



Launceston School for Seniors Inc.

Course Booklet Term 2, 2024

Registration Days:

Friday: July 26th online from 11.00 onwards

Monday: July 29th 9.30 – 12.00

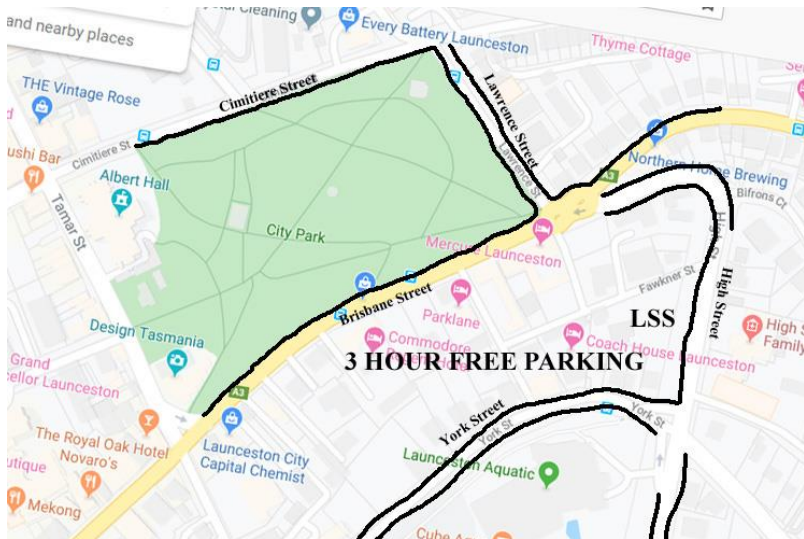
(school assist day for those with limited computer skills)



Term Start: Monday: August 5th 2024

Finish: Monday December 9th 2024

Parking - We are fortunate to have some off-street parking available on our premises at High Street. Nevertheless, these spaces can be filled quite quickly. **There are also some free parking spaces on High Street, York Street all around City Park (Brisbane, Cimitiere, Lawrence St.) with a 3 hour limit.** Please refer to diagram below.



Please drive carefully and park only in designated parking bays. Take care when entering and leaving the High Street premises, particularly at those times when some classes have finished, and the next classes are about to begin. **Pedestrians - for your own safety, please use the pedestrian gate.**



LAUNCESTON SCHOOL FOR SENIORS Inc.

Community Commitment



Introduction

The aim of the Launceston School for Seniors Inc. is to provide and conduct programs which are educationally, vocationally, or socially beneficial for members.

Purpose

To promote a shared understanding of the Community Commitment between all members, including tutors and committee, in their interactions with each other during all Launceston School for Seniors Inc. activities.

Policy

All members can participate in opportunities offered by the Launceston School for Seniors Inc. that are within their physical ability, knowledge, or experience (where applicable) and class place availability.

All members can expect and should ensure, that the school has an environment that is safe, respectful, and free from harassment, discrimination and bullying.

All members should foster and maintain positive relationships and act with honesty and integrity towards the school and community.

All members can expect, and should ensure, that other members' personal information is maintained in accordance with Launceston School for Seniors Inc. Privacy Policy.

All members should wear their current ID badge supplied by the school at all times when attending any Launceston School for Seniors activity.

All members should maintain the good reputation of Launceston School for Seniors, contribute to its ability to serve the community's interests and refrain from using membership to promote personal interests or financial gain.

All members can expect, and should ensure, that car park rules are followed and any damage to vehicles, school property or members' possessions are reported to the school office or class tutors.

All members should keep up to date with Launceston School for Seniors policies and notices by reading information posted in the organisation's newsletter, website or notice board.

REGISTRATION

Registration Day will have 2 parts.

Online registration will take place on **Friday 26th July**. The registration system will be opened at 11.00am onwards for online registrations. If you are marked as wait listed it does not necessarily mean you are not in the class, once both registration days are finished your tutor will let you know if you have got in or not. Online registrations can be paid at the same time via PayPal - credit card or in the office 30th July – 2nd August, 9.00am till 12.30pm. Members cannot participate in classes until they are financial. Anyone not financial by classes starting will be replaced in the class by the next wait listed member.

On **Monday 29th July**, between 9.30am and 12.00pm, we will conduct a school assist day at 8 High Street for members who have no computer or limited computer skills. We trust that members who can register online will take that option as we will need to keep the traffic flow of members to a minimum on the registration day. We will accept cash, cheque, or EFTPOS.

A reminder to current members prior to registration day. The Course Booklet will be available on the school website, and your guide to online registration is on page 4 and on the website.

If you enrol for a course and after 1 lesson decide it is not what you expected, please let the tutor know so that the next wait listed member can take your spot in the class.

