



TRINITY SCHOOL FOR SENIORS

2024

Course Information

For Adults 60 Years and Older

Term One 5 February - 28 March

Term Two 22 April - 14 June

Companionship through Learning

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**UNITING CHURCH IN THE CITY
TRINITY SCHOOL FOR SENIORS
STUDENT CHARTER**

The Trinity School for Seniors (TSFS) is a mission outreach of the Uniting Church in the City (UCIC), committed to helping older adults to participate in lifelong learning and to foster and enhance friendship and companionship on this journey. The Trinity School for Seniors functions as an inclusive community facility, to provide education and a mutual support network which meets the physical, emotional, social, intellectual, pastoral and spiritual needs of Seniors in the wider Perth community.

The Uniting Church in the City’s vision states:

“On the way with Jesus, to touch and transform the people of Perth, to journey with the wider church, and to engage with our neighbours in the world.”

The objects of the Trinity School for Seniors are to provide:

- **Companionship:** *by conducting activities for students which enhance friendships and the sharing of mutual interests;*
- **Learning:** *through structured learning programs for students which increase their skills and knowledge and their capacity to contribute meaningfully to community life;*
- **Well-Being:** *through the conduct of activities and structured learning programs for students which assist them to remain physically and mentally healthy.*

The Trinity School for Seniors School was started in 1979 at Trinity Church and is celebrating its 45th anniversary in 2024. TSFS currently provides over 80 courses for 400+ students, over five days during a term, and over four terms per year.

PURPOSE

The Student Charter reflects these inter-related visions and is an expression of values and intent. The purpose of the Student Charter is for students of TSFS to understand what it means to be a student at

TSFS and includes the expectations students and staff at TSFS have of each other and the schools role and how it fits into the operation of the UCIC.

EXPECTATIONS

Students can expect the right to:

- Be treated fairly and ethically, with respect, dignity and tolerance;
- Have access to information about TSFS regulations, policies and procedures;
- To learn in a supportive and encouraging environment;
- Have their opinion represented through the Student Voice on all matters affecting students;
- Have opportunities to contribute to the organisational, social and cultural life of TSFS through the Student Voice body, together with opportunities to provide feedback for the improvement of TSFS;
- Representation on the TSFS Committee of Management through the due process for election to that body;
- A safe and healthy environment;
- To have any records concerning them dealt with in ways that are secure, with access restricted to designated persons of TSFS;
- To be given a copy of this charter when first enrolled.

Students have the responsibility to:

- Recognise the rights of others, including the rights of other students covered by this Charter, as well as the rights of staff, tutors and visitors;
- Uphold the reputation of the TSFS while engaged in TSFS activities;
- Respect the UCIC/TSFS property and the property of others;
- Not purport to speak or act on behalf of the TSFS, unless explicitly authorised to do so.

TSFS expects students to:

- Behave in a manner that demonstrates respect, dignity and tolerance towards staff of TSFS, tutors and fellow students;
- Adhere to TSFS rules, regulations, policies and procedures;
- Actively and positively participate in teaching and learning;
- Contribute to the organisational, social and cultural life of TSFS;
- Regularly attend courses for which they have enrolled.

ENROLMENT PROCEDURE

This Course information Brochure includes the details for the Term One and Two program only and is not an Enrolment Form.

Enrolment Forms for Term One and Two will only be available from Monday 20th November 2023, when enrolments open.

No bookings will be accepted prior to this date.

HOW DO I ENROL FOR TERM ONE AND TWO?

Completed Enrolment Forms can be submitted:

Drop Box 	Reception, Level 1 97 William Street PERTH	Place completed enrolment form (without payment attached) in Drop Box located at the Queens Reception.
Online at: 	www.perthunitingchurch.org.au/enrolments	
Email to: 	Reception@tsfs.org.au Print the form, then scan or take a photo of the completed form. Email it as an attachment.	

Please note: no payments will be accepted with your forms: fees will be settled after enrolment.

To ensure fairness to all students, all completed enrolment forms and online submissions received from current students during the first week of enrolments (20th November to 26th November) are collectively held together and then selected at random when admin staff begin processing (seven days after enrolments open). This allows all current students equal opportunity to enrol regardless of what day they submit the form during this first week.

New students and enrolment forms received after the first week will not be processed until after all of week one's enrolment forms have been completed.

NEW STUDENT INFORMATION

NEW STUDENT ORIENTATION

Prior to the start of Term One, we hold our New Student Orientation.

We hold this event as an opportunity to introduce all newly enrolled students to the School and our staff prior to the commencement of classes. There will be a brief overview of social activities, school events and emergency information, followed by a tour of the Queens and Trinity Buildings. The tour will end in the Trinity Lunch Room with a complimentary tea/coffee.

This year's orientation will be held on Thursday 1st February 2024, from 10:00 am – 11:00 am, so please keep this date diarised if you plan to enrol for Term One.

If you are successful in gaining a place in your chosen classes for Term One, upon receiving your confirmation of enrolment, you will receive an invitation to our New Student Orientation. This will give you further details about the event, as well as RSVP information.

