



Trinity School for Seniors

SUMMER SCHOOL

Please note:

This is the Summer School 2024 program only. Enrolment forms for Summer School 2024 will be available from Monday 20 November, 2023 when enrolments open. No bookings will be accepted prior to this date.

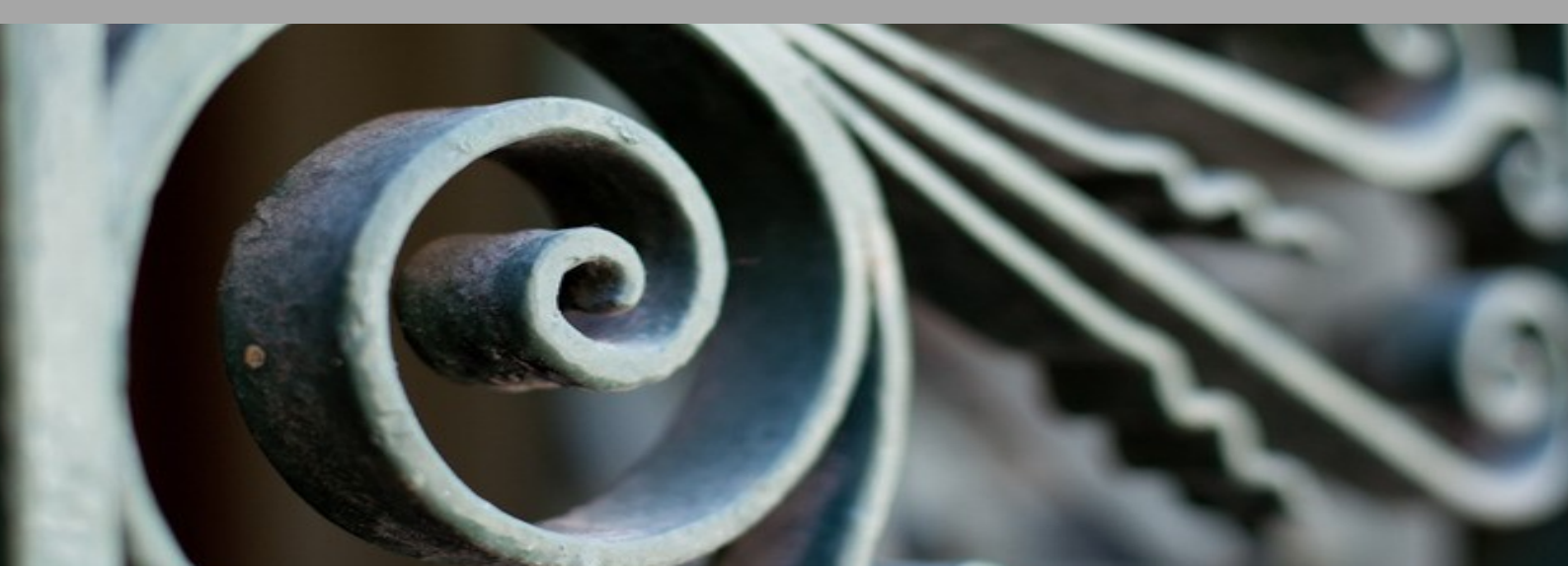


8—25 January 2024



Level 1, 97 William St, Perth, WA 6000 | (08) 9483 1333 | Reception@tsfs.org.au

www.perthunitingchurch.org.au



TRINITY SCHOOL FOR SENIORS

Companionship through Learning

Trinity School for Seniors (TSFS) is a mission outreach of the Uniting Church in the City (UCIC), and is committed to helping adults over the age of 60 to participate in Life Long Learning, and to foster and enhance friendship and companionship on this journey. TSFS functions as an inclusive community facility, to provide education and mutual support to meet the physical, emotional, social, intellectual, pastoral, and spiritual needs of Seniors in the wider Perth community.