Online Log-in Procedure

You will not be able to select courses until 11.00am on Friday 26th July. If you complete the procedure prior to choosing courses, you can be sure that you can have access on registration day.

In your browser, enter www.lss.org.au

(Can also be done on tablet or phone)

Membership

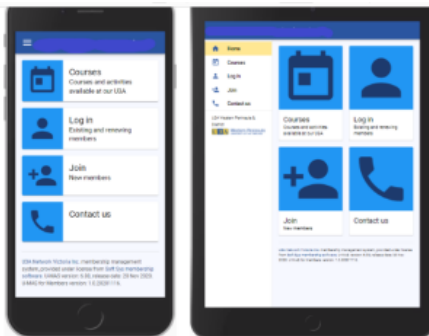
Members Log in

Log in (existing and renewing members)

Member number is on your name badge

Password

Submit



Read details carefully, make necessary changes, then click on Save at bottom of page.

Click on **Courses** inside bar

(Phones need to click on 3 bar icon to see side bar).

Click on your preferred **Course**

Details of the course will drop down

Click **Add to Cart** at bottom of dropdown to enrol

Repeat for other courses if any

Click on **cart** in task bar

Check cart and if correct click **checkout**

View Invoice.

Click PayPal if paying by PayPal or Credit Card.

Click **Enrolments** in task bar to see all your enrolments.

\$80 per term covers as many courses as you like.

Monday

Venue	Start	Finish	Course	
8 High Street	10.00		Walking for Health	
	9.30	12.00	Painting or Drawing	
	9.30	11.00	Appreciating Classical Music	
	9.00	11.00	Better Digital Photography	
	9.30	12.00	Photography: Digital SLR	
	9.00	10.15	Computers–PC Tablets & phone	
	10.45	12.00	Computers–PC Tablets & phone	
	11.30	12.30	More than Classics	
	12.30	2.30	Painting with Acrylics	
	1.00	3.00	Photoshop Elements	
	1.00	3.00	Intro. to Photoshop Elements	
	NTCC	10.00	11.30	Croquet

Course 73 – Walking for Health

For the 1st week a Tutor will meet participants at 10.00am @ 8 High Street carpark. Meeting points for the following weeks will be discussed at the end of each walk.

For those who like to walk in company, our short, tutor-led walks around the Launceston area are of **50-90 minutes' duration** at moderate pace. The walks are graded according to amount of climb and terrain covered so that participants can choose which walks to join.

Prompt departure.

1st 8 weeks of term start @ 10.00am- after break start 9.30am

Klaus Decker | Warren Groves
Norma Purton

Course 50 – Painting or Drawing – Limit 12

9.30am – 12.00pm | 8 High Street | Art Room

Join a friendly group of people interested in painting or drawing, in watercolour, pastel, acrylic, pencils or oils (water based only). There is no tutor, but many class members are happy to offer support, ideas, encouragement, and guidance.

Joan Morley

Monday

Course 30 – Appreciating Classical Music

9.30am – 11.00am | 8 High Street | Room 1

Presenting and listening to Classical Music.

Rob Mitchelson | Michael Manhire

Course 29 – Better Digital Photography

9.00am – 11.00am | 8 High Street | Room 2 Limit 18

Over a period of 16 lessons, learn the basics of digital photography. Starting right at the beginning we will build up your knowledge and confidence helping you to get the best out of your Digital Camera.

Peter Ralph | John Elliott

Course 51 – Photography: Getting More out of Your Digital SLR

9.30am – 12.00pm | 8 High Street | Room 4

Continuing with our journey into ISO, apertures, shutter speeds, depth of field, composition, editing and much more. There will be outings so you can put your new skills to the test. **Participants must own an SLR or similar camera on which lenses can be changed. Before joining this class, you must have done at least 1 term with class 29 (Better Digital Photography).**

John Elliott | Terence Bracken OAM

Monday

Course 25 – Computers – PCs Tablets & Phones - Basic

9.00am – 10.15am | 8 High Street | Room 3

Get the confidence you need to use your devices with ease in this friendly interactive class. We will help you set up your device, download and organise the Apps you need, show you how to easily access your email accounts, video call your family & friends, manage your photos, pay your bills and make them work for you. Lessons will also cover useful topics such as security, cloud storage, how to buy a computer and help with your specific computer problems.

(Beginners welcome)

Trevor Curtis-Flynn | Andrew Smith

Course 18 – Computers – PCs Tablets & Phones - Intermediate

10.45am – 12.00pm | 8 High Street | Room 3 **Limit 17**

Learn computer, phone and tablet skills, for Windows, Apple and Android, in a friendly interactive class. Lessons will cover useful and interesting subjects such as security, cloud storage and how to buy a computer. We will also help you with your specific computer problems, how to access your email accounts on all your devices, how to manage your photos, set up, navigate, and clean up your phone so it works for you.

