



# Wesley School for Seniors

## Course catalogue – Term 4 2024

Monday 14 Oct – 13 Dec 2024

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

**Email:** [schoolforseniors@wesleymission.org.au](mailto:schoolforseniors@wesleymission.org.au) **Phone:** 9263 5416 or 92635348

**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/ 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

<p><b>Art for Beginners</b></p> <p>Express yourself through art, acrylic colours are preferred. Suitable for beginners with limited or no experience.</p> <p><b>What to bring:</b> Acrylic basic colour paint, large and small brush, painting pad suitable for acrylic paint, container for water, apron to protect your clothing</p>	<p><b>Ron Stuart</b></p> <p>Wednesday 9am – 12pm</p>
<p><b>Ceramic Art Therapy</b></p> <p>Ceramic art therapy uses clay as a medium for self-expression and healing. Through shaping and molding, individuals can explore emotions and thoughts, release stress, and develop self-worth. It's beneficial for people of all ages, especially those with mental health conditions or emotional trauma. Ceramic art therapy offers a safe space for expression and empowerment.</p> <p><b>Additional cost:</b> Students will cover the costs of firing the work in a kiln and the clay used. Estimated to be up to \$50/- per student per term</p>	<p><b>Erin Schlicht</b></p> <p>Monday 10 -11.30</p>
<p><b>Crochet for beginners</b></p> <p>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.</p> <p><b>What to bring:</b> Size 4 crochet hook and two colours of 8 ply Acrylic yarn</p>	<p><b>Janine Kiwi</b></p> <p>Thursday 12.30 – 1.30pm</p>
<p><b>Drawing (All skill levels)</b></p> <p>Creative drawing using black and white media. Learn how to use charcoal and pencil to create your own masterpiece.</p> <p><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</p>	<p><b>Neville Bendall</b></p> <p>Wednesday 12 – 1pm</p>
<p><b>Knitting for Charity – (Beginners and advanced)</b></p> <p>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</p>	<p><b>Cherrie Bourke</b></p> <p>Monday 12 – 2pm</p>
<p><b>Let's Get Crafty</b></p> <p>This is a chance to finish all your UFO's (unfinished objects) that you have in your cupboard or to learn something new. Embroidery, Tapestry and hand sewing will be covered and possibly paper craft.</p> <p>No experience required. Bring basic sewing items e.g scissors.</p>	<p><b>Cherrie Bourke</b></p> <p>Monday 2 – 3pm</p>
<p><b>Watercolour Painting</b></p> <p>Washing techniques and colour composition make this form of painting both rewarding and relaxing.</p> <p><b>What to bring:</b> Watercolour, pencil and drawing paper.</p>	<p><b>Daniela Voican</b></p> <p>Tuesday 1 – 3pm</p>

## Arts and crafts

Learn new skills and enjoy using your hands creatively!

### Online classes

#### Online: Art for All

Enjoy drawing and painting 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

## 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 (Bonus class)

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

## Computer technology and digital media

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

### In-person classes

#### 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

#### Bollywood Dance (All levels)

Immerse yourself in the vibrant world of Bollywood dance.

Suitable for all skill levels, the course covers foundational techniques and progresses to complex choreography set to iconic Bollywood songs. Participants will learn dynamic routines, enhancing their fitness, flexibility, and stamina. The course also provides cultural insights, helping participants appreciate the rich history behind the dance forms. By the end, participants will have mastered several routines, gained a deeper understanding of Indian culture, and improved their overall fitness and confidence, making it a fun and enriching experience.

**Requirement:** A comfortable footwear (no high heels) with medium floor grip is recommended.

**Ankita  
Muralidharan**

Monday  
1.30 – 2.30pm

#### Latin Dance

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.

**Requirement:** A comfortable footwear (no high heels) with medium floor grip is recommended.

**Yaniris Quesada**

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

## 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

#### Salsa and Latin Dance Beginners

Discover the joy of social dancing with our Salsa and Latin dance classes! No partner? No problem! Our classes are designed to equip you with the essential skills to confidently hit the dance floor.