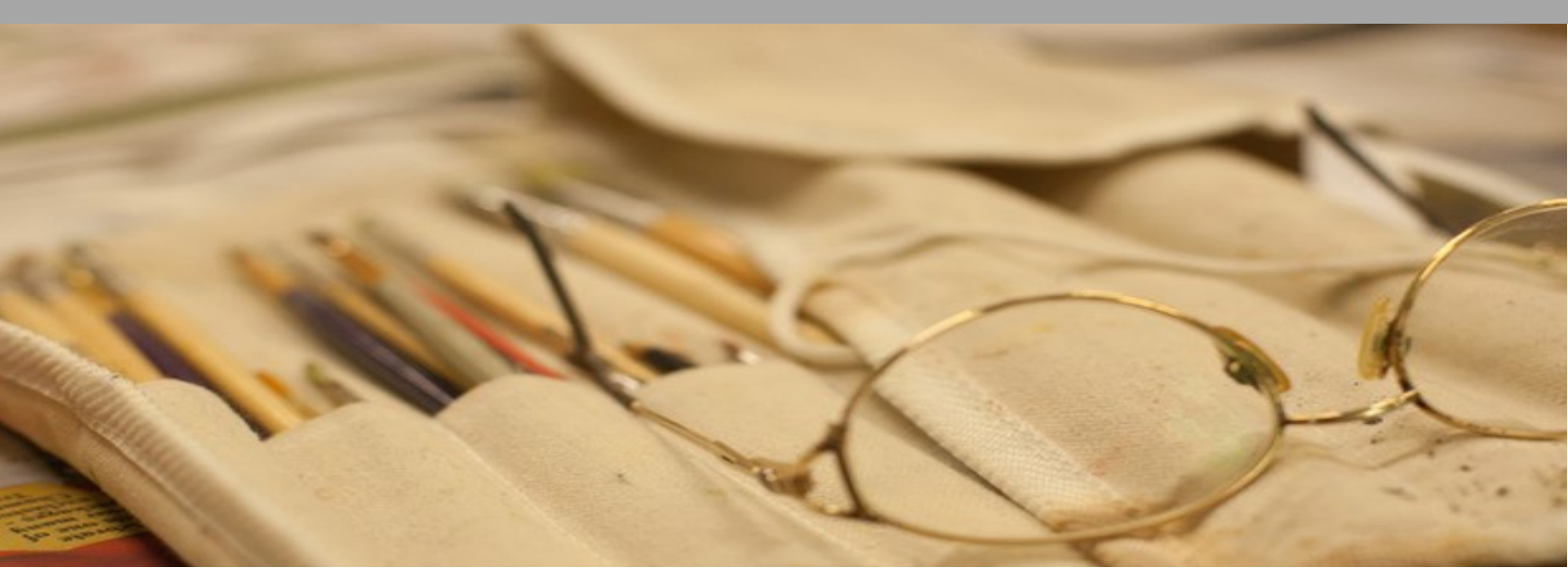
TSFS is grateful for the continued financial and administrative support provided by the Uniting Church in the City, without which, it would not be able to continue.

The school was started in 1979 and this year celebrates its 45th Anniversary of providing 'Companionship Through Learning' to the seniors of Perth. TSFS offers a thriving community of activity, providing over 80 courses for more than 400 attendees five days a week, and over four terms per year, with additional short programs available during the Summer and Winter school holidays.

We hope that you enjoy the classes and activities on offer during our 2024 Summer School program and we look forward to being a part of your life, just as much as you are a part of ours.

All money raised during Summer School is used to offset the running costs of our termly programs or to purchase much needed resources for our school community to use and enjoy.

For over 60's



Welcome to *Summer School*

Trinity School for Seniors offers a casual three week 'Summer School' program during the January school holidays which provides the perfect opportunity to try out a variety of classes that you might not normally consider during term time.

