



Wesley School for Seniors

Course catalogue – Term 2 2024

Monday 29 Apr – 5 Jul 2024

Complete list of in-person and online classes

Email: schoolforseniors@wesleymission.org.au Phone: 9263 5416 or 92635348

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

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.

Arts and crafts

Learn new skills and enjoy using your hands creatively!

In-person classes

Acrylic/ Mixed Media 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 acrylic or watercolor painting paper pad, stretched canvas on demand, flat and round nylon or bristle brush, colour mixing plate and a small water container.

Hally Man

Wednesday
1 – 3pm

Arts and crafts

Learn new skills and enjoy using your hands creatively!

In-person classes

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
Crochet for beginners 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. What to bring: Size 4 crochet hook and two colours of 8 ply Acrylic yarn	Janine Kiwi Thursday 12.30 – 1.30pm
Drawing (All skill levels) Creative drawing using black and white media. Learn how to use charcoal and pencil to create your own masterpiece. What to bring: 110 gsm or heavier Acid free drawing paper, 6B/8B pencils, Willow charcoal medium stick, kneadable eraser, a blender and matt workable fixative	Neville Bendall Wednesday 12 – 1pm
Knitting for Charity – (Beginners and advanced) Knitting for all levels and styles. Come along and enjoy some conversation with other knitters. Beginners bring 8-ply yarn and number 4mm needles.	Cherrie Bourke Monday 12 – 2pm
Watercolour Painting Washing techniques and colour composition make this form of painting both rewarding and relaxing.	Daniela Voican Tuesday 1 – 3pm

Online classes

Online: Art for Everyone Learn 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 favourite painting materials ranging from coloured pencils to acrylics. We also study the works of great artists of the past. It is a fun, relaxed learning experience.	Paul Hurst Thursday 2.30-4.00pm
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Christianity and Faith

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

In-person classes

Christian Meditation 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!	Lorraine Alexander/ Noel Neeson Tuesday 9 – 10am
The Chosen Come and join us to watch the gospels come to life and explore the stories behind them! The Chosen is a multiseasonal series based on the true stories of the life of Jesus Christ. Created, directed and co-written by American filmmaker Dallas Jenkins, this is the first crowdfunded series about the life of Jesus and the different people who met and followed him. All are welcome to join this class to watch the Bible unfold and discuss these events together.	Christine Wong/ Cherrie Bourke Thursday 11am – 12.30pm

Computer technology and digital media

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

In-person classes

AI, mobile and tablets for Beginners This course provides a comprehensive guide to mastering your Apple iPad and/or iPhone. It covers a range of topics including: <ul style="list-style-type: none">• Initial setup and getting started• Managing contacts, photos, and videos• Handling emails and internet searches• Utilizing GPS• Staying connected through WhatsApp, FaceTime and Skype• Understanding and using iCloud, backups, and Wallet• Interacting with SIRI and its artificial intelligence capabilities Additionally, the course provides an exploration of Artificial Intelligence (AI), helping you understand its workings and potential future impacts. Requirement: Please ensure to bring your mobile phone for the course.	Renato Piccini Tuesday 10.30am – 12pm
Computer and Online Security If you are worried about all the bad actors out there, trying to get hold of your personal data or even your money, this course is for you. It investigates the ways in which your security can be compromised, and what you can do to protect yourself. You will learn how to recognize a scam, how to protect your data, and how to keep your device secure.	Herman D'Hondt Monday 10-11am
Smartphone/Tablet/Internet and AI This course will teach you everything you need to know about technology from smartphones to tablet to desktop security. You'll also learn about AI and how it works. 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 Thursday 11am – 12.30pm

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.

In-person classes

Latin Dance (Beginners/Intermediate) Join us to learn and enjoy some Latin dance moves to the tune of some of your favourite songs. It is a good way to increase energy, flexibility, and boost your memory. Get ready to use your new steps the next time you go to a dance party. Beginners and intermediate dancers are welcome	Marietta David Friday 11am – 12pm
Line Dancing (Easy Beginners/Beginners) 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 and rhythm. Requirement: A comfortable footwear (no high heels) with medium floor grip is recommended.	Conrad Metierre Wednesday 12.30 – 1.30pm
Line Dancing (Improvers/Intermediate) Must be ready to cope with longer dance routines and additional rhythms which will require a variety of new step patterns. The desire to improve styling will become instinctive. Requirement: A comfortable footwear (no high heels) with medium floor grip is recommended.	Conrad Metierre Wednesday 1.30 – 3.00pm
Scottish Country Dancing (General) 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.	Govin S Tuesday 2 – 4pm

