



Trinity School For Seniors
Companionship through Learning
For the over 60's

8—24 January 2019

New Students Welcome
 A \$2 donation to be paid to
 Tutor on arrival to each class

Are you over 60 and looking for a place to grow and interact? Would you like to be part of a unique community that nurtures *Companionship through Learning*? Trinity School for Seniors is committed to helping West Australian senior citizens participate in a wide range of classes that will be intellectually stimulating; we offer opportunities to exercise creativity, to learn a new language or practice a hobby or craft in a group. We encourage students to maintain their physical activity and also to take time to catch up with friends. There are no exams and no certificates of achievement. There is a great deal of fun, laughter and support for one another. Join in our Summer School activities to experience what TSFS has to offer!

TUESDAY CLASSES

Origami — Bring the Grandkids!

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

Come by yourself, bring the grandkids or a friend and discover the wonders of Origami—the art of paper folding. Learn the techniques to transform a piece of paper into an interesting object, for example a flower, bird or a fish. Improves hand-eye coordination and fine motor skills. *Materials provided, no previous experience necessary. Bring a carry bag to take your models home.*

Spanish Conversation

Isabel Lopez 9:30am—11:00am
Queen's Board Room

Students must have a basic understanding of Spanish. Beginner Plus level is recommended.

Spilling the Ink into Poetry and Paragraphs

Jann-Angeline Rose 10:00am—11:00am
Betty Creagh Lounge, Trinity Building

Create a poem or paragraph or two in these informal sessions. Prompts and pictures will be given to ignite the Muse in you. *Please bring along pen and paper.*

Let's Talk

Friedrich Funke 11:00am—12:00pm
Betty Creagh Lounge, Trinity Building

Topics are everywhere, let's find them! From the serious to the light-hearted topics, come along and let's talk.

Please note: talks will be on 15 and 22 January only.

Book a place at Reception, limited space available.

German Conversation

Christa Kaltenbrunn-Long 11:00am—12:30pm
Queen's Board Room

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

Still Life Drawing or Painting

Melvyn Scholtz 11:30am—2:00pm
Trinity Main Hall

Bring your paper, pencil, charcoal, pastels or paint and enjoy doing art together with other students. It is a good exercise to teach students to work faster. A different still life will be set up each week.

Move with Grace & Balance

Dorothea Bassett 12:15pm—2:15pm
Betty Creagh Lounge, Trinity Building

The *Move with Grace and Balance* program focuses on our ability to train our senses – especially our natural ability of seeing, hearing and moving. It helps prevent falls, it enhances cognitive skills and improves the quality of life for all participants. We have to exercise our brains to keep them functioning at optimum level. This is best done by co-ordinated movement, activities that combine movement with cognitive skills. So the participants will move and play with many tools. We will use BRAIN GYM! Methods include strengthening exercises for the lower body, balance exercises and integrative, fun activities that progressively challenge the participant's balance and brain in a safe environment.

Book a place at Reception, limited space available.



There are no formal enrolments for Summer School and this enables students the freedom to join in with classes of their choice. Our tutors are volunteering their time, but we do ask for a **\$2 donation per class**. The money we raise during Summer School will be used to offset the running costs of the School in 2019. There is a wide variety of activities to suit everyone and new students are welcome, so it's a great time to introduce a friend to TSFS!

Please note: **Booking is required for some workshops** like the Wednesday Talks (for catering purposes) or other classes (due to limited seats).

WEDNESDAY CLASSES

Watercolour Painting

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

This will be a still life painting class with Jeanne. Theme: "The Positives of Negative".

Come and challenge yourself—some watercolour painting experience needed.

Please bring:

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

Walking Tours

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

Walking tours will be to various suburbs around Perth. Departing from the Trinity Lunch Room at 9:30am (located in Trinity Arcade, 72 St Georges Terrace, Perth).

Walking destinations will be advised closer to the date.

Book a place at Reception, limited space available.

Handcrafts

Faye Etherington 9:00am—12:00pm
Trinity Main Hall

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

Ukulele

Joe Wisniewski 10:00am—11:00am
Betty Creagh Lounge, Trinity Building

Ukulele for everyone. Come and join in the fun of playing together. *Beginners welcome and don't forget to bring your own ukulele!*

Gallery Walk — Wednesday 9 January

Rodney Sinclair 10:00am—12:00pm
Art Gallery of WA

Come and join Rod for a walk through the Art Gallery of Western Australia to have a look at current exhibitions from an artist's perspective. Will also drop into PICA (Perth Institute of Contemporary Arts) if time permits. Discussion at a local coffee shop afterwards. Meet Rod at 10am in the foyer of the Art Gallery of WA. *Entry to the Art Gallery is free, but we do ask for a \$2 donation as part of the Summer School program. Please note: The Gallery Walk will be held on Wednesday 9 January only.*

Book a place at Reception, limited space available.

Harmonica for Beginners

Joe Wisniewski 11:30am—12:30pm
Betty Creagh Lounge, Trinity Building

Come along and learn to play the harmonica.

Students need to bring their own harmonica and please note the harmonica needs to be in the key of C.

French Conversation Advanced

Christel Bouton 10:00am—12:00pm
Queen's Board Room

Students with an extended knowledge of French are welcome to join this class.