Andrew Smith | Margaret Killen

Course 5 – Painting with Acrylics – Limit 12

12.30pm – 2.30pm | 8 High Street | Art Room

This course is for learners and the more experienced painters using acrylic paint.

We offer a fun, relaxed, informal experience, while learning and improving our skills. The co-ordinators will provide a photo and inspiration for you if needed, as well as support, suggestions and guidance.

Kate Frankcombe | Christine Walker

Monday

Course 68 - More than Classics

11.30 – 12.30 | 8 High Street | Room 1

Pleasant, Easy Listening Music of a Wide Genre

The 1 hour class will be of 1 or 2 CDs or USB featuring either male or female vocals, a group, orchestral performance or individual musicians playing harp, piano, strings, cello, flute, oboe etc.

Rob Mitchelson

Course 56 – Photoshop Elements

1.00pm – 3.00pm | 8 High Street | Room 2

Leaner but cheaper than Photoshop CS5, but still a powerful photo editing program. Learn to work on your images in the RAW converter and then go into Photoshop to make them even better. Participants must bring a laptop computer with Photoshop Elements to every class.

Terence Bracken OAM | John Elliott

Course 53 – Introduction to Photoshop Elements

1.00pm – 3.00pm | 8 High Street | Room 4

Participants who have not used Photoshop Elements before will learn to organise their photos and improve them with some simple but powerful techniques. When they are ready, they can move on to more advanced techniques in class 56.

Participants must bring their own laptop with a recent version of Photoshop Elements.

John Elliott | Terence Bracken OAM

Monday

Course 34 – Croquet

10.00am – 11.30am | Northern Tasmanian Croquet Centre
St Leonards Sports Centre, St Leonards Road, St Leonards

Croquet is an easy to learn mallet sport, popular in all clubs throughout Australia. Passive exercise and very social, equipment is provided. Flat soled shoes must be worn. \$8.00 green fee.

Lee Turner

Tuesday

Venue	Start	Finish	Course	
8 High Street	9.00	12.00	Drawing - Multimedia	
	9.30	10.30	Italian - Level 3	
	9.00	10.15	Logic and Laughter	
	9.30	10.45	German	
	9.30	10.30	Electricity/Electronics in the home and the current Energy Crisis	
	10.45	12.00	Scrabble	
	11.00	12.00	Italian - Level 1	
	11.00	12.00	Science	
	11.00	12.15	Circle Dancing – Basics/Beginners	
	12.30	2.30	Drawing & Sketching B	
	12.45	2.30	Sing & Play Ukulele Group B	
	12.30	2.30	1st Tuesday Book Discussion	
	12.30	2.00	Third Tuesday Book Discussion	
	ROAB Hall	12.30	2.00	Fit, Fun & Foxy – Fitness for Life
		1.00	3.00	One Stitch at a Time
1.00		2.30	Knitting	

Course 31 – Drawing – Multimedia - Limit 12

9.00am – 12.00pm | 8 High Street | Art Room

Drawing – Multimedia – Beginners to advanced. All dry mediums including line & wash, ink, water colour, acrylic inks.
Peer supported – Tutor supported class.

Jammuna Bond | Abhay Nique

Course 24 – Italian Level 3

9.30am – 10.30am | 8 High Street | Room 1

For more advanced students.

Rosanna Iezzi

Tuesday

Course 46 – Logic and Laughter – Limit 24

9.00am – 10.15am | 8 High Street | Room 2

Laughter has been proven to improve our health and longevity. Using a variety of resources, this group will learn, laugh, listen and use logic skills to link together a lush lotto of puzzles, materials and loads of loopy jokes for a lively class.

What type of L are you?

Marijke Lockwood | Tina Pinkard

Course 39 – German

9.30am – 10.45am | 8 High Street | Room 4

The aim is to improve comprehension and communication skills by presenting reports and dialogues, reading book excerpts and anecdotes, practising German syntax as required and enjoying cultural snippets and some German songs.

Beginners won't be turned away but may find the lessons challenging.

Native speakers are most welcome.

Trevor Higgin | Doris Geier

Course 12 – Electricity/Electronics in the home and the current Energy Crisis

9.30am – 10.30am | 8 High Street | Room 5

Demystifying electricity in the home. How to read your electricity bill, electrical safety. Circuit breakers vs fuses PIR. Colour TV. AM vs FM radio. Digital vs analog. Mobile/cell phones. AC vs DC. Basslink. Video, tape, DVD/CD. Remote controls. Cords/connectors/plugs.

Russell Parker

Tuesday

Course 14 – Italian – Level 1

11.00am – 12.00pm | 8 High Street | Room 1

Basic Italian required.

