



# TRINITY

## SCHOOL FOR SENIORS

2025

## Course Information

For Adults 60 Years and Older

**Term One** 3 February - 28 March

**Term Two** 28 April - 20 June

*Companionships 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 celebrated its 45<sup>th</sup> anniversary in 2024. TSFS currently provides over 80 courses for 400+ students, five days a week 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 Uniting Church in the City (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 Committee 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.

TSFS reserves the right to review your enrolment status if you are found to be in breach of this charter and may cancel your enrolment.

# ENROLMENT PROCEDURE

Enrolments do not carry over from 2024 to 2025.

This Course information Brochure includes the details for the Term One and Two program and is not an enrolment form.

Enrolment Forms for Term One and Two will be available from Monday, 18<sup>th</sup> November when enrolments open.

*No bookings will be accepted prior to this date.*

## HOW DO I ENROL FOR TERM THREE AND FOUR?

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.perthunitingchurh.org.au/enrolment](http://www.perthunitingchurh.org.au/enrolment)

### Email to:



[Reception@tsfs.org.au](mailto: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.*

Enrolments are processed in the following order:

1. Priority Enrolments (Life members, aged over 90 etc)
2. Existing students whose forms, either hardcopy or online were received during the first week of enrolments
3. New students whose forms, either hardcopy or online were received during the first week of enrolments
4. All remaining forms received after the first week of enrolments.

Enrolments open on 18<sup>th</sup> November 2024. All forms received between the 18<sup>th</sup> and 24<sup>th</sup> November will be held together then processed **in a random order** from 25<sup>th</sup> November for existing students only.

Next, new students' enrolment forms received between 18<sup>th</sup> and 24<sup>th</sup> November will be processed after the first batch of enrolment forms belonging to existing students have been processed.

All forms received after the 24<sup>th</sup> November will be processed in the order they are received, regardless of whether they are a new or existing student. This only happens after all the forms from the first week of enrolments 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.

Please note that we do need to receive an enrolment form in order to process your request. An email asking for certain classes is not sufficient and won't be accepted, but an email with the completed form attached will.

Term 3 & 4 2025 enrolments will be made available during Term 2 2025.

# CLASS SCHEDULES

Below are the schedules for our Term 1 & 2 2025 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>	9:30 AM – 12:00 AM	Art (Rod)
	9:30 AM – 12:00 PM	Next Step Drawing (Christine) MON
	9:30 AM – 12:00 PM	Painting for Pleasure (Janice)
	12:30 PM – 3:00 PM	Painting (Lyn) MON
	12:30 PM – 3:00 PM	Soft Pastels & Drawing MON
	12:30 PM – 3:00 PM	Watercolour, Pen & Wash (Tony) MON
<b>TUE</b>	9:00 AM – 11:30 AM	Art (Caren) AM
	9:00 AM – 11:30 AM	Mixed Media a Different Way (Lyn)
	12:30 PM – 3:00 PM	Art (Caren) PM
	12:30 PM – 3:00 PM	Soft Pastels (Lyn) TUE
<b>WED</b>	9:00 AM – 11:30 AM	Acrylic & Mixed Media Painting (Hazel)
	9:00 AM – 11:30 AM	Painting (Paul) AM
	9:30 AM – 12:00 PM	Watercolour, Pen & Wash (Tony) WED
	12:30 PM – 3:00 PM	Painting (Paul) PM
	12:30 PM – 3:00 PM	Decorative Drawing (Rod)
<b>T</b>	9:00 AM – 11:30 AM	Art (Caren) THU
	12.30 PM – 3:00 PM	Porcelain Art
<b>FRI</b>	9:00 AM – 11:30 AM	Oil & Acrylic (Paul) AM
	9:30 AM – 12:00 PM	Next Step Drawing (Christine) FRI
	12:30 PM – 2:30 PM	Whittling and Carving (PM)
	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
	9:00 AM – 10:30 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 – 11:00 AM	Spanish Conversation Intermediate
	10:30 AM – 11:30 AM	Mandarin Beginners
	11:00 AM – 12:00 PM	Spanish Conversation Beginners Plus
	11:30 AM – 12:30 PM	Mandarin Continued
	11:30 AM – 12:30 PM	Italian Beginners
	11:45 AM – 1.15 PM	Tap 'n Jazz 'n More
	12:30 PM – 1:30 PM	Japanese 1
	12:45 PM – 1:45 PM	Italian Intermediate
	1:00 PM – 2:00 PM	Tai Chi (8 form for beginners)
	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 Plus (Elisa) MON
	<b>TUE</b>	10:00 AM – 11:00 AM
10:00 AM – 11:45 AM		German Discussion Group (Christa) TUE
10:00 AM – 11:30 AM		Origami – Paper Folding
10:00 AM – 11:30 AM		Drama – Playing at Being Human
11:00 AM – 12:00 PM		Spanish Intermediate (Isabel) 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 – 2:30 PM		Biography: Life Charting ( <i>Term 1</i> ) Life Celebration ( <i>Term 2</i> )
1:15 PM – 2:30 PM		French Intermediate (Christel) TUE
<b>WED</b>		9:00 AM – 10:30 AM
	10:00 AM – 2.30 PM	Needlework Social Group WED
	10:00 AM – 12:00 PM	Eastern Mahjong Beginners ( <i>Term 1 only</i> )
	10:00 AM – 12:00 PM	Eastern Mahjong Club
	10:00 AM – 11:00 AM	Latin Beginners Plus
	10:00 AM – 11:00 AM	Line Dancing
	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
	12:15 PM – 1:15 PM	Life Writing (Ruth) WED
	12:30 PM – 3:00 PM	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)

