



# Wesley School for Seniors

## Course catalogue – Term 2 2023

Wednesday 26 April – Friday 30 June 2023

### Complete list of in-person and online classes

Email: [schoolforseniors@wesleymission.org.au](mailto:schoolforseniors@wesleymission.org.au) Phone: 9263 5416

Address: Wesley Mission Level 3, 220 Pitt Street, Sydney, NSW 2000

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#### Fee structure: \$70 for one to five courses

You can choose a combination of in-person and online courses for this fee. Each additional course is \$10. Tablets/smartphones and computer skills in-person classes are \$10 extra.

Additional costs may be incurred for course material/photocopying. Course fees are non-refundable.

New students and re-enrolments with any change in details must complete an additional personal details form.

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### Arts and crafts

Learn new skills and enjoy using your hands creatively!

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#### In-person classes

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##### Acrylic Painting

An art therapy experience using acrylic as medium to do paintings in vibrant colour. The technique and experience in painting will be shared. Beginners and all are welcome.

**What to bring:** Acrylic basic colour paint, 300 gsm A3/A4 size white painting pad, flat and round brush, colour mixing plate and 2 X small cups.

##### Hally Man

Wednesday  
1 – 3pm

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##### Art for Beginners

Express yourself through art, acrylic colours are preferred. Suitable for beginners with limited or no experience.

**What to bring:** Acrylic basic colour paint, large and small brush, painting pad suitable for acrylic paint, container for water, apron to protect your clothing

##### Ron Stuart

Wednesday  
9am – 12pm

## Arts and crafts

Learn new skills and enjoy using your hands creatively!

### In-person classes

<b>Crochet for beginners</b> Ignite the creativity in you, learn to crochet by making handmade blankets, pillows, sweaters, scarves, and more for your family, friends and charity. Do you know crocheting not only allow you to be creative, but it's also help you to reduces stress and anxiety by taking our mind off from whatever has been troubling us. <b>What to bring:</b> Size 4 crochet hook and two colours of 8 ply Acrylic yarn	<b>Janine Kiwi</b> Thursday 12.30 – 1.30pm
<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. <b>What to bring:</b> 110 gsm or heavier Acid free drawing paper, 6B/8B pencils, Willow charcoal medium stick, kneadable eraser, a blender and matt workable fixative	<b>Neville Bendall</b> Wednesday 12 – 1pm
<b>Knitting for Charity – (Beginners and advanced)</b> Knitting for all levels and styles. Come along and enjoy some conversation with other knitters. Beginners bring 8-ply yarn and number 4mm needles.	<b>Cherrie Bourke</b> Monday 12 – 2pm
<b>Watercolour Painting</b> Washing techniques and colour composition make this form of painting both rewarding and relaxing.	<b>Daniela Voican</b> Tuesday 1 – 3pm

### Online classes

<b>Adventures in Art (Online)</b> Expand your creativity by learning art techniques from the comfort of your home. Suitable for a beginner to more experienced artists. We cover a range of painting styles, and you can use your favorite painting materials ranging from colored pencils to acrylics. We also study the works of great artists of the past. It is a fun, relaxed learning experience.	<b>Paul Hurst</b> Wednesday 2 – 3.30pm
<b>Drawing and Painting on iPad (Online)</b> Ever wanted to sketch, paint or watercolour? Join this course to do all this on your iPad. We will use a free app called Adobe Fresco. You can do things in the app that you cannot do in real life. You don't need to spend a cent on paper, canvas, pencils, or paint. Spilt some paint, used the wrong brush or forgot to clean the brush? No problem, one clicks and the mess is cleared. Want to use a photo or a trace a classic work – very simple. A very forgiving and fun way to learn to paint. Replace Covid blues with Fresco reds.	<b>Raj Asawa</b> Tuesday 9 – 10am

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## Christianity and Faith

Discussing and sharing about Jesus Christ and the Christian faith. All questions welcome!