Rosanna Iezzi

Course 58 – Science

11.00am – 12.00pm | 8 High Street | Room 2

A novel approach to the subject with interaction with class members, guest speakers from outside and within the school. Experiments not part of the curriculum.

Liza Snow

Course 60 – Scrabble

10.45am – 12.00pm | 8 High Street | Room 3

A fun word game for all to enjoy.

Gaylene Gilham | Jennifer Williams

Course 16 – Circle Dancing – Basics/Beginners

11.00am – 12.15pm | 8 High Street | Room 4

We are learning circle dancing bit by bit. Every session includes some dancing and some background information.

Historically, circle dances are traditional folk dances from many cultures. Dances often relate to rites of passage, and many have a spiritual aspect.

The dances are as varied as the cultures they come from.

We select mainly gentle meditative dances to suit the abilities and energy of the group of the day.

Many dances have a story and we share those as we learn the dance.

You do not have to remember anything from previous sessions, new members are welcome.

Julie Walpole | Denise Roberts

Tuesday

Course 20 – Drawing and Sketching B – Limit 14

12.30pm – 2.30pm | 8 High Street | Art Room

Join a friendly group of people interested in drawing and sketching, using your own materials – pencil, charcoal, coloured pencil, pastel pencil and watercolour pencils or paints.
Enjoy working in a friendly social environment.
No tuition but help and guidance if needed.

Elizabeth Dubois | Adrian Elmer

Course 76 – Sing and Play Ukulele Group B

12.45pm – 2.30pm | 8 High Street | Room 1 – Limit 15

Enjoy making music as you sing and play your favourite songs. Songs will include a range of easy-to-play and some more challenging.

Sorry, this class is Full.

Beverley Marshall | Ian Kershaw

Course 17 – First Tuesday Book Discussion Group

12.30pm – 2.30pm | 8 High Street | Room 3 - **Limit 10**

Monthly meetings on 1st Tuesday of every month continue throughout the year. We select the books for discussion, which are supplied monthly by Book Groups Tasmania and are now FREE.

Sorry, no new members this term.

Glenda Mahler | Merry Bastick

Course 8 – Third Tuesday Book Discussion Group

12.30pm – 2.00pm | 8 High Street | Room 3

We hold a meeting on the 3rd Tuesday of each month, except January.

We select books mostly from the Tasmanian Library's Book Groups Tasmania, which is a free service.

Their catalogue can be viewed on the library website.

Sorry, fully subscribed for this term.

Andrew Young | Mary Loder

Tuesday

Course 11 – One Stitch at a Time

1.00pm – 3.00pm | 8 High Street | Room 2

A lovely social environment for those interested in all forms of Embroidery. Bring along any unfinished projects or contact Judy for ideas. The only rule we have is you must do one stitch each lesson.

Judy Husband

Course 45 – Knitting Circle

1.00pm – 2.30pm | 8 High Street | Room 4

Knitting for pleasure and for charities or bring your own ideas.

Jilian Sievers | Jennifer Williams

Course 26 – Fit, Fun & Foxy – Fitness for Life

12.30pm – 2.00pm | ROAB Hall

Do you keep saying “This is the Year I’m going to get in shape, work on my health and feel better”, just to keep on prioritising other things and putting other things before you.

Well, now is the time to give yourself a treat with Fit, Fun & Foxy – Fitness for Life.

You’ll have fun learning new ways to be The Best You.

You will learn how to get stronger, improve your flexibility, improve reflexes, better balance and coordination and ultimately
“Feel More Alive”

You can join your tutors
Annette and Gino

Wednesday

Venue	Start	Finish	Course
Various	8.00	5.00	Bushwalking (Weekly)
8 High Street	9.00	10.30	Popular Music of the 20th Century
	9.15	12.15	Wednesday Multimedia
	9.30	12.00	Creative Writing Circle
	9.30	12.00	Chess for All
	11.00	12.15	Glass Craft
	11.00	12.00	Life & Time of Henry VIII
	12.30	3.00	Classic Movies
ROAB Hall	11.15	12.30	Line Dancing A
ROAB Hall	12.45	2.00	Line Dancing B
	1.00	3.00	Portrait & Still Life
	1.00	2.45	Wednesday Afternoon Music
ELCC	10.00	11.30	Social Croquet

Course 10 – Bushwalking - Weekly

8.00am – 5.00pm | Various locations

Bushwalking various destinations up to 2 hours drive from Launceston. Usually 8.am – 5.pm but may start earlier for more distant destinations.

Program for term is available Registration Day.

David Waters | Cathy Hurst
Rod How | Anne Wilson

Course 54 – Popular Music of the Twentieth Century

9.00am – 10.30am | 8 High Street | Art Room

Join us for a social side of school and humour while enjoying coffee or tea. Listen to popular recordings from the Twentieth Century that you can select, as well as enjoy an artist biography that you may also take a turn in presenting or suggesting.