If you would like further information about Enrolment policies, please see pages 27 and 28 of this booklet, as well as our separate Enrolment FAQ Sheet.

SCHOOL DATES FOR 2024

Below are our School dates for the year.

Summer School	8 – 25 January
Term One	5 February – 28 March
Term Two	22 April – 14 June
Winter School	1 – 19 July
Term Three	29 July – 13 September
Term Four	14 October – 29 November

CLASS SCHEDULES

Below are the schedules for our Term 1 & 2 2024 classes, organised by building and then by day. Please use the descriptions in the following pages to find out more about each class, as you plan your enrolment.

Classes in the Trinity Building

MON	9:00 AM - 11:30 AM	Art (Rod) MON
	9:30 AM – 12.00PM	Next Step Drawing (Christine) MON
	12:30 PM – 3:00 PM	Painting (Lyn) MON
	12:30 PM - 3:00 PM	Soft Pastels MON
	12:30 PM - 3:00 PM	Watercolour, Pen & Wash (Tony) MON
	1:00 PM – 2:00 PM	Tai Chi (8 form for Beginners) <i>Term 1 only</i>
TUE	9:00 AM - 11:30 AM	Art (Caren) AM
	9:00 AM - 11:30 AM	Mixed Media a Different Way (Lyn)
	9:00 AM - 11:30 AM	Printmaking and Paper Sculptures (Jim)
	10:00 AM – 11:30 AM	Drama
	12:30 PM - 3:00 PM	Art (Caren) PM
	12:30 PM - 3:00 PM	Soft Pastels (Lyn) TUE
WED	9:00 AM - 11:30 AM	Painting (Paul) AM
	9:00 AM - 11:30 AM	Watercolour, Pen & Wash (Tony) WED
	9:00 AM – 11:30 AM	Pottery (Pamela) <i>Term 2 only</i>
	10:00 AM - 11:00 AM	Line Dancing Continued
	12:30 PM - 3:00 PM	Decorative Drawing (Rod) <i>Term 1 only</i>
	12:30 PM - 3:00 PM	Painting (Paul) PM
THU	9:00 AM - 11:30 AM	Art (Jeanne) AM
	9:00 AM - 11:30 AM	Art (Caren) THU
	10:30 AM - 11:30 AM	Tai Chi (Ruth)
	12.30 PM - 3:00 PM	Art (Jeanne) PM
	12:30 PM - 3:00 PM	Porcelain Art
	1:00 PM - 2:30 PM	Yoga Intermediate
FRI	9:00 AM - 10:00 AM	Tai Chi (Rita) FRI
	9:00 AM - 11:30 AM	Oil & Acrylic (Paul) AM
	9:00 AM - 11:30 AM	Next Step Drawing (Christine) FRI
	9:30 AM - 10:30 AM	Sing Along
	10:30 AM - 11:30 AM	Ukulele Beginners
	11:30 AM - 12:30 PM	TSFS Alto Recorder Group
	12:30 PM - 2:00 PM	Singing/Ukulele Jam Group
	12:30 PM - 3:00 PM	Drawing Beginners (Christine) FRI
	12:30 PM - 3:00 PM	Oil & Acrylic (Paul) PM

Classes in the Queens Building

MON	9:00 AM - 10:00 AM	German Beginners Plus (Julia)
	9:15 AM - 10:55 AM	Conflict Resolution Series
	9:30 AM - 11:30 AM	Canasta Five Beginners & Club MON
	9:30 AM - 11:30 AM	Learn Bridge MON
	10:00 AM - 11:45 AM	Spanish Conversation Intermediate MON
	10:30 AM - 11:30 AM	Mandarin Beginners
	11:30 AM - 12:30 PM	Mandarin Continued
	11:45 AM - 1.15 PM	Tap 'n Jazz 'n More (Jan) MON
	12:00 PM - 1.00 PM	Spanish Conversation Beginners Plus MON
	12:30 PM - 1:30 PM	Japanese 1
	12:30 PM - 1:30 PM	Italian Beginners Plus (Denisse) MON
	1:30 PM - 2:30 PM	Japanese 2
	1:30 PM - 2:30 PM	Stretch and Strengthen
	2:00 PM - 3:00 PM	Spanish Beginners (Elisa) MON
TUE	9:30 AM - 11:30 AM	Intergenerational Program
	10:00 AM - 11:00 AM	Spanish Beginners Plus TUE
	10:00 AM - 11:45 AM	German Discussion Group (Christa) TUE
	10:00 AM - 11:30 AM	Origami – Paper Folding
	11:00 AM - 12:00 PM	Spanish Intermediate TUE
	12:00 PM - 1:15 PM	French Advanced (Christel) TUE
	12:30 PM - 2:30 PM	Mahjong Beginners (Western) TUE <i>Term 1 only</i>
	12:30 PM - 2:30 PM	Mahjong Intermediate (Western) TUE
	1:00 PM - 2:30PM	Biography Work: Life Charting <i>Term 1 only</i>
	1:00 PM - 2:30 PM	Biography Work : Life Celebration <i>Term 2 only</i>
	1:00 PM - 3:00 PM	Chess
	1:15 PM - 2:30 PM	French Intermediate (Christel) TUE
WED	9:00 AM - 10:30 AM	Mahjong Club Experienced Players WED
	10:00 AM - 2.30 PM	Needlework Social Group WED
	10:00 AM - 12:00 PM	Chinese Mahjong Club
	10:00 AM - 11:00 AM	Latin Beginners Plus
	10:00 AM - 11:30 AM	Walk Around town
	10:30 AM - 12:00 PM	Mahjong Beginners (Western) WED <i>Term 1 only</i>
	10:30 AM - 12:00 PM	Mahjong Continued (Western) WED
	11:00 AM - 12:00 PM	Book Club (Maxine)
	11:30 AM - 12:30 PM	Poetry Appreciation (Sarah)
	12:15 PM - 1:15 PM	Life Writing (Ruth) WED
	12:30 PM - 3:00PM	Canasta Five Beginners (<i>Term 1 only</i>)
	12:30 PM - 3:00 PM	Canasta Five Club – Experienced Players WED
	1:00 PM - 2:30 PM	Life Matters
	1:30 PM - 2:30 PM	Book Club (Liz)