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### In-person classes

<b>Christian Meditation</b> This group is part of a global and inclusive community known as 'The World Community for Christian Meditation', of which there are many groups in Australia. The group is inclusive of all Christian denominations and welcomes those of other sacred traditions interested in Christian Meditation. Come join us!	<b>Lorraine Alexander/ Noel Neeson</b> Tuesday 9 – 10 am
<b>Discovering the Bible (Bonus Class)</b> Discovering the Bible creates a space where people can gather in a simple, engaging way to discuss faith, life and God. It is an opportunity to experience God through discussing the bible in a small group setting. Each week we'll explore, discuss and ask questions about faith, God and the meaning of life. Everyone is welcome! A fun and relaxed way to meet new people and find out more about the meaning of life. No experience necessary. Bibles will be provided.	<b>Ps Andy Chin/ Ps Jeane Finnegan</b> Thursday 10 – 11am
<b>Taste and See (Bonus Class)</b> We're gathering together people who want to be real friends, supporting each other through the tough times, celebrating good news, and sharing hope and purpose without judgment.  We're not a gathering for 'religious' people, but regular people who have a lot of time for Jesus.  If that sounds like a gathering you might want to be a part of, then you're invited to come and check it out!	<b>City Heart</b> Tuesday 1 – 2pm

## Computer technology and digital media

Master your technology to get the most out of your devices.

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### In-person classes

<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.	<b>Joe Stafrace</b> Tuesday 11am – 12pm
<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.	<b>Joe Stafrace</b> Tuesday 10 – 11am

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## Dance

Students are asked to wear masks for all dance styles and cotton or other gloves if hand contact is part of the dance, as part of the COVID protocols applied in Term 2.

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### In-person classes

<b>Line Dancing (Easy Beginners/Beginners) (8 weeks)</b>  Line dancing is a fun and great way to improve strength and muscle function, increase balance and flexibility, as well as your mental health. Come and enjoy the dance, instructions will focus on simple routines and must have a good sense of timing & rhythm.	<b>Conrad Metierre</b>  Wednesday 12.30 – 1.30pm
<b>Line Dancing (Improvers/Intermediate) (8 weeks)</b>  Must be ready to cope with longer dance routines & additional rhythms which will require a variety of new step patterns. The desire to improve styling will become instinctive.	<b>Conrad Metierre</b>  Wednesday 1.30 – 3.00pm
<b>Scottish Country Dancing (General)</b>  Active dances (reels and jigs) and slower paced but truly elegant dances (strathspeys) all danced to delightful and enchanting music. Suitable for beginners and those who have some experience.	<b>Govin S</b>  Tuesday 2 – 4pm
<b>Square Dancing Mainstream and Plus. Dancers only.</b>  Square Dancing is walking to music. At Wesley we play disks sung by well-known callers from all over the world.  The dancers do what the callers tells us to do, it is good exercise for the brain and is a moving meditation which is good for your mind and body. It is great fun with lots of laughter.  When you know your mainstream you are welcome to attend the clubs not only in Australia but all over the world.	<b>Patricia Hayes</b>  Thursday 11am – 1pm

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## English, literature, and speech improvement

The English language in many different forms.

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### In-person classes

<b>Creative Writing</b>  Your writing journey starts here, and beginners are welcome. This is a workshop style class using multimedia methods to explore the many tips and theories leading you into the enchanting practice of short and long fiction writing. Bring your own pen and notebook.	<b>Edita Diamante</b>  Friday 2.30 – 4pm
<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.	<b>Richard Roebuck</b>  Monday 2 – 3.30pm

## English, literature, and speech improvement

The English language in many different forms.

### In-person classes

<b>Narrative Writing: fiction and non-fiction</b> Learn to writ unforgettable experiences and short stories. Book lovers and new readers willing to do homework will be at a good advantage.	<b>Edita Diamante</b> Friday 12 – 1.30pm
<b>Philosophy</b> Philosophy is a subject which discusses questions on how human beings think and what philosophy actually is. Philosophy challenges old beliefs and also deals with the new challenges which are present today. Studies will start with Socrates to the most recent philosophical concepts.	<b>Janine Kiwi</b> Thursday 11.30am – 12.30pm

### Online classes

<b>Shakespeare (Online)</b> Explore or revisit the works of William Shakespeare. Through this class, we'll read and discuss various plays of this literary master.	<b>Elizabeth Wood</b> Tuesday 10 –11am
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## Fun and fitness

Activities to help improve your physical wellbeing.

### In-person classes

<b>Chair Yoga – 20 places available</b> Yoga integrates the body, breath and mind, it is an exercise you can do all your life. Studies show yoga benefits your physical, mental, and emotional health, these benefits are particularly valuable as we age. This low impact exercise makes it suitable for those with joint pain, osteoporosis, or limited mobility.	<b>Ura Sarfejoo</b> Thursday 12 – 1pm
<b>Dancercise – 30 places available</b> Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.	<b>Joy Crabbe</b> Monday 10 – 11am
<b>Dancercise – 30 places available</b> Gentle exercise leading to dance moves as we combine exercises for balance, strengthening and coordination. Dancing always puts a smile on your face.	<b>Patricia Zouvelekis</b> Tuesday 10 – 11am
<b>Exercise Activate Energy – 30 places available</b> Exercise system to move energy around the body to promote mental and physical wellbeing.	<b>Leonor Marrone</b> Tuesday 11.30am – 12.30pm

## Fun and fitness

Activities to help improve your physical wellbeing.