Finish the term with a varied selection of music from YouTube.

Ian Kershaw | Dirk Sleurink

Wednesday

Course 75 – Wednesday Multimedia – Limit 10

9.15am – 12.15pm | 8 High Street | Room 1

Exploring techniques, colours and use of different wet modes. Support from tutors' and peers.

Jammuna Bond | Janice Devine

Course 28 – Creative Writing Circle

9.30am – 12.00pm | 8 High Street | Room 2

Creative writing of short stories to share.

Patricia Pettett | Hilary Fraser

Course 15 – Chess for All

9.30am – 12.00pm | 8 High Street | Room 3

When it comes to tabletop games Chess is a classic, maybe THE classic. It has been around for centuries but remains just as hugely popular and fascinating today as the recent blockbuster movies,

Queens Gambit

Queen of Katwe

Many people have learnt how to play Chess as children.

Many would like to learn. Here is your opportunity.

Join the class and see if you can say:

“CHECK MATE”

Ann McMillan | James Westwater

Course 40 – Social Croquet

10.00am – 11.30am | East Launceston Croquet Club
Corner Adelaide and High Street, Launceston

Easy to learn mallet sport. Excellent passive exercise at your own pace.

Equipment provided. Flat soled shoes must be worn.

\$5.00 green fee.

Lee Turner | Chris Hurford

Wednesday

Course 4 – Glass Craft – Limit 8

11.00am – 12.15pm | 8 High Street | Art Room

This class is an introduction to lead lighting and copper foiling. Participants will make a light catcher and/or a small panel. Materials will be provided. Ideal for beginners.

Annie McCall | Liza Snow

Course 36 – Life & Time of Henry VIII

11.00am – 12.00pm | 8 High Street | Room 4

Looking at an extraordinary time in English History.

Patience Stewart | David Towns

Course 2 – Line Dancing A

11.15am – 12.30 | ROAB Hall, Birch Avenue Newstead – Limit 30

Life is for living, laughing, and Line Dancing. No partners required to enjoy this fun way of maintaining/improving physical and mental wellbeing. Easy dances suitable for seniors, building up our repertoire as the semester progresses.

Course 9 – Line Dancing B

12.45pm – 2.00 | ROAB Hall, Birch Avenue Newstead – Limit 30

Life is for living, laughing, and Line Dancing. No partners required to enjoy this fun way of maintaining/improving physical and mental wellbeing. Easy dances suitable for seniors, building up our repertoire as the semester progresses.

Marijke Lockwood
Colleen Wegman | Anne Griffin

Course 80 – Classic Movies

12.30pm – 3.00pm | 8 High Street | Room 4

Movies for Term 1 as indicated on following page.

Ian Kershaw | Trevor Curtis-Flynn

Wednesday Classic Movies

Our Classic Movie sessions will continue each Wednesday during Term 2, 2024 in Room 4 at 12.30pm.

Name badges must be worn, and numbers are limited to seating capacity. Planned movies for Term 2 are:

Aug 7th	Oppenheimer - (2023 – Historic Drama 180 min) <i>Emily Blunt, Matt Damon, Robert Downey Jnr, Kenneth Branagh.</i>
Aug 14th	Stanley & Iris - (1990 – Romance/Drama 100 min) <i>Jane Fonda, Robert De Niro.</i>
Aug 21st	Yellow Submarine – (1968 – Animated Musical. 90 min) <i>The Beatles, George Martin Orchestra.</i>
Aug 28th	The Castle re-mastered & re-plastered - (1997 - Comedy 81 min) <i>Michael Caton, Anne Tenney, Stephen Curry, Charles (Bud) Tingwell.</i>
Sep 4th	The Magnificent Seven – (1960 – Western Drama 128 min) <i>Yul Brynner, Steve McQueen, Charles Bronson, Robert Vaughn.</i>
Sep 11th	Jack - (1996 – Comedy 109 min) <i>Robin Williams, Jennifer Lopez, Fran Drescher.</i>
Sep 18th	2001 A Space Odyssey - (1968 – Sci-fi Adventure 143 min) <i>Keia Dullea, Gary Lockwood.</i>
Sep 25th	Mermaids - (1990 – Comedy/Romance 105 min) <i>Cher, Bob Hoskins, Winona Ryder.</i>
Oct 16th	Some People – (1962 – Musical/Drama 90 min) <i>Kenneth More, Ray Brooks, Annika Wills.</i>
Oct 23rd	With Six You Get Eggroll / Rhubarb, Rhubarb – (120 min) <i>Doris Day, Brian Keith / Eric Sykes, Jimmy Edwards, Charlie Drake.</i>
Oct 30th	Grease - (1978 – Musical 110 min) <i>John Travolta, Olivia Newton-John, Stockard Channing.</i>
Nov 6th	Three Stooges In Colour - (1965 – Comedy 127 min) <i>Mo Howard, Larry Fine, Curly Howard, Shemp Howard.</i>
Nov 13th	BackBeat - (1994 – Drama 100 min) <i>Sheryl Lee, Stephen Dorff.</i>
Nov 20th	The Pink Panther – (1963 – Comedy 113 min) <i>Peter Sellers, David Niven, Robert Wagner, Claudia Cardinale.</i>
Nov 27th	The Others – (2001 – Mystery/Horror 100 min) <i>Nicole Kidman.</i>
Dec 4th	Concert For George – (2003 – Concert 146 min) <i>Eric Clapton, Joe Brown, Jeff Lynne, Paul McCartney, Ringo Starr.</i>