THU	9:30 AM - 10:30 AM	French Beginners (Aline) THU
	9:30 AM - 11:00 AM	Memoir Writing
	10:00 AM - 2:30 PM	Needlework Social Group THU
	10:30 AM - 11:30 AM	French Beginners Plus (Aline) THU
	11:00 AM - 12:00 PM	Meditation (Rhonda)
	11:30 AM - 2:00 PM	Learn Bridge THU
	12:30 PM - 1:30 PM	French Intermediate (Aline) THU
	12:30 PM - 2:30 PM	Creative Writing
	1:00 PM - 2:00 PM	Indonesian Intermediate

ART & CRAFT

Material lists can be collected from Reception or emailed to you upon request.

Art

Art (Caren)

Caren Williams

Oil – Acrylic – Drawing – Watercolour

These classes cover the techniques required to create a picture using any of the above media. You may work on your own project with the assistance of an experienced tutor. *Materials list available.*

Art (Jeanne)

Jeanne McWhirter

Watercolour – Oil – Acrylic

From the complete beginner to the more advanced students, this course will cater for all. Ongoing tips and techniques offered to help you advance your skills. *Materials list available.*

Art (Rod)

Rod Sinclair

Oil – Acrylic – Watercolour

This course can offer you comprehensive art tuition at all levels of skill in most mainstream art media such as: oil painting, acrylic painting, and watercolours. Covering fundamental, intermediate, and advanced topics. *Materials list available.*

Drawing

Drawing is an indispensable tool for many other fields of creative pursuit. Learning to draw properly will give you a much better chance of achieving the artistic and creative goals you may have, giving you the ability to see and express more efficiently.

Materials list available.

Drawing Beginners

Christine Morton (FRI)

This drawing course will offer you a good basic beginning in drawing fundamentals and basics using pencil and fine liner. Turning everyday objects into an imaginative composition.

Decorative Drawing

Rod Sinclair (Term 1 only)

The drawing class encompasses use of graphite pencils, coloured pencils, and metallic pens on white and black backgrounds. This basis consists of training the eye to see and the hand to use the pencil to replicate in a line, drawing the subject. All skill levels welcome.

Next Step Drawing

Christine Morton (MON & FRI)

Taking your drawings up a step. Following on from previous drawing projects, this class will encourage students to build upon skills and ideas to create bigger, more detailed drawings. Drawing from real life and taking these drawings on imaginative journeys using pencils, markers and colour.

Mixed Media a Different Way

Lyn Williamson

Accommodating both traditional and abstract ideas, join a flexible and free flowing class. Learn how to utilise the modern, diverse materials that are available, as well as keeping a sketchbook to record visual observations, and give exercise to right brain creativity to help your overall cognition and sense of wellbeing!

Needlework Social Group

Faye Etherington

Join a group who share and help each other with hand-sewing, patchwork, cross-stitch, knitting, crochet, or any other needlework. Bring your own project along and your equipment. If you would like to learn to knit, bring 8ply wool and 4mm/No. 8 knitting needles. If you would like to learn to crochet, bring 8ply wool and a 4mm hook.

Note: This class is scheduled from 10am – 2.30pm on Wednesdays and Thursdays during term time. If you enrol for this class, you are welcome to stay for the whole day, or come along for any length of time during the class that suits you. This is the only class where this option is available, allowing students to join in around their other classes if they wish.