## Classes in the Queens Building (Contd.)

<b>THURS</b>	9:30 AM – 11:00 AM	Memoir Writing Introduction
	9:30 AM – 11:00 AM	Conversational English
	10:00 AM – 2:30 PM	Needlework Social Group THU
	10:30 AM – 11:30 AM	French Beginners (Dallas)
	10:30 AM – 11:30 AM	Tai Chi (Ruth)
	11:00 AM – 12:00 PM	Meditation
	11:30 AM – 2:00 PM	Learn Bridge THU
	12:15 PM – 1: 15 PM	French Beginners Plus (Aline)
	12:30 PM – 2:30 PM	Creative Writing
	1:00 PM – 2:30 PM	Yoga Intermediate
	1:15 PM – 2:15 PM	French Intermediate (Aline)
<b>FRI</b>	9:00 AM – 10:00 AM	Tai Chi (Rita) FRI
	10:00 AM – 11:00 AM	Ukulele Beginners
	11:00 AM – 12:00 PM	Sing Along
	12:30 PM – 2:00 PM	Singing/Ukulele Jam Group
	1:30 PM – 2:30 PM	Dance Fitness Fusion

# ART & CRAFT

***Material lists for art classes 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 (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)*

Welcome to the most portable of all the art mediums. All you need is something to draw with and something to draw on.

We cover a variety of skills and techniques, styles and media, turning basic drawings into imaginative purposeful artworks.

All drawers are welcome from those who haven't drawn since primary school to those who have kept at it.

## **Decorative Drawing**

*Rod Sinclair*

This 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)*

Next Step drawing classes are primarily for those students returning to my classes. In these classes students have demonstrated their confidence in making basic contour drawings.

I propose projects for the students to use their drawing skills to compose imaginative and purposeful artworks.

Beginners are welcome to join as there is no pressure to follow the project suggestions and as your tutor I am happy to guide all students on their creative drawing journey.

## **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**

### **Acrylic & Mixed Media Painting - Exploring your Creative Expression**

*Hazel Barnes*

The process of painting is a deeply engaging, therapeutic experience that enables you to explore and express your individual creativity. The various techniques and mediums of painting allow a wonderfully diverse approach from hyper-realism to pure abstraction and everything in between. This is a very social painting class suitable for all skill levels from experienced to complete beginner where you can bring your own projects to work on and receive individual guidance and support as required, as well as enjoy some group demonstrations. Bring an open mind, an open heart and a sense of humour and experience the magic and serendipity of the creative process.

### **Painting for Pleasure MON**

*Janice Oliver*

Come as you are on a creative painting journey with us, either painting in acrylics or watercolours. Our group has a relaxed vibe. Everyone is welcome, whether a beginner or experienced artist.

If a beginner, it's probably easiest to work in acrylics, as you can paint in layers. Water colours you will have less control, so expect some lovely surprises.

Our class begins with a fun creative exercise or skill building session. Each week or two we will study a famous artist and learn about their lives and how to apply their techniques to our own painting style.

Or bring along your own project and paint it over a few weeks. We will paint from life or our own photographs, thereby creating our own unique masterpieces!

### **Painting (Lyn) MON**

*Lyn Williamson*

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

### **Painting (Paul) WED AM & PM**

*Paul Innes*

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**

*Zilla Wong*

Using porcelain as your canvas, you can decorate useful items which are fired for permanency. 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. This class is open to everyone regardless of your skill level. Please refer to course materials list from the Office and come prepared.

*Materials list available.*

### **Soft Pastels**

#### **Soft Pastels and Drawing 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. This class is also open for students who wish to focus on drawing in pen and pencil. *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.*

## **Whittling and Carving**

*Garry Iles*

Come along and try your hand at the addictive and tactile art of Whittling. We are a friendly group of enthusiasts who would love to meet you and show you how, with a few simple techniques, you could carve all sorts of critters, patterns or people.