Wednesday

Course 7 – Portrait & Still Life – Limit 10

1.00pm – 3.00pm | 8 High Street | Art Room

Using your own materials enjoy portrait and still life painting in a small friendly group. Paint your fellow class members and take your turn modelling or find a sitter to take your place. No tuition but guidance from classmates.

All mediums but only water based oils.

Diana Diffey | Bruce Irwin

Course 74 – Wednesday Afternoon Music

1.00pm – 2.45pm | 8 High Street | Room 2

Listen to a wide range of music. Some not readily available in Tas. Classical, opera, crossover musicals, orchestral, vocal etc. Learn a bit about some of the composers, artists & musicians. No heavy metal.

Using USB and DVDs (concerts)

Rob Mitchelson | John Elliott

Thursday

Venue	Start	Finish	Course
8 High Street	9.00	12.00	Model Making A
	9.30	10.30	Cryptic Crosswords A
	9.30	10.45	Book Lovers Circle
	9.30	10.30	Cryptic Crosswords B
	11.00	12.00	Square Dancing for Beginners
	11.00	12.00	Spirituality of the 21 st Century
	11.00	2.00	Scrapbooking and Papercraft
	11.15	12.30	Using the Mind, Body, Spirit connection to work for us.
	12.00	3.00	Model Making B
	12.45	2.00	Sing and Play Ukulele Group A
	1.00	2.00	French Transition B
	12.45	2.00	Herbs, Spices, Oils for Well-being
Glenara	9.15	10.30	Senior School Choir
Glenara	11.00	12.00	Scottish Country Dancing

Course 55 – Model Making A – Limit 14

9.00am – 12.00pm | 8 High Street | Art Room

Model making of any type or medium.
Basic model making experience is required.

George Loughborough | John Stevenson
Ian Green

Course 27 – Cryptic Crosswords A

9.30am – 10.30am | 8 High Street | Room 1

A class for the more experienced cryptic crossworder who enjoys the more difficult puzzles. Anagrams and double meanings? No worries!

Michael Clarke | Aileen Pike

Thursday

Course 13 – Cryptic Crosswords B

9.30am – 10.30am | 8 High Street | Room 2

Each week we will work together to solve a moderately difficult cryptic crossword. We will work slowly, making sure that everyone understands how the setter uses anagrams and double meanings, etc.

Ronda Mason | Aileen Pike

Course 3 – Book Lovers Circle

9.30am – 10.45am | 8 High Street | Room 4

Our aim is to enjoy different genres of books and to share our enjoyment with others in the class. We work with themes chosen by the students. The themes may include historical fiction, thrillers, travel, favourite non-fiction, etc.

There are no set books.

Bring a notebook to jot down titles of books discussed in class.

Glenda Mahler

Course 33 - Square Dancing for Beginners

11.00am – 12.00pm | 8 High Street | Room 1

“Did you do square dancing when you were young? Now is the time to enjoy it again! If you didn’t, come along and enjoy some physical and mental exercise.

We will start slowly, walk it through and talk it through. You don’t need a partner!”

Dianne Ashton | Dave Brelsford

Thursday

Course 61 – Spirituality in the 21st Century Discussion Group

11.00am – 12.00pm | 8 High Street | Room 2

This class seeks to discuss a broad range of spiritual topics and looks at connections between various religious and spiritual viewpoints.

Come with an open mind.

Anne Brelsford

Course 71 – Scrapbooking & Papercraft

11.00am – 2.00pm | 8 High Street | Room 3

Do you want to preserve precious family photographs or make your own album or journal or perhaps make your own birthday or Christmas cards?

Then join us for some fun and friendship.

No creativity necessary, no right or wrong way with projects as easy or as complex as you want.

Bring your own lunch.

Wendy Fleet

Using the body mind, spirit connection to work for us.

Course 23 11.15am – 12.30 | 8 High Street | Room 4

This course aims are to identify and apply health supporting mechanisms in the three mentioned areas in order to enhance our sense of wellbeing. “The classes are interactive and designed as a journey of self discovery in a safe and light hearted environment”.