To participate in Summer School activities, please complete an enrolment form to reserve your place in your preferred classes. **Enrolment forms will be made available and accepted for enrolment, from Monday 20 November, 2023.** There is limited availability based on the size of each classroom and thus it is imperative that participants book to reserve their spot. The fee structure for Summer School is a simple **\$2 donation per class**, payable to your tutor on arrival to the class. There are a select few classes that incur a \$12 fee, payable to TSFS Reception prior to your attendance. You will see the following icons referenced alongside each course in this program to assist you in making your selections.



A \$2 Donation is payable to tutor on arrival to the class.



\$12 fee required for attendance at event.
Payable to TSFS prior to event/class date.



Booking required.
Please contact TSFS Reception to reserve your place.



Exercise class/Excursion involving moderate walking or physical abilities.

COVID-19 Vaccination Policy: UCIC recommends all attendees remain up-to-date with their COVID-19 vaccination .

We also welcome new students to the school during Summer School as this short program provides a wonderful chance for members of the public to get a feel for the school and a taste of some of the fabulous courses on offer.

Summer School Program

Workshops



Learned Behaviours *with Christian Long*

Children learn from us by example. Children learn to react to situations based upon how we react to them and they treat people based on how we treat them. Find out the impact of generational imprinting and conditioning and how this affects who we are and why we do what we do.

Presented by Psychotherapist Christian Long.



Monday

8th January

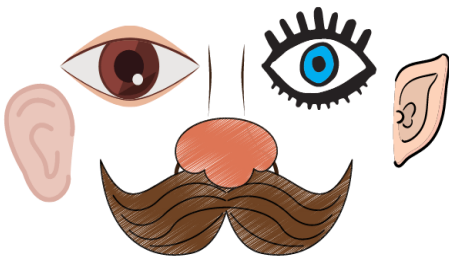
Queens Lecture Room

10am—11am

Judging a book by it's cover *with Christian Long*

Physiognomy is the magical pseudoscience of assessing character and principals from the outer appearance, especially the face. The origins go back to at least 500BC. In this workshop we will investigate the views held by Aristotle and Pythagoras that you can indeed judge a book by it's cover.

Presented by Psychotherapist Christian Long.



Monday

15th January

Queens Lecture Room

10am — 11am



Mini Bridge

with Sandra and Don Sutton – Mattocks

Welcome to Summer School Mini Bridge, an easy to learn, fun social game that is also a gentle workout for the brain, and forms the basis of Contract Bridge if you wish to update your skills at a later stage. Mondays, 9.30 to 11.30. Everything supplied



Monday

Queens Hall

8th, 15th & 22 January

9:30am — 11:30am

Summer School Program

Workshops



Stretch and Strengthen *with 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.

Kath is a counsellor, psychologist and teacher with lived experience of injury & stretching to recovery & previous professional role in workplace injury and rehab.



Monday

Trinity Lunch Room

22nd January

12.30pm—1.30pm



Russian Introduction *with Neil Wakely*

These observations were written for Neil's memoirs, a written record for future Wakely generations.

These observations may now double as a very first introduction to Russia and Russians, for anyone outside the family who may be interested, and for those who may wish to travel there, perhaps these days as a Virtual Tour.



Tuesday

Queens Lecture Room

9 January

11am – 12pm



French Conversation *with Christel Bouton*

Suitable for intermediate and advanced students, this class offers a less formal chance to speak French and explore the French language and culture. A variety of topics discussed around the group.



Tuesday

Queens Boardroom

9, 16 & 23 January

12pm—2pm

Summer School Program

Workshops



Porcelain Art

with Zilla Wong

Come along to a three-day workshop and experience the unique art form of Porcelain Art. This class is open to everyone regardless of your skill level. Learn new techniques or paint what you already know. Communal use of paints will be supplied, though bring along two pieces of white porcelain & pictures of flowers, fruits, birds, small animals, etc, that you would like to paint.



Tuesday, Wednesday, Thursday

Trinity Art Hall

16th, 17th & 18th January

10am—1pm



A Taste of the Black Forest

with Christa Kaltenbrunn—Long

Enjoy some history, some tales and more...
Class conducted in English.