WEDNESDAY TALKS

Complimentary Morning Tea served at conclusion of each talk

Home Care Information

Amanda Davies

Cost \$2 donation at the door

Accessing the right care at home can be confusing and sometimes a little overwhelming. Enrich Living aim to raise awareness about what home care options are available to seniors, from the government, mostly at no cost to them. This information session will give you the advice and resources to confidently acquire home care support at little to no cost, just by understanding what is freely available to you through government initiatives.

9 January 2019

10:00am —12:00pm

Queen's Main Hall

Downsizing in Retirement

Lisa Richards

Cost \$2 donation at the door

Thinking of downsizing in retirement? This presentation, by the Senior Housing Advisory Centre (SHAC), aims to explore the options available to homeowners who are looking to downsize to a more manageable or suitable home.

Please note the SHAC is a free, independent information and advice service covering the full range of housing options for seniors in WA. The SHAC does not directly offer housing, or provide financial and legal advice, but can be an invaluable source of information for seniors and their families.

16 January 2019

10:00am—12:00pm

Queen's Main Hall

A Writer's Experience

John Bardsley

Cost \$2 donation at the door

John is a current student at TSFS and has had the opportunity to write a book and to do research for two others. He will come and share his writing experience with us: "I worked for a company that encourages pastors who are starting churches in places with opportunity for Christian outreach. I got interested in one particular area in Senegal, West Africa, and I started to encourage them and pray for them, and I enthused sixty others to join in. I started a small monthly news release to keep everyone posted with the latest developments. After some years as the two tiny churches started to grow, the International Director asked me to write a book about it." John has also done background research for a children's book and a book about every country in the world. Join John in discussion on the process of writing and publishing your story!

23 January 2019

10:00am—12:00pm

Queen's Lecture Room

CLASSROOM LOCATIONS

TSFS classes are conducted from the following two buildings:

Trinity Building

72 St Georges Terrace, Perth

Reception is located on Level 1, Trinity Arcade

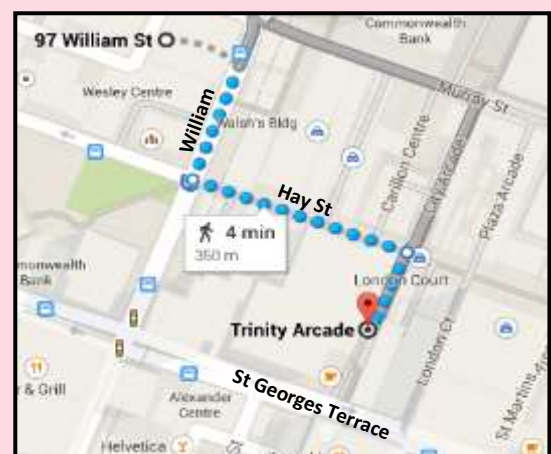
All classrooms are located on the Ground Floor, Trinity Arcade



Queen's Building

97 William Street, Perth

All classrooms are located on Level 1



Please note: Any queries whilst attending classes at the Queen's Building must be directed to Reception in the Trinity Building. Please DO NOT refer to the UCIC Reception Office.



THURSDAY CLASSES

Collaborative Creative Painting

Anke Martins 9:00am—12:00pm
Trinity Main Hall

Come and try something different. We will be painting on a couple giant canvases together the first two weeks. Paints and canvas will be supplied. An example of what we are going to do is available at Reception.

Week 3—Follow my lead: Cynthia Haumann will be leading us in painting Emus. Bring a separate canvas for this class.



Finishing Time

John Ballard 9:00am—2:00pm
Trinity Main Hall

Would you like more time to finish off your painting? If so, then this is the class for you. Come and use the space and take the time to sit with fellow artists.

Note: No tutor present / Other classes will be running during this time so this will be a quiet painting session.

Games Morning

Daphne Davies 10:00am—12:30pm
Trinity Lunch Room

Feel like playing some games with friends? Team up with Daphne in the lunchroom to play scrabble, Numero, French Scrabble, Banana's and the card game Rummy King, or bring your own game.

Creative Writing

Maureen Black 9:00am—10:30am
Betty Creagh Lounge, Trinity Building

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

A Walk Around Paris

Maureen Black 10:30am—12:00pm
Betty Creagh Lounge, Trinity Building

Come and watch a DVD by the curator for the Louvre Museum. Ideal for students wanting to visit Paris.

Oriental Brush Painting for Beginners

Beata Fung 12:30pm-2:00pm
Trinity Main Hall

This class is for Beginners: Learn the basic differences on popular kinds of paper, brushes, strokes, inks and paints. *Materials will be supplied.*

Porcelain Art

Ruth Robartson 12:30pm—2:30pm
Trinity Main Hall

Learn how to decorate porcelain ware. Any design can be painted and fired for permanency. Bring along a small item to paint on or some are available at discounted prices from the tutor. *Beginners welcome. Basic materials supplied.*

Note: this class will run week 1 & 2 only.

History Alive

Suzie King 1:00pm—2:30pm
Betty Creagh Lounge, Trinity Building

Murder, Mutiny and Mayhem

This Summer School we will look at three significant events in Australian history. Using a range of resources, the background, causes, actions and consequences of each will be explored. Who were the heroes and who the villains? Find out more in:

Session 1: Murder on the Abrolhos Islands 1629

Session 2: Mutiny and More 1789 and 1808

Session 3: Mayhem in the Goldfields 1854

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