Giovi Di Matteo | Judy Kingston

Course 64 – Model Making B – Limit 14

12.00pm – 3.00pm | 8 High Street | Art Room

Model making of any type or medium.
Basic model making experience is required.

George Loughborough | John Stevenson
Kevin McInerney

Thursday

Course 69 – Sing and Play Ukulele Group A

12.45pm – 2.00pm | 8 High Street | Room 1

Enjoy a social time playing and singing.

Sorry, this class is Full.

Beverley Marshall

Course 22 – French Transition B – Limit 22

1.00pm – 2.00pm | 8 High Street | Room 2

A transition course between French Beginners and French Intermediate.

Stephen Newman

Course 6 – Herbs, Spices, Oils for Well-being

12.45pm – 2.00pm | 8 High Street | Room 4

A journey through Herbs, Spices and Oils for Health and Well-being. Learn how to make Tinctures, Salves, Balms, Teas, Lotions, Sprays and Elixirs from Nature's Gifts.

Judy Kingston

Course 63 – Senior School Choir

9.15am – 10.30am | Glenara Lakes - Youngtown

All are welcome at the Launceston Senior School Choir.

Meeting weekly, we sing traditional, classic and modern songs, in harmony and unison. We welcome experienced and non-experienced singers, in a friendly atmosphere.

Sing with gusto! And enjoy a cuppa afterwards.

Ray Ironside

Co-ordinator - Betty Laverty OAM

Thursday

Course 59 – Scottish Country Dancing

11.00am – 12.00pm | Glenara Lakes, Youngtown

Scottish Country Dancing is NOT Highland Dancing. Participants must be able to walk at a reasonable pace and need to wear flat shoes (not joggers). Easy dances taught at a walking pace.

Good for mental and physical wellbeing.

Betty Laverty OAM

Friday

Venue	Start	Finish	Course	
8 High Street	9.00	12.00	Multimedia Paint/Sketch A	
	9.30	10.30	Italian – Level 2	
	9.30	10.30	Tasmanian Experiences	
	9.30	10.30	French Beginners	
	11.00	2.30	Mah Jong	
	11.00	12.15	Garden Inspirations	
	11.00	12.00	Appreciating Poetry	
	11.00	12.00	French Intermediate	
	12.15	2.00	Spirit of Philosophy	
	12.30	3.00	Multimedia Paint/Sketch B	
	12.45	2.00	Writers Workshop	
	12.30	2.30	Adventures in Flash Fiction	
	LRTC	9.30	12.00	Tennis

Course 42 – Multimedia - Painting and Sketching A 9.00am – 12.00pm | 8 High Street | Art Room - **Limit 12**

We invite participants to bring their own supplies and work in whichever medium they choose.

All levels of experience are catered for with members experienced in water colours, acrylics, coloured pastels and pencils willing to share that experience and support each other. This class provides a space for members to work autonomously and enjoy the energy and creative atmosphere provided.

Joan Morley | Jenny Jones

Course 57 – Italian - Level 2

9.30am – 10.30am | 8 High Street | Room 1

After some basic Italian – Learn to listen, understand, and converse.

Estelle Ross | Henrietta Houghton

Friday

Course 67 – Tasmanian Experiences

9.30am – 10.30am | 8 High Street | Room 2 – Limit 24

An invited speaker each week will talk about their Tasmanian Experiences, with occasional travel slide shows.

Coordinator – Liza Snow

Course 32 – French - Beginners

9.30am – 10.30am | 8 High Street | Room 4

French for Beginners.

Rod Howell

Course 48 – Mah Jong - Limit 16

11.00am – 2.30pm | 8 High Street | Room 1

Mah Jong is gaining popularity. It is an ancient Chinese game, played with tiles and requiring concentration. Most people find it is easy to learn and a fun way to mix with other people.

Some studies suggest playing the game can improve overall brain health in senior citizens.

We have a break for lunch and then resume playing.

Sorry, no beginners this term.

Jennie Smith | Lyn Priest

Course 37 – Garden Inspirations

11.00am – 12.15pm | 8 High Street | Room 2 – Limit 24

Sharing knowledge to common and complex garden themes. Talks from invited guests on special subjects.

Donna Miller | Lorraine Manion

Friday

Course 1 – Appreciating Poetry – Limit 12

11.00am – 12.00pm | 8 High Street | Room 3

Class discusses and enjoys poetry.

Patience Stewart | Anne Brelsford

Course 35 – French Intermediate

11.00am – 12.00pm | 8 High Street | Room 4

French for people with more than basic French.