Immerse yourself in the vibrant rhythms of Latin dances like salsa, merengue, bachata, and more as you master the basics of steps, timing, and the art of leading and following. We'll focus on refining your footwork, body movements, and weight transfers to ensure a smooth and effortless dance experience.

**Requirement:** A comfortable footwear (no high heels) with medium floor grip is recommended.

**Leslie Velandia**

Thursday  
11am – 12pm

#### 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.

**Requirement:** A comfortable footwear (no high heels) with medium floor grip is recommended.

**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!

**Requirement:** A comfortable footwear (no high heels) with medium floor grip is recommended.

**Prashita Sareen**

Thursday  
6 - 7pm

## 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



## Fun and fitness

Activities to help improve your physical wellbeing.

### In-person classes

<p><b>Dancercise – 50 places available</b></p> <p>Exercise leading to dance moves as we combine balance and coordination. When you dance good things happen.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Joy Crabbe</b></p> <p>Monday</p> <p>10 – 11am</p>
<p><b>Gentle exercise with dancercise to finish – 50 places available</b></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><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Patricia Zouvelekis</b></p> <p><b>Tuesday</b></p> <p>10 – 11am</p> <p><b>Thursday</b></p> <p>10 – 11am</p>
<p><b>Exercise Activate Energy – 50 places available</b></p> <p>Exercise system to move energy around the body to promote mental and physical wellbeing.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Leonor Marrone</b></p> <p><b>Tuesday</b></p> <p>11.30am – 12.30pm</p> <p><b>Friday</b></p> <p>12 – 1pm</p>
<p><b>Indoor Bowls</b></p> <p>A game similar to lawn bowls but uses carpets and a much shorter bowling distance. Lots of fun and excitement.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>James Hill</b></p> <p>Monday</p> <p>11am – 12.30pm</p>
<p><b>Qigong – 40 places available</b></p> <p>Qigong is the art of cultivating energy to promote health and vitality.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Leonor Marrone</b></p> <p>Tuesday</p> <p>1 – 2pm</p>
<p><b>Table Tennis (Beginners/Intermediate) 14 places available</b></p> <p>Enjoy being coached! Suitable for beginners. Limited to 14 players only.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Sofia Clark</b></p> <p>Friday</p> <p>8.30 – 9.30am</p>
<p><b>Table Tennis (Intermediate) 14 places available</b></p> <p>Enjoy being coached! Suitable for intermediate players who have basic table tennis skills and keen on improving and learning new skills. Beginners are not encouraged to join this session. Limited to 14 players only.</p> <p><b>Requirement:</b> A comfortable flat footwear with medium floor grip is recommended.</p>	<p><b>Jackie Kwan</b></p> <p>Friday</p> <p>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).

**Requirement:** A comfortable flat footwear with medium floor grip is recommended.

**Leonor Marrone**

Friday  
1.30 – 2.45pm

#### Yoga with chair option – 40 places available

Yoga integrates the body, mind and breath of 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.

**Requirement:** A comfortable flat footwear with medium floor grip is recommended.

**Moira Gibson**

Monday  
12.30– 1.30pm

### 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 mobilization 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

#### 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

<b>Theatre</b> 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.	<b>Darrell Hoffman</b>  Thursday 12.30 – 2pm
<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 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
<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

### Online classes

<b>Online: Modern History</b> Explore fascinating events in modern history. Covers modern mysteries, great inventions, development of the modern world as we know it. We'll provide a range of interesting video and archival material. History will come alive in this class. So, relive the past with us..	<b>Paul Hurst</b>  Tuesday 1 – 2.15pm
<b>Online: 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>Online: The Story of Money (7 weeks)</b> Whilst the Bible tells us that the love of money is the root of all evil it is also true that money itself is a great gift to our world. The objective of this course is to help you understand the significance of money, a meaning beyond your bank balance. We will commence with learning why most of what you know about money is wrong. We will then explore all of those mysterious things that excite experts on the news and finish with exploring the rapid changes that are happening today.	<b>Mark Ridgeway</b>  Wednesday 1 - 2pm