Tuesday

Queens Boardroom

23rd January

10am—11.30am



Celebrating a Life:

Writing Powerful Eulogies with Liz Grey

Writing a eulogy can be a daunting task. This course will explore the art of eulogy writing. We will examine ideas and techniques that may assist students to feel confident about drafting powerful eulogies to celebrate life.



Wednesdays

Queens Boardroom

10th, 17th & 24th January

1.30pm—2.30pm

Summer School Program

Workshops



Needlework Social Group with Faye Etherington

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. Drop in any time between 10am—2.30pm to join this friendly, outgoing group of handcrafters.

If you would like to learn to knit, bring 8ply wool and 4mm or No.8 knitting needles. If you would like to learn to crochet, bring 8ply wool and a 4mm hook.



Wednesday
Trinity Lunch Room

10, 17 & 24 January

10am—2:30pm



Spotlight Poet: Rabia al-Adawiyya with Sarah Berryman

Explore the poetry and the life of one of the saints and great mystics of Sufism, Rabia al-Adawiyya. Alive during the 7th century, Rabia al-Adawiyya is the first woman saint of Sufism and an influential figure in the early history of Islam. From poverty to slavery to sainthood, Rabia al-Adawiyya experienced many hardships and yet was a guiding light to many in their quest for spiritual actualisation. Despite living millennia ago, Rabia al-Adawiyya's teachings and example remains influential to this very day.



Wednesday

Queens Lecture Room

10 January

11:30am—12:30pm



Walking Tours with David Dobb

Walking Tours depart from TSFS Reception at 9.30am, travelling to/from destination via public transport, so don't forget your SmartRider! Come along to explore these stunning locations with commentary from David along the journey. Optional lunch at the end of each walk at the destination.

Tuesday 9 January—Parks of Perth

Tuesday 16 January—Kings Park

Tuesday 23 January — Guildford



Tuesday

Departing from Queens Building foyer at 9:30am

10am—11.30am

(not including lunch)

Book in for one or all three walking tours.

Summer School

Workshops



Watercolour with *Jeanne McWhirter*

Bring all your own supplies—paper, paints, brushes etc. Subject will be provided. Suitable for all levels.



Wednesday

Trinity Art Hall

10 January

9am—2pm



Seascapes Speed Painting with *Paul Innes*

Come and experience the art of speed painting. This will be a fun, fast paced class filled with tips and tricks, as you follow along with Paul. All levels of experience welcome.

Equipment needed:
Canvas (max A3 size), paints (Oil or Acrylic), brushes

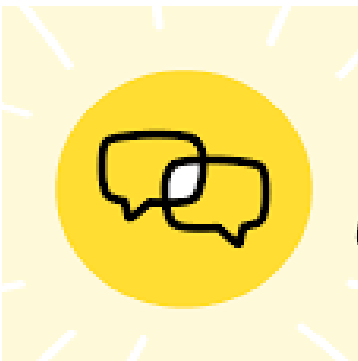


Wednesday

Trinity Art Hall

24 January

10am—2pm



Effective Verbal Communication with *Peter Waller*

An informal and enjoyable get together for people who would like to improve their verbal communication skill in a friendly and easy going environment. All levels of skill welcome. Our main emphasis is to learn from each other and build on our shortcomings.



Thursday

Queens Meeting Room

11, 18 & 25 January

11am—12.30pm

Summer School Program

Workshops



Elder Rights and Information with NSCLC



Come along and explore a variety of topics with the Northern Suburbs Community Legal Centre.

Thursday

Session 1: Elder Abuse and Services

Queens Lecture Room

Find out about the Older People's Rights Service (OPRS) which offers free peer education and legal information sessions to the community. Understand Elder Abuse, get legal and advocacy support and find out who can assist.

