



# TRINITY SCHOOL FOR SENIORS

2023

## Course Information

For Adults 60 Years and Older

**Term Three 31 July - 15 September**

**Term Four 9 October - 24 November**

*Companionship through Learning*

# CONTENTS

STUDENT CHARTER .....	4
CLASS SCHEDULES .....	6
ART & CRAFT .....	9
Art .....	9
Drawing .....	9
Mixed Media a Different Way .....	10
Needlework Social Group .....	10
Oil & Acrylic .....	10
Origami .....	11
Paper Craftwork .....	11
Painting .....	11
Porcelain Art .....	11
Pottery .....	12
Printmaking for Beginners .....	12
Soft Pastels .....	12
Watercolour .....	13
Watercolour, Pen and Wash .....	13
FITNESS .....	13
Line Dancing .....	13
Tai Chi .....	13
Tai Chi (8 form for Beginners) .....	14
Tap 'n Jazz 'n More! .....	14
Yoga Intermediate .....	14
GENERAL .....	15
Conflict Resolution Series .....	15
Body Story: Finding Your Biography in Your Bones .....	15
Meditation .....	15
Perth Through a Lens .....	16
Walk Around Town .....	16

LANGUAGES .....	16
French .....	17
German Beginners Plus .....	17
German Discussion Group .....	17
Indonesian Intermediate .....	17
Italian Beginners Plus .....	18
Japanese .....	18
Latin Beginners Plus .....	18
Mandarin Beginners Plus .....	18
Spanish .....	18
LITERATURE .....	19
Biography Work: Life Charting .....	19
Book Club .....	20
Creative Writing .....	20
History Through Biography .....	20
Life Matters .....	20
Life Writing .....	21
Poetry Appreciation .....	21
Short Story and Contemporary Memoir Writing .....	21
<b>THE ARTS</b> .....	21
Sing Along .....	21
Singing/ Ukulele Jam Group .....	21
TSFS Alto Recorder Group .....	22
Ukulele Beginners .....	22
RECREATIONAL .....	22
Bridge .....	22
Canasta Five .....	23
Chess .....	23
Mahjong (Western Version) .....	23
ENROLMENT POLICIES .....	25
CLASSROOM LOCATIONS .....	27



## 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 programmes 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 programmes 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 44<sup>th</sup> anniversary in 2023. 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 the TSFS;
- Regularly attend courses for which they have enrolled.

# CLASS SCHEDULES

Below are the schedules for our Term Three and Four 2023 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

<b>MON</b>	9:00 AM - 11:30 AM	Art (Rod) MON
	9:00 AM – 11:30 AM	Next Step Drawing (Christine) MON
	12:30 PM – 3:00 PM	Painting (Ashleigh) 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 4 only</i>
<b>TUE</b>	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 for Beginners (Jim)
	10:00 AM – 11:30 AM	Body Story: Finding Your Biography in Your Bones <i>Term 3 only</i>
	12:30 PM - 3:00 PM	Art (Caren) PM
	12:30 PM - 3:00 PM	Paper Craftwork (Jim)
<b>WED</b>	12:30 PM - 3:00 PM	Soft Pastels (Lyn) TUE
	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)
	10:00 AM - 11:00 AM	Line Dancing Continued
	12:30 PM - 2:30 PM	Decorative Drawing (Rod)
<b>THU</b>	12:30 PM - 3:00 PM	Painting (Paul) PM
	12:30 PM - 3:00 PM	Watercolour (Jeanne)
	9:00 AM - 11:30 AM	Art (Jeanne) AM
	9:00 AM - 11:30 AM	Drawing (Caren)
	10:30 AM - 11:30 AM	Tai Chi (Ruth)
	12.30 PM - 3:00 PM	Art (Jeanne) PM
<b>FRI</b>	12:30 PM - 3:00 PM	Porcelain Art (Anne T3, Zilla T4)
	1:00 PM - 2:30 PM	Yoga Intermediate
	9:00 AM - 11:30 AM	Next Step Drawing (Christine) FRI
	9:00 AM - 11:30 AM	Oil & Acrylic (Paul) AM
	9:00 AM - 10:00 AM	Tai Chi (Rita) 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 - 1:30 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

