



Wesley School for Seniors

Course catalogue – Term 3 2024

Monday 22 Jul – 27 Sept 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. Happy for students to start or finish their own projects also	Cherrie Bourke Monday 12 – 2pm
Watercolour Painting Washing techniques and colour composition make this form of painting both rewarding and relaxing. What to bring: Watercolour, pencil and drawing paper.	Daniela Voican Tuesday 1 – 3pm

Online classes

Online: Art for All 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 multi-seasonal 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.	Christina 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

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 - Beginners 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 Tuesday 10am – 11.30pm
Smartphone/Tablet/Internet and AI - Intermediate This course is for tech-savvy individuals seeking to broaden their knowledge. It covers AI, smartphone technology, tablet usage, and desktop security, providing a comprehensive understanding of these areas. This course is an excellent resource for those aiming to enhance their digital proficiency.	Joe Stafrace Tuesday 11.30am – 1pm

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

Chair based workout –40 places available 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.	Lana Danilov Wednesday 10 – 11 am
Dancercise – 50 places available Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.	Joy Crabbe Monday 10 – 11am
Gentle exercise with dancercise to finish – 50 places available 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	Patricia Zouvelekis Tuesday 10 – 11am Thursday 10 – 11am
Exercise Activate Energy – 50 places available Exercise system to move energy around the body to promote mental and physical wellbeing.	Leonor Marrone Tuesday 11.30am – 12.30pm Friday 12 – 1pm
Indoor Bowls A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.	James Hill Monday 11am –12.30pm
Qigong – 40 places available Qigong is the art of cultivating energy to promote health and vitality.	Leonor Marrone Tuesday 1 – 2pm
Table Tennis (Beginners/Intermediate) 12 places available Enjoy being coached! Suitable for beginners. Limited to 12 players only.	Sofia Clark Friday 8.30 – 9.30am
Table Tennis (Intermediate) 12 places available Enjoy being coached! Suitable for intermediate players who have basic table tennis skills. Limited to 12 players only.	Jackie Kwan Friday 9.30 – 11am

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 1.30 – 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 – starts Thursday 1 August 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 – 6 weeks class 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 – Starts on 2 August, 6 weeks class 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
Online: Laughter Yoga Learn Laughter Yoga (Hasya Yoga) for health and happiness. The goal is to combine playful movement, deep breathing, and laughter to promote well-being. Laughter Yoga may help to reduce stress, promote well-being, lower blood pressure, and fosters social connection. The practice cultivates joy, enhances daily happiness, and potentially improves overall quality of life. It's a great way to let loose, have fun, and learn the joy of laughing again.	Anna Bananz Thursday 10-11am

General interest

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

In-person classes

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
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
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

Online classes

Online: Ancient World 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
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

General interest

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

Online classes

Online: The Story of Energy

The Story of Energy is the story of our world. This series of 8 lessons will help you to understand the big picture of how energy has worked to create the world we live in today. We will look at the past, the present and look into the future of how energy is produced, how it is used and what it does for us. This is a very hot topic at the moment, so why not get informed so that you can intelligently respond to all of the arguments that are all about us at the moment.

Mark Ridgeway

Wednesday
1 – 2pm

Languages

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

In-person classes

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

Monday
11.30am – 12.30pm

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

Japanese (Beginners)

This course will help you converse in basic Japanese.

**Asako Nagata/
Tomoko Torihara**

Friday
10 – 11am

Languages

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

In-person classes

Spanish Conversational (Beginners) Embark on an exciting Spanish language adventure with our Conversational Course for Beginners designed exclusively for seniors. This course is tailored to meet the needs of older learners, providing basic skills, common phrases, and an opportunity to train the brain. With our simple and engaging language, learning Spanish becomes a fun and stimulating journey. Join us and discover how Spanish can bring newness to your life!	Jessika Landero Tuesday 10 to 11am
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

Online classes

Online: Ancient Greek (Beginners 2) Our study of Ancient Greek continues. This term the course will introduce 2nd and 3rd Declension nouns and adjectives, and the Perfect Tense of verbs, starting with Chapter 6 of our textbook, 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
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 Bristol Classical Press), or you can download a free copy from https://archive.org/details/20140118LATINWildingBOOK1/mode/2up and we shall continue from Chapter 30. Assumed knowledge: Conjugations 1–4 verbs, all tenses active; Declensions 1, 2, and 3 nouns and adjectives, all cases. New students should familiarize themselves with the contents of Chapters 1–29 before the term starts.	Grant Beard Friday 9 – 10.30am

Languages

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

Online classes

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 Bristol Classical Press), and we shall commence from Chapter 13. Assumed knowledge: Verb conjugations 1–4, all tenses active and passive; noun declensions 1–5; comparison of adjectives and adverbs; numerals; 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

Guitar with Songs This course is designed for guitar enthusiasts who find joy in both playing and singing. It offers a platform to exchange knowledge and skills in a lively, congenial environment. A perfect blend of learning and enjoyment for those passionate about music. Requirement: Needs to own a guitar and be familiar with it.	Isabel Graham Thursday 12.30 – 1.30pm
Piano Intermediate – 4 places available The lesson is for intermediates, requiring knowledge of the C, G, F, D, and B ♭ Major scales with both hands, or equivalent knowledge and experience. Textbook(s) Adult All-In-One Level 2 or above. Instrument: A piano or keyboard instrument with 88 full-size keys and a sustain pedal is recommended. Note that if the students have a cold, fever, or cough, the lesson will be canceled.	Misa Nakata Friday 10.30 – 11.30am
The Merry Music Makers – 17 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

Music and performing arts

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

In-person classes

Ukulele (Beginners) – starts 5 August 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 11am – 12pm
Ukulele (Intermediate) – starts 5 August 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 – 1.30pm
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: Twilight Songs Join us as we learn to play a wide variety of popular songs on a guitar or ukulele. We cover basic music theory and strumming skills. Any guitar or ukulele will do although you may find it easier to use a classical guitar with nylon strings. This fun course is suitable for beginners and intermediate players. Songs will be supplied	Paul Hurst Monday 6 - 7pm

Music and performing arts

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

Online classes

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

Do not accept new students after week two of term

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

Table/card/board games

Challenge yourself or discover a new pastime.

In-person classes

Mahjong Social A friendly gathering for all skill levels, where players of all levels come together in a friendly and social setting. Our goal is to provide an opportunity for Mahjong enthusiasts to enjoy an hour of play and practice regularly. Whether you're a beginner or an experienced player, you're welcome to join us! Let's connect, play, and improve our Mahjong skills together.	Anson Huang Friday 1-2pm
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
Traditional Canasta Traditional Canasta card game uses two full decks (108 cards). The goal is to outscore opponents by forming melds - can be played by a team of 6 or played in 3's. Canasta involves drawing, melding, and strategic use of wild cards. Creating "canastas" (seven-card melds) earns extra points. Easy to learn, yet challenging to master, it suits players of all skill levels.	Pattie Hayes Monday 1.30 – 3pm