### In-person classes

<b>Exercise Activate Energy – 30 places available</b> Exercise system to move energy around the body to promote mental and physical wellbeing.	<b>Leonor Marrone</b> Friday 11.30am – 12.30pm
<b>Gentle Exercise (All levels) – 30 places available</b> It's not only fun and engaging to join regular exercise, but also improve the overall wellbeing of our body and mind, for example, flexibility and muscle strengthening of our body.	<b>Winnie Chick</b> Wednesday 10 – 11 am
<b>Gentle stretching exercise – 30 places available</b> Gentle stretches to help with balance, flexibility, mobility, muscle strengthening, toning and coordination. Background music to help enjoy the class.	<b>Patricia Zouvelekis</b> Thursday 10 – 11am
<b>Indoor Bowls</b> A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.	<b>Richard Roebuck</b> Monday 11am –12.30pm
<b>Qigong – 30 places available</b> Qigong is the art of cultivating energy to promote health and vitality.	<b>Leonor Marrone</b> Tuesday 1 – 2pm
<b>Table Tennis (Beginners) 12 places available</b> Enjoy being coached! Suitable for beginners. Limited to 12 players only.	<b>Sofia Clark</b> Friday 8.30 – 10am
<b>Table Tennis (Intermediate) 12 places available</b> Enjoy being coached! Suitable for intermediate players who have basic table tennis skills. Limited to 12 players only.	<b>Jackie Kwan</b> Friday 10 – 11.30am
<b>Tai Chi (24 poses) – 15 places available</b> An integrated exercise system for both mind and body. Apart from enhancing balance, improving concentration level and respiratory health etc., it's also an opportunity to retain social contact with other people.	<b>Winnie Chick</b> Wednesday 11am – 12 pm
<b>Tai Chi Chuan – 30 places available</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.	<b>Leonor Marrone</b> Friday 1 – 2.30pm

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## Fun and fitness

Activities to help improve your physical wellbeing.

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### Online classes

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#### Yoga with chair option (Online)

Yoga integrates the body, breath and mind, it is an exercise you can do all your life. Studies show yoga benefits your physical, mental, and emotional health; these benefits are particularly valuable as we age. This low impact exercise makes it suitable for those with joint pain, osteoporosis, or limited mobility.

**Michelle Beck**

Monday  
11am – 12pm

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## General interest

Love to learn something new? These classes will make you the most interesting person in the room!

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### In-person classes

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#### Ageing Well forum

Have you become more concerned about your health as you've gotten older? If you are this is the forum for you, where like-minded people come together to share experiences and discuss about the topic that impact their life as we age.

**Dr Bee Hong Lo**

Thursday  
1 – 2pm

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#### Psychology Interest Group

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.

**Chi Pui Cheng**

Thursday  
10 – 11am

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#### The Elephant in the Room **20 places available**

How to become Resilient and Take back control of your life.

Restore your confidence and be empowered to meet any challenges that might come your way. Each week we shall learn to understand what is happening around and teach you ways of controlling and building resilience in dealing with your challenges and possible solutions you can rely on for a better and peaceful life.

**Walter Frankel**

Thursday  
11am – 12.30pm

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#### Behind the news headlines

A current affairs discussion group focusing on topics of interest in the media and in the world. We will discuss how the media works, where they get their stories, what is behind those stories and how the media is influenced.

From week to week the class can propose topics of interest to be discussed.

**Gerard van Rijswijk**

Wednesday  
11am – 12pm

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## General interest

Love to learn something new? These classes will make you the most interesting person in the room!

