

SUMMER SCHOOL

9—25 JANUARY 2017

For over
60's

No bookings required for Summer School classes.
A \$2 donation to be paid to your Tutor on arrival to each class.

*Excludes Special Workshops

MONDAY CLASSES

Qi Gong

Andy Khong

10:30am—12:00pm

Trinity Main Hall

The most profound medicine, a very real and powerful healing elixir is produced within you. Come along to the ancient healing system of Qi Gong (pronounced Chi Kung) to learn simple and remarkably effective techniques to release your natural powers for healing. The methods - gentle movement, self-applied massage, breathing exercises, and meditation are ancient practices that have become highly refined tools after many centuries of correction and improvement. Using these methods can dramatically increase your endurance, vitality, and longevity. Self-care has never been so easy!

Resin Demo & Creative Painting

Liezl Collins

12:30pm—3:00pm

Trinity Main Hall

Week 1 (9 January): Demonstration on working with resin. Bring an extra \$5 for a respirator mask which is essential for viewing the demonstration. We will supply the masks — so we know how many masks to buy, **please book your place with Reception in advance.**

BOOKINGS REQUIRED—SEE RECEPTION

Week 2 and 3 (16 & 23 January): Join Liezl and Anke for some social creative painting. Fun, freedom and inspiration. Just a social gathering of those who want to paint together. **No booking required for Week 2 and 3, just come along on the day and join in the fun!**

MONDAY CLASSES

Travel Films

Peter Gregory

10:00 am—11:00am

Betty Creagh Lounge

Peter and his wife, Mae, have travelled extensively since 2004 gathering footage from around the world. Peter has compiled video footage and photographs from their holiday adventures onto DVDs with commentary from Peter and/or Mae and topical music. Come along to watch Peter's captivating travel films. A different DVD will be shown each week, followed by an opportunity for questions and group discussion.

German Conversation

Christa Kaltenbrunn-Long 11:00am—12:30 pm

Betty Creagh Lounge

A conversation class to understand and use every day German based on newspaper articles and short stories. Requirement 3+ years German Language experience.

Grammar

John Booth

12:30pm—1:30pm

Betty Creagh Lounge

Why do some people think grammar is important. Come and listen and discuss the relevance.

**NEW STUDENTS
WELCOME!
Bring a friend
and have a**



TRINITY SCHOOL FOR SENIORS

Companionship through Learning

72 St Georges Terrace PERTH WA 6000

PO Box X2222 PERTH WA 6847

(08) 9483 1333

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TUESDAY CLASSES

Origami with Grandkids

George Ho 9:30 am—11:00am
Trinity Main Hall

Come by yourself, or bring the grandkids to do some Origami—the art of paper folding. Learn the techniques to transform a piece of paper into an interesting object, for example a flower, bird or fish. Improves hand-eye coordination and fine motor skills. *All materials will be provided and no previous origami experience necessary.*

Cryptic Crosswords

Edward Reeves 12:00pm—2:00pm
Betty Creagh Lounge

Come along to solve cryptic crossword puzzles as a group. Learn about the history of Cryptic Crossword puzzles, the parts of a cryptic clue and types of cryptic clues with examples. More puzzles to solve at home and discuss solutions the following week. Students need to bring paper, pen, pencil, eraser and a switched-on brain, if possible.

Walking Tours: Perth Surroundings

David Dobb 9:30am—1:30pm
Trinity Lunch Room

Come and join us in exploring different places around Perth. Week 1 we will be going to Guildford, week 2 Armadale and week 3 Fremantle. Students will be meeting in the lunch room and traveling together by train from there. We might stay for lunch depending on time. Please book at Reception for these walks—we need phone numbers of all participants in case someone gets lost.

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TUESDAY CLASSES

Tapping for Life

Jan Hooker 10:00am—11:00am
Betty Creagh Lounge

Looking to have fun and exercise? Tapping for Life is for you. This basic introductory class to tap dancing is designed to share the benefits of tap dancing and learn some new skills.

Requirements:

1. Comfortable clothing.
2. Leather or soft soled shoes. (No steel taps allowed - It will be soft shoe shuffle).
3. Sense of humour.

I look forward to seeing you there.

Theatrical Dance Beginners

Satima Flavell 11:30am—12:30pm
Betty Creagh Lounge

Designed for adults keen to refresh their interest and expertise in dance.

What do people wear to class?

Tights and T-shirt are fine. You will need soft-soled, flexible shoes. In hot weather it is wise to bring wet wipes and a towel, and some people like to wear a headband. (Yes, you can expect to work up a sweat, so keep up your fluid intake!)

Life Drawing

Jim Larkins 1:00pm—3:00pm
Betty Creagh Lounge

Bookings at Reception required for this class. Places are very limited. Bring your own drawing materials.

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WEDNESDAY CLASSES

Watercolour Painting

Jeanne McWhirter 9:00am—2:00pm
Trinity Main Hall

This will be a still life painting class with Jeanne. Theme: "what came first, the chicken or the egg" Come and challenge yourself—some watercolour painting experience needed.

Please bring:

- **Paper**—300g watercolour paper e.g. Archer's medium. One large sheet can be cut to 4 good size sheets, or 3 plus smaller ones.
- **Paints**—3 primary colours will be sufficient, plus Payne's Grey and Burnt Umber as optional extras. (Please no cheap and chalky children's paints!)
If finances permit, AS or Winsor and Newton artist paints will give best results, otherwise Cotman's student quality is ok.
- **Palette** for mixing washes
- **HB pencil and eraser**
- **Tissue paper**
- **Water containers**
- **Masking tape**
- **Masking fluid** (if you have)

Social Gathering of Crafts

Glennis and Faye 9:00am—12:00pm
Trinity Main Hall

Come and join a friendly handcraft group. Whether it be patchwork, embroidering, knitting, quilting or something else special that you are currently working on, bring it along to this relaxed and social group.

Numero

Daphne Davies 10:00am—12:00pm
Trinity Lunch Room

A card game using numbers. Can be played at seven different levels of difficulty. Excellent game for brain fitness. Everyone welcome!

WEDNESDAY CLASSES

History Alive

Sue King 10:00am—11:30am
Betty Creagh Lounge

The Fall of Dynasties: Indulge in a taste of European history, spiced with intrigue, corruption, arranged marriages, murder and mayhem. Explore the background and some of the reasons for the fall of three significant autocratic dynasties all of which contributed to, and collapsed by the end of World War I.

- ♦ The House of Habsburg (Emperors of Austro-Hungary). Who was 'mad' Rudolf?
- ♦ The House of Ehhenzollern (Emperors or Kaisers of Germany). Who was Grandmama?
- ♦ House of Romanov (Emperors or Tsars of Russia). What part did Rasputin play?

Brush up on Ukulele

Joe Wisniewski 12:00 pm—1:00 pm
Betty Creagh Lounge

An opportunity to get together with all levels of players. Come and play your ukuleles and make some music. All can join in on the fun: beginners and more advanced players.

Creative Writing

Maureen Black 1:00 pm—2:00 pm
Betty Creagh Lounge

Let the creative juices flow as we explore together different genres of this subject.

The Life of Vincent Van Gogh

Maureen Black 2:00 pm—3:00 pm
Betty Creagh Lounge

The life of Post-Impressionist artist Vincent Van Gogh - a look at the man behind the art. Three-part DVD to be viewed over the 3 weeks. All welcome to come along for any of the sessions. Let us discuss what we have experienced at the end of each session.

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