Oil & Acrylic

Paul Innes

Oil – Acrylic – Drawing

This course can offer you comprehensive art tuition at all levels of skill in most mainstream art medias such as: drawing, oil painting and acrylic painting. Covering basic fundamental, intermediate and advanced topics. *Materials list available.*

Origami – Paper Folding

George Ho

Origami is 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. Origami improves hand-eye coordination and fine motor skills. Beginners welcome. *All materials will be provided.*

Painting

Painting (Lyn) MON

Lyn Williamson

Explore the versatile medium of acrylic paint and be guided through the steps of how to successfully compose a painting with instruction in colour theory and application techniques. *Materials list available.*

Painting (Paul) WED AM & PM

Paul Innes (WED)

Students develop their own painting projects with the help of the tutor as required to solve any technical, conceptual or compositional problems. Students will receive both individual and collective tuition. The course aims to give the students the confidence and skills to tackle any painting they are thinking of instead of being limited by an “I can’t do that” attitude. *Materials list available.*

Porcelain Art

Ruth Robartson

Using porcelain as your canvas, you can decorate useful items. Porcelain pieces are fired for permanency, and some pieces are available at discounted prices from the tutor.

It is one of the oldest and most durable of arts. It was first developed and perfected in China. Many decades passed before the Europeans discovered the secrets of it. There are very few proponents still with the knowledge of this art. Do come to avail yourself of this knowledge.

Basic materials supplied.

Pottery

Pamela Chaves (Term 2 only)

This course will offer you the connection with clay. We will build pottery and ceramic pieces with hand building techniques. We will be inspired by ancestral teachers and we will learn something about Argentinian cultures and their connection with ceramics as a way to express their feelings, thoughts and love for nature. This class will commence with air drying clay then you have the option to move onto natural clay as the term progresses. Please note there may be a small additional charge for this class if you choose to use natural clay. *Materials list available.*

Printmaking and Paper Sculptures

Jim Larkins

Come to this fun craft class and explore your creative side. Learn the art of making your own paper sculptures from leftover magazines and newspapers or have a go at composing a picture using printmaking blocks and various painting mediums. We can print on many different materials allowing you to create your own designs for tea towels and pillowcases etc. Try out our printing press and have some fun whilst exploring your creativity. Pick your project and we'll help you develop these ideas into your craftwork. *Materials list available.*

Soft Pastels

Soft Pastels MON

Sue McGowan

This course is suited to the student who would like to try pastels. Learn or improve on all subjects - flora/fauna, figure drawing, landscapes and modern art/drawing and sketching as you go. It is a delightful art form which allows you to quickly produce a picture without waiting for paint to dry. All skill levels welcome in these classes – from beginners to advanced. *Materials list available*

Soft Pastels TUE

Lyn Williamson

This course is open to anyone who is curious about the medium of soft pastel. It is one of the easiest art techniques to learn. The composition of the soft pastel lends itself to experimentation as well as traditional painting and drawing techniques. This includes some very interesting additions of other art materials and surfaces. The beauty of the medium is that you can produce work very quickly. Soft pastel has the ability to imitate drawing, painting and mixed media experimentation. You will

learn how to use pastels in ways that will extend your creativity. *Materials list available*

Watercolour, Pen and Wash

Tony Turner

A loose approach to drawing and painting. Take on a variety of both simple and complex subjects using free use of pencil, inks and watercolour. *Materials list available.*

FITNESS

Line Dancing Continued

Sue Brett

Come join us for a fun filled class of line dancing. Learn repeated sequencing of steps to fabulous music, good for everyday fitness. Suitable smooth soled footwear is advisable. Previous Line Dancing experience is helpful. Add an extra dose of joy and positivity to your day with a dance class.

Stretch and Strengthen

Katherine Cheng

This class will cover very basic anatomy, just enough to help students to get bodies comfortable and ready for activity, exercise, and movement. Using items easily found at home to build strength will also be covered.

Tai Chi

Tai Chi (Ruth)

Ruth Newman

In this class we focus on breathing as we enjoy the easy-to-follow movements. With practice, we can improve leg strength and balance. All students welcome to join with no experience necessary. Wear activity appropriate clothing and footwear.

Tai Chi (Rita)

Rita Choy

Yang style Tai Chi is known for its graceful and slow movements. It is suitable for people of all ages and fitness levels. These classes focus on improving coordination and flexibility, as well as muscle strength and

balance, through breathing and movements. Tai Chi can improve both mental and physical health over time if practiced regularly. It is essential to wear clothes and footwear that do not restrict movements.

Tai Chi (8 form for Beginners)

Jeff Mann (Term 1 only)

8 Form Tai Chi is a simplified format, 10 step Yang style Tai Chi form, primarily used as a 3-minute relaxation technique. Perfect as an introduction to Tai Chi movements, it is designed to improve flexibility, breathing and balance. By the end of term, you will be able to practice 8 Form Tai Chi in your own home.

This session is designed for people thinking about trying Tai Chi for the first time or looking for some relaxation techniques and can be used as a stepping stone into a full Tai Chi class later. Suitable for all ages and physical abilities. However, you must be able to stand on one leg for a count of 5. Please wear comfortable clothing you can move freely in.

Tap 'n Jazz 'n More!