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### Online classes

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<b>History Comes Alive (Online)</b> We'll explore fascinating historical world events, including ancient and modern mysteries. We'll provide a range of video and archival material, and there will be plenty of opportunities for class discussion. History will come alive in this class. So, relive the past with us.	<b>Paul Hurst</b> Tuesday 1 – 2.15pm
<b>Money Matters (Online)</b> Move from worrying about money to managing the money to live your lifestyle. If you ever wanted to understand investing, the share market or wanted to get more out of your super, pension or term deposit, this is the course. Learn to think about investments, what kind of risks you should avoid and take and what kind of returns are reasonable to expect. You will learn to create a reliable income-generating financial engine to give you the money to live well in your retirement.	<b>Raj Asawa</b> Tuesday 11am – 12 pm
<b>Mysteries of the Universe (Online)</b> Have you ever wondered about the cosmos, those mysterious black holes and one of the greatest mysteries of the universe - our brains? In this course we discuss the mysteries of life, the latest discoveries in space and the wonders of nature, using video clips to illustrate the various topics. We welcome your suggestions for topics you would like us to cover.	<b>Kathy and Leslie Martin</b> Friday 1 – 2.30pm
<b>Funtastic Thursday (Online)</b> Interesting topics. Fun stories. Some comedy, some news and views. A chance to learn something new while having fun. A different topic each week. Videos, music, quizzes. No homework given. You are welcome to join any discussions or just sit back and listen in.	<b>Paul Hurst</b> Thursday 2.30 – 3.45pm



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## Languages

Enjoy the brain-building benefits of languages and explore new cultures!

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### In-person classes

<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 Conversational (Beginners)</b> Learn the basics of speaking French.	<b>Mieke Eder</b> Tuesday 1 – 2pm
<b>German (Beginners)</b> This class will focus on basic vocabulary and short sentences etc. Grammar will be kept at a minimum.	<b>Heinz Schneider</b> Tuesday 9 – 10am
<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 11am – 12pm
<b>Italian conversational beginners</b> It's never too late to learn Italian! This beginner's Italian course is ideal for anyone. You will learn basic greetings, how to express yourself, and become fluent in no time.	<b>Renato Piccini</b> Tuesday 12 – 1pm
<b>Japanese (Beginners)</b> This course will help you converse in basic Japanese.	<b>Asako Nagata/ Nobuyo Williams</b> Friday 10 – 11am

### Online classes

<b>Chinese Proverbs and Poetry (Online)</b> The Chinese language is full of sayings mostly derived from historical sources or Chinese poetry. In this class, you will be introduced to simple Chinese proverbs or idioms. And as an introduction to the appreciation of Chinese poetry, elementary Chinese poems will be presented.	<b>Annie Chiu</b> Tuesday 9.30 – 10.30am
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## Languages

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### Online classes

<b>Latin (Beginners 2 - online)</b> Learn Latin, the language of the ancient Romans. This course is for students with some prior knowledge of the language, or for those who have learnt some Latin at school and want to revisit it. This course continues the Beginners 2 course from last term. The textbook is: L. A. Wilding, Latin Course for Schools Part 1 (published by Duckworth), or you can download a free copy from <a href="https://archive.org/details/20140118LATINWildingBOOK1/mode/2up">https://archive.org/details/20140118LATINWildingBOOK1/mode/2up</a> and we shall continue from Chapter 12. Assumed knowledge: First conjugation verbs present, imperfect, and future tenses; First declension nouns all six cases. New students should familiarize themselves with the contents of Chapters 1–11 before the term starts.	<b>Grant Beard</b> Friday 9 – 10.30am
<b>Latin (Intermediate - online)</b> Learn Latin, the language of the ancient Romans. This course is for students with about two years' prior study of the language. This course continues the Intermediate course from last term. The textbook is: L. A. Wilding, Latin Course for Schools Part 2 (published by Duckworth), and we shall commence from Chapter 2. Assumed knowledge: Verb conjugations 1–4, all tenses active voice; noun declensions 1–5 and adjectives; numerals; personal pronouns.	<b>Grant Beard</b> Friday 11am – 12.30pm
<b>Mandarin (Beginner - online)</b> This class will concentrate on the spoken language, with emphasis on Mandarin pronunciation. In this class, Chinese songs, Chinese culture and Chinese customs will also be introduced.	<b>Annie Chiu</b> Tuesday 10.45am – 12pm

## Music and performing arts

Express yourself through music and song – the best kind of therapy for the soul!