Online classes

Online: Bollywood Dance - Beginners Step into the vibrant world of Bollywood Dancing, where you'll feel every beat of the song resonating from the rhythm of your heart. Join for an exhilarating journey through the pulsating rhythms, electrifying choreography, and infectious energy that define Bollywood dance. Not only will you master the art of Bollywood dance, but you'll also experience the joy of self-expression and cultural celebration. So, come join and unleash your inner Bollywood star!	Prashita Sareen Thursday 6-7pm
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Fun and fitness

Activities to help improve your physical wellbeing.

In-person classes

<p>Chair based workout –40 places available</p> <p>Chair-based exercise is easy, accessible, and adaptable to people of all backgrounds, experiences, and fitness levels. There is so much you can do sitting on a chair! A huge benefit in chair-based exercise are improvements in strength, flexibility, co-ordination and cardiovascular fitness.</p>	<p>Lana Danilov</p> <p>Wednesday 10 – 11 am</p>
<p>Dancercise – 50 places available</p> <p>Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p>	<p>Joy Crabbe</p> <p>Monday 10 – 11am</p>
<p>Gentle exercise with dancercise to finish – 50 places available</p> <p>Gentle exercise to improve posture, mobility, strength, balance and flexibility. Class will end with dance moves to music for improved coordination. Dancing always puts a smile on your</p>	<p>Patricia Zouvelekis</p> <p>Tuesday 10 – 11am</p> <p>Thursday 10 – 11am</p>
<p>Exercise Activate Energy – 50 places available</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>Friday 12 – 1pm</p>
<p>Indoor Bowls</p> <p>A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.</p>	<p>Richard Roebuck</p> <p>Monday 11am –12.30pm</p>
<p>Qigong – 40 places available</p> <p>Qigong is the art of cultivating energy to promote health and vitality.</p>	<p>Leonor Marrone</p> <p>Tuesday 1 – 2pm</p>
<p>Table Tennis (Beginners/Intermediate) 12 places available</p> <p>Enjoy being coached! Suitable for beginners. Limited to 12 players only.</p>	<p>Sofia Clark</p> <p>Friday 8.30 – 9.30am</p>
<p>Table Tennis (Intermediate) 12 places available</p> <p>Enjoy being coached! Suitable for intermediate players who have basic table tennis skills. Limited to 12 players only.</p>	<p>Jackie Kwan</p> <p>Friday 9.30 – 11am</p>

Fun and fitness

Activities to help improve your physical wellbeing.

In-person classes

Tai Chi Chuan – 40 places available

TAI-CHI CHUAN is an ancient Chinese system of philosophical principles and slow, graceful and rhythmic physical exercises aimed at prolonging life through natural means. The choreographed movements enhance one's CHI (VITAL ENERGY).

Leonor Marrone

Friday
1.15 – 2.45pm

Tai Chi – 40 places available

An integrated exercise system to improve your mental and physical health. Apart from enhancing balance, flexibility, improving concentration level and respiratory health etc., it's also an opportunity to retain social contact with other people.

Winnie Chick

Wednesday
11am – 12 pm

Yoga with chair option – 40 places available

Yoga integrates the body, mind and breath to increase fitness, vitality and a sense of well-being. It can improve posture, flexibility, enhances circulation and breathing, increases concentration, balance and increase energy levels. It also can relax and reduce stress for better sleep.

Moira Gibson

Monday
12.30– 1.30pm

Yoga (Chair optional)

Yoga harmonises the body, mind and breath to enhance fitness, vitality, and overall well-being. It improves posture, flexibility, circulation, and breathing, while boosting concentration, balance and energy levels.

Additionally, yoga promotes relaxation, reduces stress, and contributes to better sleep quality.

Megan Ivory

Thursday
1– 1.45pm

Online classes

Online: Accessible Chair Yoga

Gentle breath centred yoga using seated chair postures and standing postures for strength and balance. We will move dynamically a few times for mobilisation and flexibility then stay and breathe in a posture for a few breaths to build strength. Many yogic tools are used ending with a meditation or relaxation. A bolster or block or cushion are optional not necessary.