We'll take you through basic knife skills, safety aspects, tool maintenance, wood selection and much more. If you have tools bring them along, otherwise for beginners, we have some tools for you to try your hand. In no time, you'll be hooked!

# **FITNESS**

## **Dance**

### **Dance Fitness Fusion Beginners**

*Anibeth Desierto*

Each session will start with a short warm-up of stretches and breathing exercises based on ballet & yoga to make it easier to move across the floor and maintain balance. The next stage will be a combination of dance moves based on Latin dances (such as salsa and cha-cha-cha), swing, jive, ballroom and cultural dances (Hispanic and Eastern dances) as the sessions progress. Comfortable clothing and footwear (with no

heels) are recommended. Joy and fitness are important and that's what we aim for in these classes which are based on the dance instructor's work at WAAPA and dance shows for 20 years. Keep fit, dance and enjoy!

## **Line Dancing**

*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 but not essential. Add an extra dose of joy and positivity to your day with a dance class.

## **Tap 'n Jazz 'n More!**

*Jan Hooker*

Exploring coordination, movement and rhythm to a wide range of musical styles resulting in tap and jazz ballet routines, form the basis of this class.

Basic tap dance steps and jazz ballet routines are a major feature. Other dance styles are introduced as part of the 'n More component. All done with another essential ingredient, FUN!

Soft Shoe Shuffle best describes the technique as steel taps are not permitted in the UCIC buildings.

Shoe soles of leather or similar, are best for movement, sound and safety. Some previous dance experience helpful, not essential.

## **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 (8 Form for Beginners)**

*Jeff Mann*

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.

### **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 practice regularly. At the beginning of each class, students will also be introduced to Tai Chi breathing exercises. It is essential to wear clothes and footwear that do not restrict movements.

### **Yoga Intermediate**

*Gailene Wester*

Improve your flexibility, strength and overall wellbeing with yoga. Learn how to connect your mind, body and spirit for a rejuvenating and relaxing experience. This class combines breathing exercises, a variety of different yoga poses and closes with mindful relaxation. This class requires you to be able to get up off the floor unaided. Please wear comfortable clothing and bring your own mat.

## **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. Through interactive workshops, students can share their individual

experience, challenges, discuss and explore practical strategies to resolve differences in a safe environment.

This course offers an understanding of what conflict is and how it arises. Each term focuses on specific skills that are essential to resolving conflict constructively, resulting in sustainable outcomes. The aim is helping you to build a toolbox with which you have the confidence to deal with different situations and issues.

Term 1 focuses on basic understanding and potential implication of conflict to individuals and relationships if not managed appropriately. Through understanding of different perspectives, students can better understand how to prevent the defensive spiral and way to deescalate the initial difference into full scale conflict with destructive results.

Term 2 focuses on building the conflict resolution toolbox. It provides both basic and in-depth skills and strategies to finding workable and sustained solutions to resolve or manage differences. Students will have opportunities to practice these skills.

## **Life Matters**

*Valerie Lee*

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 a 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.

## **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.

## 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.***

### **Conversational English**

*Liz Williams*

If English is your second language, have fun learning conversational English with a focus on your hobbies, interests and needs. You will learn phrases and vocabulary for real life experiences when speaking, listening, reading and writing, often in role play scenarios.

### **French**

#### **French Beginners**

*Dallas Magann (Thurs)*

This is an introductory course for beginners with limited French language experience. Through simple stories and short dialogues students will be introduced to basic grammar and pronunciation whilst gaining confidence to delve further into the language. The aim is to discover the joy of learning a foreign language whilst having fun.

#### **French Beginners Plus**

*Aline Arisoambolanoro (Thurs)*

French for Beginners Plus at TSFS is for students with a limited knowledge of French. This course focuses on building a solid foundation in French language, enabling students to communicate in French, handle basic interactions and understand simple texts. Students improve their skills in reading and pronunciation of new words in a relaxing atmosphere. Suitable for those with at least 1 year of French learning.

#### **French Intermediate**

*Aline Arisoambolanoro (Thurs)*

French for Intermediate at TSFS is for students who already can express their ideas in French and are able to understand conversation and texts of low difficulty. However, this is a significant step towards fluency and comprehension with greater ease. The companionship

environment helps students to build competence and confidence. In other words, “conversation oriented, grammatical points if needed”

### **French Intermediate**

*Christel Bouton (Tue)*

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. Not suitable for complete beginners

#### **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.

### **Italian**

#### **Italian Beginners**

*Denisse Scasserra*

Have you always wanted to learn the beautiful Italian language but never got around to doing so? Well, this is the course for you, Italian Beginners! You will learn useful phrases and essential Italian vocabulary so you can start conversing. This course includes listening, reading, speaking and writing tasks.