11, 18 January 1pm

Session 2: Legal Education

25 January 1.30pm

Enduring power of attorney, Enduring Power of Guardianship, Wills.

Session 3: Avoiding Scams

What can you do to avoid being the target of scammers?

Advanced Care Planning with Palliative Care WA



Although perhaps we don't want to think about it, we all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier for those around you. This process is called Advance Care Planning.

What will be covered?

- What's involved in Advance Care Planning
- Exploring what matters to you and what your priorities are for the last stage of life,
- How to have a conversation about your wishes with your family, loved ones and health care providers.

Thursday

Queens Lecture Room

25 January

9:30am—11:30am



Sing Along



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

Friday

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

Trinity Betty Creagh

12 & 19 January

11:30am—12.30pm

How to get to TRINITY SCHOOL FOR SENIORS

Trinity School for Seniors Summer School classes are conducted from the following two buildings:

Queens Building

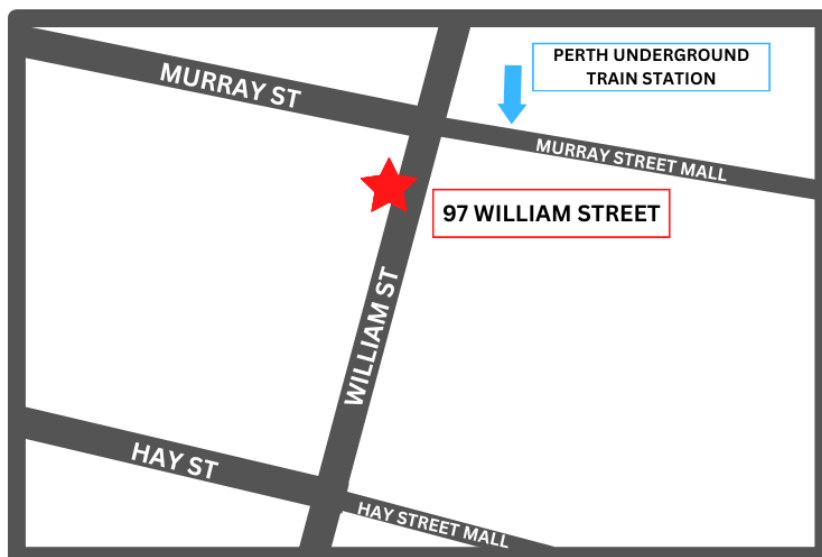
97 William St, Perth WA 6000

All classrooms are located on Level 1 or Level 2 with lift access

Reception is located on Level 1.

Classrooms in this location:

- Queens Board Room
- Queens Lecture Room
- Queens Foyer (as a departure point)