Jan Hooker

Exploring coordination, movement and rhythm are essential in this class. Flexibility of ankles and feet are necessary requirements. Basic tap dance steps and jazz ballet routines are a major feature. Other dance styles are introduced from time to time. All done with another essential ingredient, FUN!

The tap technique is Soft Shoe Shuffle, as steel taps are not permitted in the UCIC buildings and shoe soles need to be leather or similar. This is a progressive class. So, if you want to have fun, improve your fitness and flexibility...see you in 2024.

Yoga Intermediate

Gailene Wester

This is a class where we need to be able to get up off the floor unaided, as some of the work is on the floor, and some standing. The use of lengthening movements assists with the classic Yoga Asanas (postures). We do breathing techniques, short concentrations, visualisations and relaxation. No headstands or the shoulder stand sequence.

GENERAL

Conflict Resolution Series

Rita Choy

Conflict and differences are a part of life. Dealing with conflict can be confronting, stressful and disruptive to people and those around them. This course offers a basic understanding of what conflict is and how it arises. In addition, each term focuses on specific skills that are essential to resolving conflict constructively, resulting in sustainable outcomes, reducing avoidable stress and anxiety caused by differences, and preserving relationships that lead to contentment in life.

Examples of skills this series focus on include active listening, effective communication skills, negotiation, and emotional intelligence. Through a series of interactive workshops, this course offers a safe environment for attendees to share individual experience and discuss practical strategies to manage behavioural and personality differences.

Meditation

Rhonda Phillips

Meditation is a state of deep relaxation of the body and mind which produces a different level of consciousness than either sleep or wakefulness. It has numerous benefits physically, mentally and emotionally. Meditation enhances well-being, reduces stress and puts day-to-day life into perspective. This class is seated and therefore suitable for all levels.

Walk Around Town

David Dobb

A look at some interesting places within an hour and a half's stroll of the School. Students require a good level of general fitness for walking and climbing stairs. Wear comfortable and appropriate clothing, including a hat, sunglasses and sunscreen and bring along a water bottle. This class departs from the foyer in the Queens Building each week.

Intergenerational Program

Kaadidjiny Maya daycare

Intergenerational activities which build relationships between older adults and children have been proven to energize older adults and give a sense of purpose as well as having numerous benefits for the children. Join us for this exciting new intergenerational program aimed at building

relationships and nurturing mutual respect and understanding with the kindy kids (aged 4 and 5) from Kaadidjiny Maya daycare. There are lots of exciting activities planned and the children will be fully supervised by the staff from Kaadidjiny Maya whilst they build wonderful relationships between generations. You are never too old to play!

LANGUAGES

It is advisable to commence beginner level language courses at the start of the year. Language courses are intended to be continued throughout the year, subject to availability.

French

French Beginners

Aline Arisoambolanoro (THURS)

This is an introductory course for beginners with limited French language experience. Whilst concentrating mainly on pronunciation and basic grammar, the aim is to enthuse and inspire, encouraging students to leave anxiety behind and discover the joy of learning a foreign language whilst having fun.

French Beginners Plus

Aline Arisoambolanoro (THURS)

A course for beginners with a small amount of French language knowledge. Emphasis is on practical enjoyment of the French language and culture.

French Intermediate

Christel Bouton (TUE) / Aline Arisoambolanoro (THURS)

This class is consolidation for those with some understanding of the French language. This class embraces verb conjugation, introduces simple texts and stimulates basic conversation.

French Advanced

Christel Bouton (TUE)

This course is designed for those with a deeper understanding of verb conjugation and a facility to communicate readily and converse with greater ease. Ideally this class is to be conducted entirely in French.

German

German Beginners Plus

Julia Bush

Build a solid foundation in German while honing your grammar, reading, and language comprehension skills. This class is perfect for those who want to strengthen their grasp of German with a variety of exercises and practices. The class is suitable for beginners with some prior exposure to German and anyone who wants to enhance their understanding of German grammar.

German Discussion Group

Christa Kaltenbrunn-Long

Interessante Diskutier- und Unterhaltungs Stunden mit Christa. A good level of German is required to participate in this discussion group.

Indonesian Intermediate

Endang Mooney

For students who have completed Indonesian Beginners or equivalent. This course will include reading, writing, comprehension, grammar, history, tradition and culture.

Italian Beginners Plus

Denisse Scasserra (MON)

This course is for students wanting to continue learning the Italian language and understanding its rich traditions and culture. As it is a **Beginners Plus** course new students will need to have had some Italian language learning in the past. The emphasis in the lessons are on listening, speaking, reading and writing in Italian on themes related to everyday life.

Japanese

Japanese 1

Yoshinori Ohtsuka

Introduction to basic Japanese expressions necessary for: greetings, dining out, shopping, visiting Japan, plus cultural do's and don'ts.

Japanese 2

Yoshinori Ohtsuka

Short dialogues, moving on to conversations based on Japanese ways of conducting tasks in different situations and occasions.