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### In-person classes

<b>Guitar Beginners/Intermediate (with Songs)</b> For music lovers who are keen to learn a musical instrument, guitar is a fun way to learn. No music reading involved. Just an appreciation of the sound of Guitar. Strumming and simple chords will be covered to play some songs, sing along if you wish. Nylon strings recommended.	<b>Isabel Graham</b> Thursday 12.30 – 1.30pm
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## Music and performing arts

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### In-person classes

<p><b>The Merry Music Makers – 18 places available</b></p> <p>This is a music therapy class which aims to create an atmosphere of loving fellowship where members feel safe to sing and share memories and emotions evoked by the music. Lyrics are provided for well-known songs from many nationalities and genres such as stage musicals, movies and artists of the 20th century. The tutor leads the singing on the piano. Time is also allocated for quiet listening to classical piano pieces. Hopefully, members will experience the joy and comfort that music brings to our lives.</p>	<p><b>Margaret Langlands</b></p> <p>Wednesday 10.30am – 12pm</p>
<p><b>Making Music Moments</b></p> <p>“Making Music Moments is all about getting creative and making great music together! This workshop is for everyone - you don't have to know anything about music to participate. Our musicians from A Sound Life will come in with their guitars and voices to play a variety of fun, upbeat songs that you know and love, from the 1920s onwards. You can sing, dance, shake and play percussion instruments, and together we'll make many wonderful music moments!”</p>	<p><b>A Sound of Life</b></p> <p>Thursday 11am – 12pm</p>
<p><b>Ukulele (Beginners)</b></p> <p>Looking for a good way to enhance your musical repertoire? The ukulele is a great instrument for beginners to pick up and deepen their love of music.</p>	<p><b>Bill Koh</b></p> <p>Wednesday 12 – 1pm</p>
<p><b>Ukulele (Intermediate)</b></p> <p>Learn beyond the basics of playing the ukulele or come and expand your repertoire.</p>	<p><b>Andrew Banks</b></p> <p>Thursday 10.30 – 11.30am</p>
<p><b>Wesley Happy Singers</b></p> <p>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/ Agim Hushi</b></p> <p>Thursday 9.30 – 11am</p>

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## Music and performing arts

Express yourself through music and song – the best kind of therapy for the soul!

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### Online classes

<b>Guitar and Ukulele (Beginners - online)</b> Ukulele group  Learn the basics of guitar or ukulele playing. In this course, you will learn everything you need to get started. A nylon string classical guitar is recommended, but a steel-string acoustic guitar is also suitable. For ukulele students, a tenor ukulele with nylon strings is recommended. No previous experience is required. All notes will be supplied.	<b>Terry Darmody</b>  Monday 9.30 – 11am
<b>Guitar (Intermediate - online)</b>  This course is designed for students with some basic guitar knowledge. Ideally for guitarists who can play some basic chords and strum along with us. A nylon string classical guitar or steel-string acoustic guitar is required. We will be playing a range of well-known popular songs. Song copies will be supplied.	<b>Paul Hurst</b>  Thursday 12.30pm - 1.45pm

### Table/card/board games

Challenge yourself or discover a new pastime.

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### In-person classes

<b>Canasta Beginners</b>  All beginners are welcome.  A card game originating in Uruguay but popularized 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.	<b>David Bowen</b>  Wednesday 12 – 2pm
<b>How to Solve Sudoku</b>  For beginners and some slightly more experienced people. The mysteries of Sudoku will be unraveled, made simple, a good fun mental exercise.	<b>Govin S</b>  Tuesday 10 – 11am
<b>Mahjong Beginners – 12 places available</b> <b>Do not accept new students after week two of term</b>  Studies show that intellectual activities and hobbies involving mental workload can have therapeutic effects on cognitive function in seniors. Playing mahjong requires attention control and alertness, heightened speed and volume of information processing, and visual-motor coordination. It is an amazing socializing and learning tool, and fun to play.	<b>Sammy Ngai/ Grace Lai</b>  Monday 11am – 12pm

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## Table/card/board games

Challenge yourself or discover a new pastime.

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### In-person classes

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#### Mahjong Intermediate – 12 places available

Mahjong is a very popular game in Hong Kong and among the Chinese communities. It is a tile-matching game for four players playing together. To win the game, it needs some techniques and logical thinking, and not just luck. It is very good to train the mind and support the mental health.

**Sammy Ngai/  
Grace Lai**

Monday  
9.30 – 11am

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#### Rummikub

Is an interactive fun game for 2, 3 or 4 players. It uses plastic tiles similar to scrabble except the tiles are numbered. It uses the brain to think in a different but highly entertaining way whilst also being competitive. If you are looking for a fun, simple and social game this fits the bill.

**Geraldine Wardlaw**

Thursday  
1.30 - 3pm

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#### 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  
11am – 1pm

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