<b>MON</b>	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 - 11:30 AM	Spanish Conversation Intermediate MON
	11:00 AM - 12:00 PM	French Beginners Plus (Cathleen) MON
	11:30 AM - 12:30 PM	Mandarin Beginners Plus MON
	11:45 AM - 1.15 PM	Tap 'n Jazz 'n More (Jan) MON
	11:45 AM - 1.15 PM	Spanish Conversation Beginners Plus MON
	12:00 PM - 1:00 PM	French Beginners (Cathleen) MON
	12:30 PM - 1:30 PM	Japanese 1
	1:30 PM - 2:30 PM	Japanese 2
	1:30 PM - 2:30 PM	Italian Beginners Plus (Denisse) MON
	2:00 PM - 3:00 PM	Spanish Beginners (Elisa) MON
<b>TUE</b>	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 & Intermediate (Western Version) TUE
	1:00 PM - 2:30 PM	Biography Work: Life Charting ( <i>Term 3 only</i> )
	1:00 PM - 3:00 PM	Chess
	1:15 PM - 2:30 PM	French Intermediate (Christel) TUE
<b>WED</b>	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 Continued
	10:00 AM - 11:00 AM	Latin Beginners Plus
	10:00 AM - 11:30 AM	Walk Around town
	10:30 AM - 12:00 PM	History Through Biography
	10:30 AM - 12:00 PM	Mahjong Beginners & 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 - 3:00 PM	Canasta Five Club – Experienced Players WED
	1:00 PM - 2:30 PM	Life Matters
	1:30 PM - 2:30 PM	Book Club (Liz)

<b>THU</b>	9:30 AM - 10:30 AM	French Beginners (Aline) THU <i>Term 4 only</i>
	9:30 AM - 11:00 AM	Short Story and Contemporary Memoir Writing
	9:30 AM - 11:00 AM	Perth Through a Lens
	10:00 AM - 2:30 PM	Needlework Social Group THU
	10:30 AM - 11:30 AM	French Beginners Plus (Aline) THU <i>Term 4 only</i>
	11:00 AM - 12:00 PM	Meditation (Rhonda)
	11:15 AM - 12:45 PM	English Beginners
	11:30 AM - 2:00 PM	Learn Bridge THU
	12:30 PM - 1:30 PM	French Intermediate (Aline) THU <i>Term 4 only</i>
	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 basic 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 fineliner. Turning everyday objects into an imaginative composition.

## **Decorative Drawing**

*Rod Sinclair*

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.*

### **Paper Craftwork**

*Jim Larkins*

Come to this experimental craft class and learn the art of creating and making your own paper craftworks – projects include paper sculptures and/or three-dimensional collages. Come along with your ideas, pick your project and we'll help you develop these ideas into your craftwork. Paper sculptures are created from unwanted books, magazines, envelopes and newspapers by binding them with glue and moulding into three-dimensional interesting shapes. Three-dimensional collage projects use existing cardboard structures (boxes) designed and decorated to suit your creative instincts. *Materials list available.*

### **Painting**

#### **Painting (Ashleigh) MON**

*Ashleigh Badenoch*

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**

*Anne Blake (Term 3) Zilla Wong (Term 4)*

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*

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 for Beginners**

*Jim Larkins*

Come to these experimental craft-based classes and learn how to compose 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, pillowcases etc or simply for a picture to hang on your walls. Come along and have a go at using our printing press and have some fun whilst exploring your creativity. *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**

*Jeanne McWhirter WED*

This course will cater for the complete beginner to the more advanced student, with ongoing tips and techniques to further your skills. *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 experience is needed. Add an extra dose of joy and positivity to your day with a dance class.

### **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 4 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. 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*

The basis for this class is to explore co-ordination, movement and rhythm. Basic tap dance steps and jazz ballet routines will feature as the major part of the classes, while exploration of other dance styles will be included from time to time. A reasonable level of fitness is a requirement. The more flexible the ankle and foot, the easier will be the learning. The tap technique is Soft Shoe Shuffle. Although this is a progressive class, all-comers are welcome. Skills taught and maintained can be improved and retained. "Fun" is an essential ingredient of all classes. Comfortable clothing is best with lower legs in **clear view**. As steel taps are not permitted in the UCIC buildings, the shoe soles need to be of leather or similar. Rubber soles will impede movement.

## **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,

visualizations and relaxation. No headstands or the shoulderstand 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.

### **Body Story: Finding Your Biography in Your Bones**

*Dale Irving (Term 3 only)*

Underpinning this series of workshops is a belief that our bodies hold keys to our life stories. We will move to music and in silence; by ourselves and with others, to gently enliven the body-mind. Movement and writing along with thoughtful conversation are ways to access a deeper awareness of our past and future paths. They are ways to help us explore our biographies. This is an invitation to experiment in a safe and comfortable environment, allowing the body to 'speak'. Wear comfy clothes that allow movement and bring a journal for your writing.

### **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 suitable for all levels.

## **Perth Through a Lens**

*Chandra Gastev*

If you like photography and are interested in the beautiful buildings we have around Perth, then this course is for you. The aim of this course is to provide the basic information for people who may have a camera but are not confident using it. It is not designed for users of mobile phones but more for those who have cameras and an interest in history/architecture. We will begin in the classroom learning the basics of our cameras and practicing some skills, then as the term progresses, we will head out to take photos of the beautiful buildings around the City. Participants will need to bring their camera with them to each session, ensuring they have a charged battery and space on their memory card. It would be advisable for each participant to bring their camera manual with them if possible. Some walking to local buildings is involved in this class.