Michelle Beck

Monday
1.30-2.30pm

Online: Strength, Mobility and Balance

This is an online exercise encouraging and educating older students on how these sessions can give them better strength, mobility and balance.

Kamilla Haufort

Friday
9 – 10am

General interest

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

In-person classes

Fun with friends

The aim of the class is to help members to expand their circle of friends. We will explore the qualities of friendship and activities you like to do with others.

Lorraine Terrantroy

Thursday
12.30 -1.30pm

Theatre

Do you want to be an actor? Here is your chance. We will have scripted drama and impromptu skits. No experience necessary just a sense of fun and willingness to join in.

Darrell Hoffman

Thursday
12.30 - 2pm

General interest

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

In-person classes

Philosophy

Philosophy is a subject which discusses questions on how human beings think and what philosophy actually is. Philosophy challenges old beliefs and deals with the new challenges which are present today. Studies will start with Socrates to the most recent philosophical concepts.

Janine Kiwi

Thursday
11.30am – 12.30pm

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

Out of the Box Discussions

The program aimed at helping individuals build resilience and empowerment and infuse meaning and purpose into their lives. Participants will learn:

Reconnection: How to reconnect with oneself and handle difficult discussions with family and others.

Advance Care Plan & Will: Ensuring one's wishes are respected through advance care planning and will preparation.

Self Care Plan: How to prepare and implement a self-care plan.

Grief and Recovery: Strategies for dealing with grief and recovery.

The program provides a safe space for individuals to discuss and learn how to navigate life's challenges, engage in difficult conversations, and organize their personal affairs.

Walter Frankel

Friday
11am – 12.30pm

General interest

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

Online classes

Online: Mysteries of the Universe (Online)

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.

Kathy and Leslie Martin

Friday
1 – 2.30pm

Online: Wonders of the Ancient World (Online)

We'll explore fascinating events in ancient history. The empires of Egypt, Rome and Greece will be covered. We'll provide a range of video and archival material, and there will be opportunities for class discussion. History will come alive in this class. So, relive the past with us..

Paul Hurst

Tuesday
1 – 2.15pm

Languages

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

In-person classes

French Comprehension (Advanced 1)

Listening, reading, answering questions and grammar. Emphasis will be on grammar revision

Seraphine Schilter

Friday
1 – 2.30pm

French Conversational (Beginners)

Learn the basics of speaking French.

Mieke Eder

Tuesday
1 – 2pm

German (Beginners)

This class will focus on basic vocabulary and short sentences etc. Grammar will be kept at a minimum.

Heinz Schneider

Tuesday
9 – 10am

German (Beginners A1)

We'll be looking at newspaper articles and using easy texts, conversation, and grammar revision in this class.

Heinz Schneider

Tuesday
10 – 11am

German (Beginners A2 - Intermediate)

The class will cover the advanced version of the German language. This is suitable for advanced beginners.

Heinz Schneider

Tuesday
11am – 12pm

Hebrew (Beginners)

Learn Hebrew in a fun and friendly class environment. Speak basic Hebrew, construct commonly spoken Hebrew phrases and greetings, understand the principles of Hebrew.

Simone Bentley

Wednesday
11am – 12pm

Languages

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In-person classes

Italian conversational (Intermediate) It's never too late to learn Italian! This intermediate's Italian course is ideal for anyone. You will learn how to express yourself and become fluent in no time.	Renato Piccini Tuesday 12 – 1pm
Walking-Talking-English Together, we will explore the world around us and engage in discussions on selected topics. The aim of this course is to enhance our understanding of our environment and to improve our ability to articulate our thoughts in spoken language. Additionally, this course will teach us to be more present and aware of our surroundings.	Pen Layton-Caisley Tuesday 1 -2pm
Japanese (Beginners) This course will help you converse in basic Japanese.	Asako Nagata/ Tomoko Torihara Friday 10 – 11am
Rant, Rave, Toast and Persuade This class is for those who like to speak their mind and for the timid who would like to build their communication skills. It will be fun and we aim to laugh often.	Lorraine Terrantroy Monday 1.30 -2.30pm
Spanish Conversational (Beginners) You can start interacting in Spanish right away with Spanish Conversational course. The beginner courses focus on building basic skills, high-frequency vocabulary and common phrases to prepare you to discuss everyday conversation topics.	Jennifer Cadena Naeder Monday 11am – 12pm

