners)</b> Enjoy being coached! Suitable for beginners. Limited to 12 players only.</p>	<p><b>Sofia Clark</b> Friday 8.30 – 10am</p>

<b>Table Tennis (Intermediate)</b> Enjoy being coached! Suitable for intermediate players who have basic table tennis skills. Limited to 12 players only.	<b>Hazel Hinton</b> Friday 10 – 11.30am
<b>Table Tennis (Advanced)</b> Suitable for advanced players who have good table tennis skills. Limited to 12 players only.	<b>Jackie Kwan</b> Thursday 2 – 3.30 pm
<b>Qigong</b> Qigong is the art of cultivating energy to promote health and vitality.	<b>Leonor Marrone</b> Tuesday 1 – 2pm

## General interest

Covers various topics and interests.

<b>Psychology Interest group</b> 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.	<b>Chi Pui Cheng</b> Thursday 10-11am
<b>Understanding climate change</b> Explore the histories and mysteries of climate in this engaging group discussion class; let art, architecture and animals tell the story of an ever-changing climate. We will be exploring the various aspects of the current climate debate using science as our guide.	<b>Gerard van Rijswijk</b> Friday 11 – 12.30pm

## Languages

<b>French – Comprehension (Advanced 1)</b> Listening, reading, answering questions and grammar. Emphasis will be on grammar revision	<b>Seraphine Schilter</b> Friday 1 – 2.30pm
<b>French – Conversation (Beginners)</b> Learn the basics of speaking French.	<b>Mieke Eder</b> Tuesday 1 – 2pm
<b>German Beginners A1</b> We'll be looking at newspaper articles and using easy texts, conversation and grammar revision in this class.	<b>Heinz Schneider</b> Tuesday 10 – 11am
<b>German Beginners A2 (Intermediate)</b> The class will cover the advanced version of the German language. This is suitable for advanced beginners.	<b>Heinz Schneider</b> Tuesday 11 – 12pm
<b>Japanese (Beginners)</b> This course will help you converse in basic Japanese.	<b>Asako Nagata/ Nobuyo Williams</b> Friday 10 – 11am

<p><b>Spanish (Beginners A1)</b> Learn the basics of the Spanish language.</p>	<p><b>Marina Esther</b> Tuesday 10 – 11am</p>
<p><b>Spanish (Advanced Beginners A2)</b> This course is suitable for those who have some knowledge of Spanish.</p>	<p><b>Marina Esther</b> Tuesday 11 – 12pm</p>
<p><b>Music and performing arts</b> Includes different expressions of music and performances.</p>	
<p><b>Wesley Happy Singers</b> 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><b>Eric Fong</b> Thursday 10 – 11.30am</p>
<p><b>Merry Music makers</b> 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><b>Margaret Langlands</b> Wednesday 10 – 11.30am</p>
<p><b>Ukulele (Intermediate)</b> Learn beyond basics of playing the ukulele or come and expand your repertoire.</p>	<p><b>Andrew Banks</b> Thursday 10 – 11am</p>
<p><b>Table/card/board games</b> Includes different types of table and card games.</p>	
<p><b>Canasta (Beginners – first week of term only)</b> 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.</p>	<p><b>Marcia Peters</b> Wednesday 12 – 2pm</p>
<p><b>How to Solve Sudoku</b> For beginners and some slightly more experienced people. The mysteries of Suduko will be unraveled, made simple, all while having fun.</p>	<p><b>Govin S</b> Monday 10 – 11am</p>
<p><b>Solving Cryptic Crosswords</b> How to solve cryptic crosswords using those in <i>The Sydney Morning Herald</i> from the previous Saturday.</p>	<p><b>Ken Ranby</b> Monday 2 – 3pm</p>
<p><b>Scrabble</b> 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><b>Penelope Caisley</b> Tuesday 11am – 1pm</p>



**Wesley School for Seniors**

Level 3, 220 Pitt Street, Sydney NSW 2000

Ph. (02) 9263 5416 or (02) 9263 5348 Fax. (02) 9017 8086

[schoolforseniors@wesleymission.org.au](mailto:schoolforseniors@wesleymission.org.au)

[wesleymission.org.au](http://wesleymission.org.au)