Latin Beginners Plus

Ross Angell

This course will offer practice and drills in basic Latin grammar through class exercises, supplemented by readings in simple prose. This will lead to guided readings in recognised Latin texts. As it is a **Beginners Plus** course new students will need to have had some Latin learning in the past.

Mandarin

Mandarin Beginners

Katherine Cheng

A course to introduce Mandarin to speakers of English. Greetings, numbers, phrases for travelling and dining will be covered.

Mandarin Continued

Katherine Cheng

Students and learners with some previous study of Mandarin will continue to build vocabulary and learn useful phrases or words to add to their communication database.

Spanish

Spanish Beginners

Elisa Fuentes

This is a communicative approach to learning a new language. Discover and learn Spanish culture, etiquette, geography and vocabulary through reading, writing, listening, and speaking.

Spanish Beginners Plus

Isabel Lopez

A consolidation class for those with 1-2 years of Spanish language experience. Discover and learn Spanish culture, etiquette, geography and vocabulary through reading, writing, listening and speaking.

Spanish Conversation Beginners Plus

Mara Delgado Casas

A friendly, informal opportunity to speak Spanish, practice your skills, and learn about the language and culture. Suitable for people with less than 2 years Spanish experience.

Spanish Conversation Intermediate

Mara Delgado Casas

A friendly, informal opportunity to speak Spanish, practice your skills, and learn about the language and culture. Discuss topics of interest and meet like-minded people. Suitable for people with more than 2 years Spanish experience.

Spanish Intermediate

Isabel Lopez

An intermediate class for those with 2+ years of Spanish language experience. Discover and learn Spanish culture, etiquette, geography and vocabulary through reading, writing, listening, and speaking.

LITERATURE

Biography Work

Life Charting

Dale Irving (Term 1 only)

Biography Work helps create a comprehensive panorama of your life. The process of charting uses artistic activities such as drawing, writing, and sharing conversations to evoke and explore memories. The chart you create might be a basis for further memoir writing, provide a fine overview of your life to share with family and offer you a vista of your life journey.

Life Celebration

Dale Irving (Term 2 only)

This course develops the work already encountered in Biography Work: Life Charting. We will look at aspects of our life-journey through creative writing, drawing and gesture-work. We will choose septennials to deepen our exploration of our biographies and media to illustrate and share the discoveries.

Your life is a tapestry. Sharing your story is an art of great poignancy and beauty.

Book Club

Maxine Kaempf & Elizabeth Grey

Read the world through the eyes of writers who love language. Enhances the reader's understanding of what it means to be human. Students help select the books read in this class. *Some library books supplied, or source your own book from your local library or bookstore.*

Creative Writing

Ian Nichols

The class will introduce and refine basic techniques of writing and address the problems of getting words from the imagination and onto the page. It is aimed at writers of all levels, with continuing stimuli for writing of all types.

Life Matters

Agnelo D'Souza

If you are ALIVE, your LIFE, MATTERS

Life Matters is a friendly group that helps you discuss all the big stuff that touches our lives: relationships, family, health, education, money, work, technology and digitisation as well as consumer and social issues. The content is a mixture of information and personal responses. A preparation guide is emailed a week in advance containing description of the topic and some suggested areas to research. The discussion format is open-ended, giving all students an opportunity to participate and express their views. Life Matters sessions offer a unique opportunity to explore some of the above topics in a focused, easy-going manner with like-minded people, where all students can participate and get involved... divulging the immense knowledge and experience they have and stimulating the grey matter in the brain.

Life Writing

Ruth Newman

Students explore aspects of memoir writing and strategies for recording the journey of their personal experiences.

Poetry Appreciation

Sarah Berryman

Explore the passion and beauty in life through the lens of poetry. A class designed for both the beginner and the experienced lover of poetry, this class will transport you through time and literature to discover and discuss the magnificent hidden world this powerful form of expression can reveal.

Memoir Writing

Jim Pollock

This course is for those wanting to use writing to make sense of their life, in whatever form they wish - memoir, autobiography or even fiction. The class will introduce new ideas, including some writing theory, to stimulate and structure a creative examination of our own past. Small group discussions will allow students to get feedback on any writing they do each week.

THE ARTS

Drama: Playing At Being Human

Dale Irving

Voice work, movement, improvisation and working with texts, especially Shakespeare, will be part of this course. It is about allowing voice, body and your whole self to interact creatively with others and to have fun. Drama is a way to explore the psychology of being human through character work and expanding your voice, movement, and imagination. Come along and enjoy the freedom of playing at being human. We might even work to a small performance if the group is keen.

Singing/ Ukulele Jam Group

Joe Wisniewski & Helen Black

Bring Your Voice and/or Ukulele/Guitar/Banjo etc.

This is your group to just sing or sing and play. A session of singing and music with plenty of variety. Song sheets will be provided. Together with overhead projection on the big screen. Group input and ideas for songs will be welcomed. Group members will be welcome to lead on their favourite songs. We will pretty much give anything a go and all abilities are welcome. It is about having musical fun together. Just sing, sing, and

strum, or just play your ukulele, guitar etc. We have a Cajon (Drum) player to add to the band and are looking for a Bass player for a (Big) sound in the rhythm section. Don't miss out on this exciting opportunity to be part of something big at Trinity. (Tell your friends).