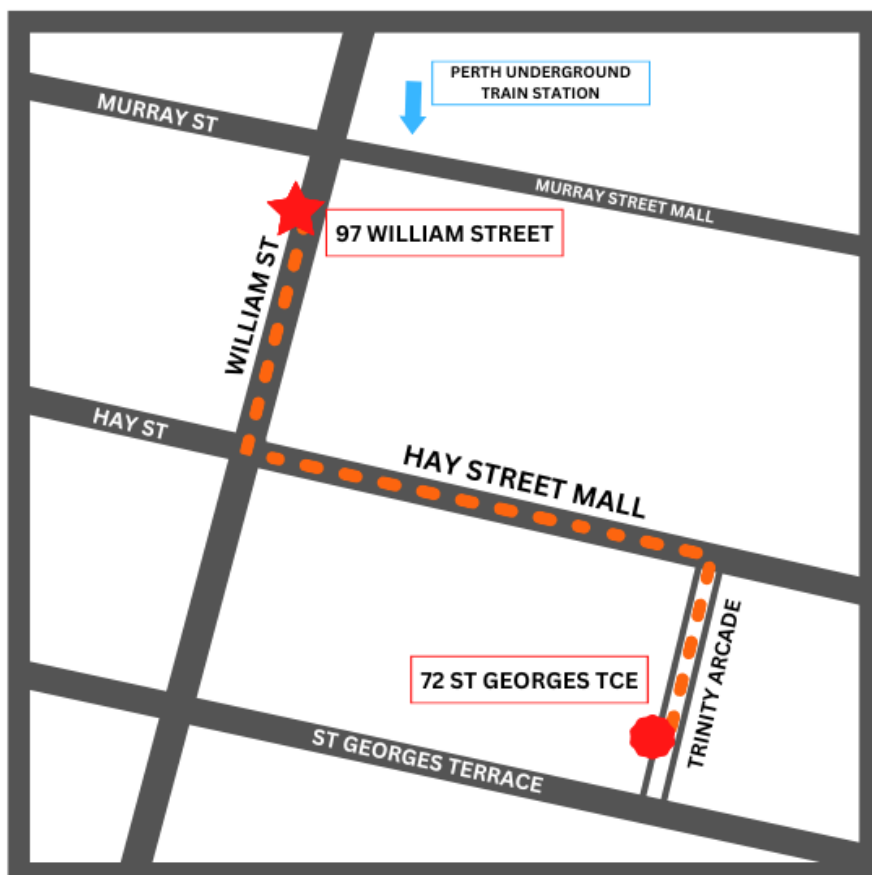
Trinity Building

72 St Georges Tce, Perth WA 6000

All classrooms are located in the Trinity Church buildings, ground floor Trinity Arcade

Classrooms in this location:

- Trinity Lunch Room
- Trinity Main Hall
- Betty Creagh Lounge
- Trinity Church



Summer School

Quick Reference

Summer School Workshop	Workshop Location	Day	Time			
Mini Bridge	Q - Hall	MON 8, 15 & 22	9.30am - 11.30am	✓	✓	
Learned Behaviours	Q - Lecture Room	MON 8	10am - 11am	✓	✓	
Stretch & Strengthen	Q - Hall	MON 22	12:30pm - 1:30pm	✓	✓	✓
Judging a book by it's cover	Q- Lecture Room	MON 15	10:00am - 11:00am	✓	✓	
Russian Introduction	Q - Lecture Room	TUE 9	11am - 12pm	✓	✓	
Porcelain Art	T - Art Hall	TUE 16, WED 17 & THU 18	10am - 1pm	✓	✓	
A Taste of the Black Forest	Q - Board Room	TUE 23	10am - 11:30am	✓	✓	
French Conversation	Q - Board Room	TUE 9, 16 & 23	12pm - 2pm	✓	✓	
Walking Tours	Q - Queen's Foyer	TUE 9, 16 & 23	10am - 11:30am	✓	✓	✓
Needlework Social Group	T - Lunch Room	WED 10, 17 & 24	10am - 2:30pm	✓	✓	
Watercolour	T - Art Hall	WED 10	9am - 2pm	✓	✓	
Spotlight Poet	Q - Lecture Room	WED 10	11:30am - 12:30 pm	✓	✓	
Seascapes speed painting	T - Art Hall	WED 24	10.00am - 2.00pm	✓	✓	
Eulogy Writing	Q - Board Room	WED 10, 17 & 24	1:30pm - 2:30pm	✓	✓	
Advanced Care Planning	Q - Lecture Room	THU 25	9.30am - 11.30am	✓	✓	
Verbal Communication	Q - Meeting Room	THU 11, 18 & 25	11am - 12:30pm	✓	✓	
NSCLC	Q - Lecture Room	THU 11, 18 & 25	1pm (11th, 18th) 1:30pm (25th)	✓	✓	
Sing Along	T - Betty Creagh	FRI 12 & 19	11:30am - 12:30pm	✓	✓	

* T—Trinity Building; Q—Queens Building (refer to previous page for directions)

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



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PO Box X2222, Perth WA 6847
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Office Hours:

Term time - Monday to Friday 9am – 3pm

Holiday time - Monday to Friday 9am – 12pm