## **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.

# 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.***

## **English**

### **English Beginners**

*Julie Holt*

Learn to read and spell in friendly easy-going lessons. The focus will be on the basics: phonics, listening and speaking



## **French**

### **French Beginners**

*Cathleen Palmer (MON) Term 3 & 4/ Aline Arisoambolanoro Term 4 only (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**

*Cathleen Palmer (MON) Term 3 & 4/ Aline Arisoambolanoro Term 4 only (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) Term 3 &4 / Aline Arisoambolanoro Term 4 only (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 Beginners Plus**

*Julia Bush*

Learn the basics of German. Continuing on from 2022, working from the Usborne Internet linked book *Easy German* by Fiona Chandler, Katie Daynes and Nicole Irving. It is easy to understand with a lot of pictures, learning poems and songs.

## **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 an introduction to the Italian language and culture. The emphasis will be on pronouncing and speaking simple but relevant sentences 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*

For students with some knowledge of Latin, the 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.

### **Mandarin Beginners Plus**

*Katherine Cheng*

Introduction to listening skills, simple phrases, greetings as well as a background of culture and history. Basic elements of spoken Mandarin.

### **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 Casa*

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 less than 2 years Spanish experience.

## **Spanish Conversation Intermediate**

*Mara Delgado Casa*

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*

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.

### **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.

### **History Through Biography**

*Jim Pollock*

This class is for those who love history and would like to collect stories from individuals with a connection to that history. We aim to interview, record, and publish individual stories worth telling. Exactly what and who will be up to class members. We will work collaboratively in class to support each other through all stages of the process. If you want to find and write the stories of others, this is the class for you. Access to a smart phone and a computer is beneficial, but not essential.

### **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 e-mailed 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.

### **Short Story and Contemporary Memoir Writing**

*Damian Doyle*

With an emphasis on collaboration by all attendees, this class uses expressive writing to develop our stories and anecdotes.

## **THE ARTS**

### **Sing Along**

*Cathleen Palmer & Karen Dick*

A fun class for singers and non-singers. All welcome. A variety of songs each week, representing different eras and styles.

### **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.)

### **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**

### **Bridge**

#### **Learn Bridge**

*Sandra & Don Sutton-Mattocks (MON & THU) & Sue Levy (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 MON**

*Barry Etherington (MON)*

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 Continued**

*Eenie Khoo*

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. No beginners.

### **Mahjong (Western Version)**

#### **Mahjong Continued 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 TUE & WED (Western Version) Term 3 only**

*Penny Searle Hellens/Sue Tomasz*

Learn to play in this beginners 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     \$90 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, EFTPOS.

Please make cheques payable to: **Uniting Church in the City**

## **REFUND POLICY**

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

**No refunds will be given due to non-attendance after the commencement of term.**

## **ABSENTEE POLICY**

If a student is absent from a fully booked class for 3 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 requires all attendees to provide proof of at least 2 doses of COVID-19 vaccination to attend their premises. This includes attending all classes at TSFS. Students enrolling in TSFS classes will be required to show proof of their COVID-19 vaccination, or evidence of medical exemption from the COVID-19 vaccination.

### **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 3 & 4 2023 will commence processing from **Monday 19<sup>th</sup> June** for existing students only.

New students' enrolment forms will be processed after the first batch of enrolment forms belonging to existing students (submitted 12<sup>th</sup> – 18<sup>th</sup> June) 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 1 & 2 2024 enrolments will be made available during Term 4 2023.

### **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.

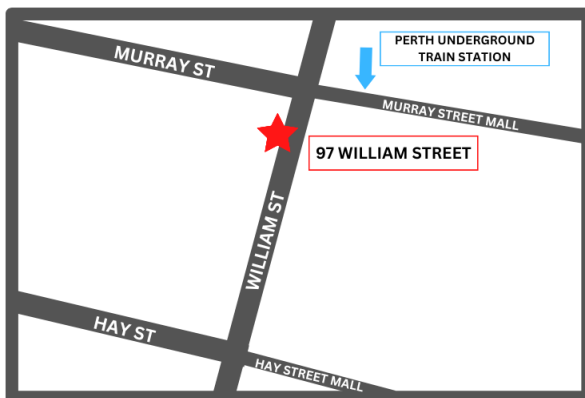
**Q = Queens Building**

**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](http://www.perthunitingchurch.org.au/tsfs-student-charter), or collect from TSFS Reception.

*Front Cover Artwork: Gum Blossoms, by Dianne Orman*



## **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](mailto:Reception@tsfs.org.au)

[www.perthunitingchurch.org.au](http://www.perthunitingchurch.org.au)

Office Hours: Monday to Friday 9am – 3pm (during term dates)