Online classes

Online: Ancient Greek (Beginners) An introduction to Ancient Greek, the language of Sophocles and Euripides, Herodotus, and Thucydides. This term you will learn the Greek alphabet and some basic vocabulary and grammar. Our textbook will be L.A. Wilding, Greek for Beginners (Bloomsbury Academic).	Christine Eslick Tuesday 9 – 10am
Online: Chinese Proverbs and Poetry 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.	Annie Chiu Tuesday 9.30 – 10.30am

Languages

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

Online classes

Online: Latin (Beginners 2) Learn Latin, the language of the ancient Romans. This course is for students with about one year's prior study 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 https://archive.org/details/20140118LATINWildingBOOK1/mode/2up and we shall continue from Chapter 27. Assumed knowledge: Conjugations 1–3 verbs, all tenses active; Declensions 1, 2, and 3 nouns and adjectives, all cases. New students should familiarize themselves with the contents of Chapters 1–26 before the term starts.	Grant Beard Friday 9 – 10.30am
Online: Latin (Intermediate) Learn Latin, the language of the ancient Romans. This course is for students with about two to three 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 10. Assumed knowledge: Verb conjugations 1–4, all tenses active and passive; noun declensions 1–5; comparison of adjectives and adverbs; numerals; personal pronouns.	Grant Beard Friday 11am – 12.30pm
Online: Mandarin (Beginners) 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.	Annie Chiu Tuesday 10.45am – 12pm

Music and performing arts

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

In-person classes

The Merry Music Makers – 18 places available This class aims to create an atmosphere of loving fellowship where students feel safe to sing and share memories 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.	Margaret Langlands Wednesday 10.30am – 12pm
Ukulele (Beginners) This class focuses on the rudiments of music and introduces basic chords and strumming methods. You will be able to play the ukulele and sing with confidence many songs incorporating basic chords.	Bill Koh Monday 11.30am – 12.30pm

Music and performing arts

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

In-person classes

Ukulele (Intermediate) This class hones your skills in playing the ukulele and incorporates more complex chords and strum patterns. It introduces more theory, transposing chords, and understanding nuances of time scales. Increased repertoire of songs and jamming to sharpen skills and sophistication of music appreciation in playing the ukulele.	Bill Koh Monday 12.40 – 1.40pm
Ukulele (Intermediate) Learn beyond the basics of playing the ukulele or come and expand your repertoire.	Andrew Banks Thursday 10.30 – 11.30am
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 – 11.30am

Online classes

Online: Guitar and Ukulele (Beginners) 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.	Terry Darmody Monday 9.30 – 11am
Online: Guitar (Intermediate) This course is designed for students with 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.	Paul Hurst Thursday 12.30pm - 2pm
Online: Guitar and Ukulele (Absolute beginners) A great start to playing a fun instrument. Suited for those who have no experience in playing guitar or ukulele. Also, suitable for players with a little experience. We cover how to tune and strum plus some basic music theory. Simple well-known songs will be supplied. A soprano or concert ukulele or nylon string guitar is recommended.	Paul Hurst Monday 6 - 7pm
Online: Piano (Intermediate) – 5 places available Keyboard skills on piano. Suitable for people with some knowledge of playing piano.	Minna Yen Friday 10am – 11.30pm

Table/card/board games

Challenge yourself or discover a new pastime.

In-person classes

Social Bridge for all levels Beginners welcome. You will be taught dealing, counting points, the auction and the conventions of play. It is a great game to keep your mind young and make new friends.	Lorraine Terrantroy Monday 2.30 -3.30pm
Canasta Beginners The popular growing form of Canasta: “Samba” A fun game that stimulates the analytical process of our thinking. Four packs of cards in which melds of seven cards score points. This game is a marathon. Not a sprint.	David Bowen Wednesday 12 – 2pm
Mahjong Beginners Mahjong is great for exercising the brain, with advanced play requiring a lot of strategic thinking. The game may well be one of the best things people can do to maintain brain health. While playing players socialize, analyze, organize, strategize, make back-up plans, have to be flexible, figure out what other players are doing, etc.	Anson Huang Friday 12 – 1pm
Mahjong Beginners – 12 places available Do not accept new students after week two of term 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.	Sammy Ngai/ Grace Lai Monday 11am – 12pm
Mahjong Intermediate 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
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