Sing Along

Karen Dick

A fun singalong for everyone with a variety of songs from different eras and of different styles with backing music.

You are also welcome to bring your favourite song for all of us to sing together.

TSFS Alto Recorder Group

Helen Black

Remember those squeaky things back at primary school?? The descant recorder!! It doesn't have to be like that!

Switching from the descant school recorder to the next size, the Alto (Treble) is easy as the fingering is the same and they are a much better size for adults and adult hands. They can be purchased for \$30. The recorder is such a fun instrument, easy to learn, just one line of music, and they are very portable. You will learn to read music, and music notation and play harmonies; and have a great time combining with others on all types of music.

Total beginners are welcome, and you will find it is not too hard to get going.

Ukulele Beginners

Joe Wisniewski

This is a good time to start learning to play one of the world's most popular instruments because, most people who have one, can get a tune out of it. You may have one lying around the house or know someone who might lend you theirs. For those who do not have a uke come to the first class to find out what to look for. Come along with or without a uke and find out your hidden talent. The class will start with a step-by-step introduction to the ukulele, how to tune the ukulele and then you will learn chords. Some chords only use one or two fingers. Then we pick a song and play together, learning more as we go. If you can sing, bonus!

RECREATIONAL

Learn Bridge

Sandra & Don Sutton-Mattocks (MON & THU)

Absolute Beginners and Progressors all accommodated at each session. Bidding (Standard American), Play and Defence. Qualified Australian Bridge Federation teachers at both sessions.

Canasta Five

Canasta Five Beginners

Barry Etherington (MON)/Penny Seale Hellens (WEDS Term 1 only)

Canasta Five is a very popular, sociable and enjoyable card game that will keep your mind active whilst enjoying the company of others. Beginners are very warmly welcomed. If you have not tried it before – why not try it now!

Canasta Five Club MON & WED – Experienced Players

The Club is on Mondays and Wednesdays. This class is designed for experienced players as there is no tuition in this class. It is a very social game which gives you the opportunity to meet with other experienced players in a friendly setting. Whenever possible, partner Canasta is played (dependent upon the total number of persons attending at any one time) though this cannot be guaranteed.

Chess

David Dobb

If you would love to learn how to beat your grandchildren at chess, come and join us. Fine tune the strategies and skills needed to checkmate your opponent's King. Playing Chess is a great way to keep your mind sharp by trying new tactics and strategies. Beginners welcome. Players need perseverance and patience!

Chinese Mahjong Club

Chinese Mahjong is a game of skill, strategy, calculation and to a certain degree, luck! Learn how to play this intriguing brain game, which not only is fun to play but also stimulates the brain and enhances memory and attention. Chinese Mahjong based on the Cantonese version will be played. Malaysian/Singaporean style gameplay, rules and scoring system are used. Experienced players welcome. Not suitable for beginners as there is no tuition.

Mahjong (Western Version)

Mahjong Continued (Western Version) WED

Sue Tomasz

This class is for players with Mahjong skills above beginner level. Improve or just enjoy applying your skills in this ancient Chinese game and enjoy the opportunity of catching up with other players or indeed, meeting new people in a relaxed, friendly setting.

Mahjong Beginners (Western Version)

Penny Searle Hellens TUE(Term 1 only)/Sue Tomasz WED (Term 1 only)

Learn to play in this beginner's class. This intriguing game will stimulate your brain, improve your memory and offer an opportunity to meet new people in a relaxed, friendly setting. If you have not tried playing Mahjong before, now is the time for you to try it.

Mahjong Intermediate TUE (Western Version)

Penny Searle Hellens

This class is for all players with Mahjong skills above beginner level. Improve or just enjoy applying your skills in this ancient Chinese game and enjoy the opportunity of catching up with other players or indeed, meeting new people in a relaxed, friendly setting.

Mahjong Club - Advanced Players (Western Version)

Glennis Green

This class is designed for advanced players as there is no tuition. Regular attendees of this class are very experienced and fairly fast players. If you are an experienced player or an intermediate player who would like to improve on speed, then this is the class for you. It is also an opportunity to meet other experienced players in a friendly setting.

ENROLMENT POLICIES

Membership Fee \$99 per term

Membership Fee allows enrolment in three (3) courses per term. To enrol in more than three (3) courses, a surcharge of \$20 per course will apply.

Enrolment is limited to 2 art classes per student each term. Participants must be 60 years or older.

PAYMENTS

Fees are payable by cash, cheque or EFTPOS.

If paying by cheque, please make it payable to: **Uniting Church in the City**. We cannot accept cheques made out to TSFS.

REFUND POLICY

Withdrawals **prior** to the commencement of term will be refunded the fee, minus a \$5.00 administrative fee for processing the reimbursement.

No refunds or credit will be given once term has commenced.