## Languages

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

### In-person classes

<b>French Conversational (Beginners)</b> Learn the basics of speaking French.	<b>Mieke Eder</b> Tuesday 1 – 2pm
<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>Parlons Français (Let's Chat in French!)</b> Join our French conversation class and practice your language skills with a native Parisian speaker. Maire-Christine will guide you through engaging conversations, expanding your vocabulary, and reviewing grammar when needed.  Enjoy a relaxed and social atmosphere as we explore a variety of topics. Plus, borrow books and DVDs from our library to enhance your learning outside of class.  Au revoir!	<b>Marie-Christine Barichard</b> Monday 12 – 1pm
<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 (Beginner/Intermediate)</b> 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.	<b>Renato Piccini</b> Tuesday 12 – 1pm
<b>Japanese (Beginners)</b> This course will help you converse in basic Japanese.	<b>Asako Nagata/ Tomoko Torihara</b> 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!

**Yessika Landero**

Tuesday  
10 to 11am

#### Walking-Talking-English

Together we will explore the world of Nature around us and develop descriptive talks on selected aspects of what we experience. By enhancing our ability to articulate our thoughts - in spoken language, in context, in real time - we hope to act our motto: think straight, talk sense, nurture Nature and oneself - right into very old age!

**Pen Layton-Caisley**

Tuesday  
1 -2pm

### Online classes

#### Online: Ancient Greek (Beginners 3)

Our study of Ancient Greek continues. This term we will learn more 3rd Declension nouns, as well as numerals and how to express time. We will also be introduced to the Passive Voice of verbs. Our textbook is L.A. Wilding, Greek for Beginners (Bloomsbury Academic) and we will use E. Abbott & E.D. Mansfield, A Primer of Greek Grammar (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 to two 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 33. Assumed knowledge: Conjugations 1–4 verbs, all tenses active; Declensions 1 to 5 nouns, and adjectives, all cases. New students should familiarize themselves with the contents of Chapters 1–32 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 15. 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

#### Online: Spanish for Beginners

It's never too late to learn a language. Spanish is the fourth most spoken language globally, it's your key to vibrant cultures and endless opportunities. This course provides a solid foundation, equipping you with essential skills to confidently communicate in everyday Spanish.

#### Mariana Brocardo

Wednesday  
10 – 11am

## 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

## 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 – 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

#### **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  
11am – 12pm

#### **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 – 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)**

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 and Paul both have many years of experience in learning playing performing and teaching all styles of popular music. This is an Online course.

**Terry Darmody and Paul Hurst**

Monday  
9.30 – 11am

#### **Online: Guitar (Intermediate)**

A fun course for students who have 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 recommended. We will be playing a range of well-known popular songs. Song copies will be supplied.

**Paul Hurst**

Thursday  
12.30pm - 2pm

## Music and performing arts

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

### Online classes

#### Online: Guitar and Ukulele Rehearsal (Beginners to intermediate)

Join us as we play a wide variety of popular songs on a guitar or ukulele. This fun course is suitable for both beginners and more experienced players. No prior playing experience is necessary. We cover some 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. . Songs will be supplied.

**Paul Hurst**

Tuesday  
7 - 8pm

#### 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

#### 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 beginner 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 beginner 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

<b>Mahjong Social</b> 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.	<b>Anson Huang/ Margaret Teo</b>  Friday 1-2pm
<b>Rummikub</b> 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.	<b>Geraldine Wardlaw</b>  Thursday 1.30 - 3pm
<b>Social Bridge for all levels</b> 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.	<b>Lorraine Terrantroy</b>  Monday 2.30 -3.30pm
<b>Traditional Canasta</b> 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.	<b>Pattie Hayes</b>  Monday 1.30 – 3pm



**Wesley School for Seniors**

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