Rod Howell

Course 38 – Multimedia - Painting and Sketching B

12.30pm – 3.00pm | 8 High Street | Art Room – **Limit 14**

We invite participants to bring their own supplies and work in whichever medium they choose. Members may come for just an hour, or longer. All levels of experience are catered for with members experienced in water colours, oils (water based only), acrylics, coloured pastels and pencils, and willing to share that experience and support each other. This class provides a space for members to work autonomously and enjoy the energy and creative atmosphere provided.

Diana Diffey | Bruce Irwin

Course 52 – Writers Workshop

12.45pm – 2.00pm | 8 High Street | Room 2

A cheerful and supportive group. Exploring creative writing.

Patience Stewart | Steve Plowright

Friday

Course 19 – Adventures in Flash Fiction – Limit 14

12.30pm – 2.30pm | 8 High Street | Room 3

Open to all writers, we explore the world of very short fiction stories, Flash Fiction. Each week we look at creative writing techniques and share stories that can be read in less than five minutes. It's a lot of fun and a great way to keep your brain active.

Ross Graham

Course 65 – Spirit of Philosophy

12.15pm – 2.00pm | 8 High Street | Room 4

DVD on Socrates. Socrates to Dennett.

David Macleod | Robert Stephens

Course 66 – Tennis

9.30am – 12.00pm | Launceston Regional Tennis Centre,
57 Racecourse Crescent, Launceston (near Kmart)

This isn't a beginner's group and skills of serving and rallying are required to join the group. If you had reasonable skills and haven't played for a long time its understood you will regain them after a few hits.

Play is dependent upon weather as the venue is outdoors.

Join us for a social hit, even if you haven't played for many years.

Our ages at present, range from 50 to 87.

Have a chat over coffee at 12.00 noon. We look forward to seeing you.

\$5 covers court hire and tennis balls each Friday.

Lessons can be arranged at other times if desired.

Jack Hummerstone | Sue Westbrook

Tutors' Meeting

These meetings are held each term on the Thursday following the School Help Day to provide the opportunity for tutors to receive their class lists and discuss any matters of concern in an informal and relaxed manner.

All Committee Members are encouraged to join the Meeting to meet the Tutors and answer any specific questions they may have.

The meeting for Term 2, 2024 will be held on:

Thursday, 1st August 2024

At 10.00am

With morning tea to follow.

Thank you for all your efforts, on behalf of the School.



Be sure to check out our **Book Nook** which is located in the main entry foyer.

Borrow a book, bring a book or read a book anytime the doors are open during school hours.

LSS Committee Members

(Current until AGM 2025)

Patron: Hon. Don Wing AM

Chair: Marijke Lockwood

Vice Chair: Liza Snow

Secretary: Carol Titmus

Treasurer: Carmel Coombs

Committee Patricia Cluley

Members: Anne Griffin

Bernadette Grimes MBE

Rod Howell

Ian Kershaw

Sue Newman

Tina Pinkard

Vera Roberts

Andrew Smith

David Waters

Jennifer Williams

Public Officer: Patricia Cluley

Life Members:

Norma Pointing 2001 (dec.)

Edward King 2003 (dec.)

Leo Minol 2004 (dec.)

Sam Taylor 2009 (dec.)

Bevan Forrester 2020 (dec.)

Shirley Forrester 2020

Kay Decker 2020

Doreen Girvan 2021 (dec.)

Pat O'Bryan OAM 2015

Barry Lumley OAM 2015 (dec.)

Betty Laverty OAM 2015

George Goldsteen 2021

George Loughborough 2021

Trevor Curtis-Flynn 2021

Graham Quinn 2022 (dec.)

Alan Jones 2019

Bob Sievers 2019

Eleanor Horder 2019

Contact Information

Office: 8 High Street, Launceston
Postal: PO Box 903, Launceston, 7250
Telephone: 6334 4007
Office Manager: Vicki Wilson
Office Hours: Open during term:
Monday to Friday 9.00am - 12.30pm

New Courses

Tue. 12.30pm – 2.00pm	Fit, Fun & Foxy – Fitness for Life
Wed. 11.00am – 12.00pm	Life & Time of Henry VIII

Registration Days: Online Friday July 26th 11am onwards
School Help **Monday** July 29th 9.30am-12pm

Term 2, 2024 Start: Monday 5th August
School Break: Mon. 30th Sept. – Fri. 11th Oct.
Recommence: Mon. 14th Oct. – Mon. 9th Dec.

Summer Break: Tue. 10th Dec. – Fri. 14 Feb. 2025

Registration Days: Online Friday 7th February, 11am onwards
School Help **Monday** 10th Feb. 9.30am – 12.pm

Term 1, 2025 Start: Monday: 17th February – Monday 14th April
School Break: Tuesday 15th April – Friday 25th April
Recommence: Monday 28th April – Monday 23rd June

AGM: Monday, 7th April, 2025 @ 12.30pm.

Winter Break: Tuesday 24th June - Friday 1st August