ABSENTEE POLICY

If a student is absent from a class for 2 consecutive weeks or more without explanation, their place in the class will be offered to the next student on the waiting list.

To prevent losing your place in a class, please notify Reception regarding absences/extended holiday arrangements in advance. Any late notice absences can be communicated to Reception by telephone or email. If you have not been attending classes for genuine extenuating circumstances, upon return to TSFS, Admin staff will do their best to accommodate you back in your usual classes.

COVID-19 VACCINATION POLICY

UCIC recommends all attendees remain up to date with their covid vaccinations.

WAITING LISTS

Due to high demand for some courses, once a course is fully booked students will be placed on a waiting list. As soon as a vacancy arises, TSFS admin staff will contact the next student on the waiting list to offer a place in the class.

ENROLMENT PERIODS

Enrolments for Term 1 & 2 2024 will commence processing from **Monday 27th November** for existing students only.

New students' enrolment forms will be processed after the first batch of enrolment forms belonging to existing students (submitted 20th – 26th November) have been processed.

Enrolments remain open for the entire term. Students may make changes to their selected courses at any time, subject to course availability.

Term 3 & 4 2024 enrolments will be made available during Term 2 2024.

RIGHTS IN RELATION TO GRIEVANCES

Every student has the right to:

- Be able to register a complaint or grievance against any learning procedure, administrative procedure, perceived discrimination or harassment or the abolition or suspension of any right set out in the Student Charter;
- A clearly documented process for dealing with a grievance which is confidential, non-discriminatory, unbiased and accountable; offers the opportunity to be accompanied to meetings by a person of their choice; and leads to a resolution within a reasonable timeframe; and,
- To receive reasons for resulting decisions, and to experience no repercussions as a result of participation in the process.

Further details on the UCIC Policies and Procedures for Grievance for TSFS are available from TSFS Reception.

CLASSROOM LOCATIONS

TSFS classes are held in two locations. The buildings are approximately 5-10 minute walk apart through the city so please consider travel time between classes when choosing your timetable. The building location for each class can be identified on your timetable - see the coding next to room description on your timetable.

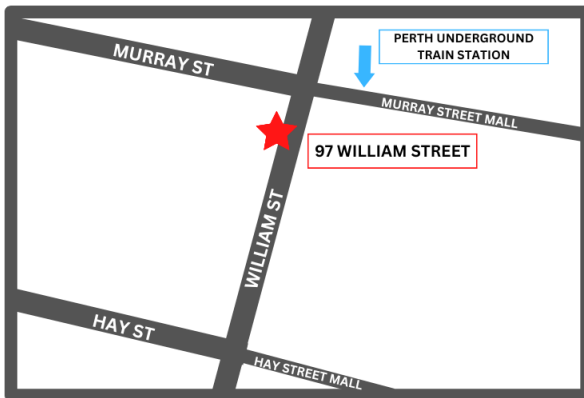
Q = Queens Building

T = Trinity Building

Queens Building – 97 William Street, Perth

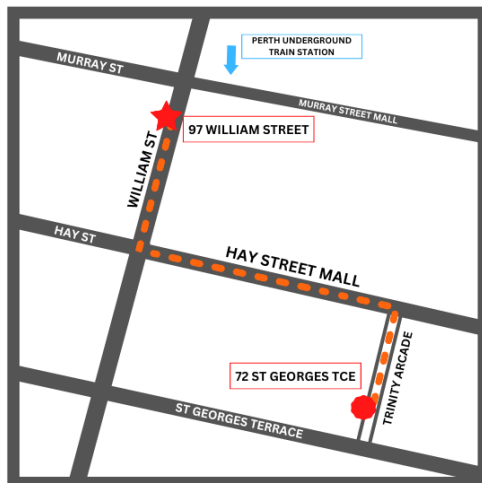
TSFS Reception is located on Level 1.

Classrooms are located on Level 1 and 2.



Trinity Building – 72 St Georges Terrace, Perth

All classrooms are located on the Ground Floor, Trinity Arcade.



DECLARATION

By submitting an enrolment form, you agree to abide by the following declaration:

- I declare that the information I have provided is correct.
- I understand that my personal information will be handled in accordance with the Privacy Act legislation.
- I support Trinity School for Seniors' Code of Conduct and commit to supporting TSFS in maintaining a safe place for all, treating all students and staff with respect and caring for the well-being of the community.
- I have read and agree to abide by the TSFS Student Charter and Student Handbook. These documents can be viewed at www.perthunitingchurch.org.au/tsfs-student-charter, or collect from TSFS Reception.

Scan this QR code to save our contact details to your phone:



Trinity School for Seniors

Companionship through Learning

Level 1, 97 William Street, Perth WA 6000

PO Box X2222, Perth WA 6847

(08) 9483 1333 | Reception@tsfs.org.au

www.perthunitingchurch.org.au

Office Hours:

Term time - Monday to Friday 9am – 3pm

Holiday time - Monday to Friday 9am – 12pm



Front Cover Artwork: Gum Blossoms, by Dianne Orman