## **Italian Intermediate**

*Denisse Scasserra*

This course is for students wanting to continue learning the Italian language and understanding its rich traditions and culture. As it is an intermediate 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. New students will preferably have done Italian Beginners at TSFS or had at least a year of Italian language learning. Not suitable for beginners.

## **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 Plus**

*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. As this is a beginners plus class, it is best suited to those with at least a year of Spanish learning and is not suitable for complete beginners.

### **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

## **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*

A class for those who wish to find ways to express themselves, their stories and the stories of others in writing. It covers the basics of expression and will give help to achieve your writing goal.

## **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.

## **Memoir Writing**

### **Life Writing**

*Ruth Newman*

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

## **Memoir Writing**

*Jim Pollock*

“Memories are for you. Stories are for your reader. “This class is about how to tell a story about parts of your life – called Memoir.

You will acquire the tools you need to build structure in your writing so a reader will not get lost and will enjoy your story. You will be offered the chance to apply the learning weekly and receive helpful and constructive feedback from other class members. Basic word processing skills are all you need to be involved.

## **Poetry Appreciation**

*Louise Hodge*

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.

# THE ARTS

## **Drama – Playing at Being Human**

*Dr. Dale Irving*

Using drama, movement, creative writing, conversation and improvisation to explore life experiences. Humour and kindness will be our guides as we share stories from our life phases. We will travel together in the wonder of being human.

This course will be flavoured by both Biography Work and Drama: playing at being human which Dale ran in 2024. But the only requirement is interest in trying something new and working with other folk.

## **Singing/ Ukulele Jam Group**

*Joe Wisniewski*

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. 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 some backing music. 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 some backing music.

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

### **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 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**

*Barry Etherington (MON)/Penny Searle Hellens (WEDS)*

The Club is on Mondays and Wednesdays. This class is designed for experienced players who do not require tuition. 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.

## **Eastern Mahjong**

### **Eastern Mahjong Beginners**

*Doug Hellens (Term 1 only)*

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. Suitable for beginners who would ideally complete one term of beginners then move into the club in term 2 to continue playing.

### **Eastern Mahjong Club**

*Doug Hellens*

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.

## **Mahjong (Western Version)**

### **Mahjong Continued (Western Version) WED**

*Sue Tomasz*

This class is for players with Mahjong skills above Beginner level. Improve or refine your skills in this ancient Chinese game. Enjoy the opportunity to catch up with other players or meet new people in a relaxed, friendly and supportive environment. All equipment is provided.

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

*Penny Searle Hellens TUE (Term 1 only)*

*Sue Tomasz WED (Term 1 only)*

Learn how to play Western Mahjong in a relaxed beginner's class. This intriguing game will stimulate your brain, improve your memory and offer an opportunity to meet new people in a friendly and supportive setting. If you have not tried playing Western Mahjong before, now is the time to do so! Players can continue to further practise their new skills if they enrol in Mahjong Continued or Intermediate in term 2. All equipment provided.

### **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. (You may enrol the term you turn 60)

## **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 if a place is available.

## **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.

## **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.

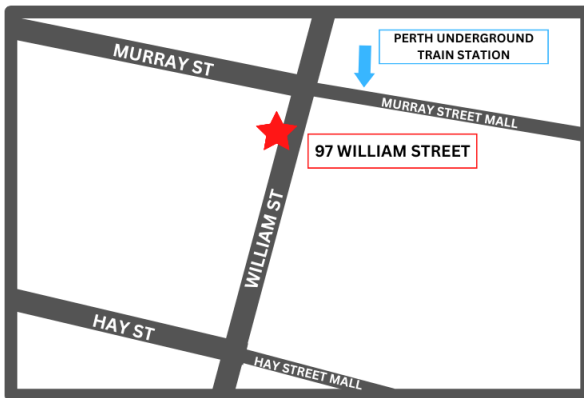
**Q = Queens Building**

**T = Trinity Building**

## Queens Building – 97 William Street, Perth

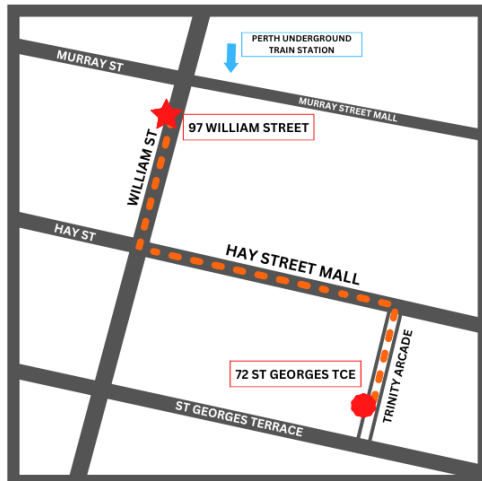
TSFS Reception is located on Level 1.

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 collected 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](mailto:Reception@tsfs.org.au)  
[www.perthunitingchurch.org.au](http://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*