



Term 1  
2017

# MILANG

OLD SCHOOL HOUSE  
COMMUNITY CENTRE

*The Milang Old School House Community Centre is an initiative of the Milang and District Community Association Inc.*

**Bookings are essential for all MOSHCC programs as class sizes are limited.**

Book either by phone, in person or by email:

24-25 Daranda Terrace, Milang SA 5256

Ph. 08 8537 0687 Email: [reception@moshcc.com.au](mailto:reception@moshcc.com.au)

**Sign up for email updates at [www.moshcc.com.au](http://www.moshcc.com.au)**



We try to keep course costs to a minimum so that everyone can participate. If the cost of a course causes you financial difficulty please talk to one of the Adult Community Education team (Stuart & Marie-Claire)

\* Recognised ACE funded course

\*\* Unit from the Foundation Skills Training Package (FSK)

## Crèche

9:30—12:30

Available Monday and Wednesday, during school term. Come and try something new while childcare is available.

With limited places, bookings are essential  
—Ring MOSHCC 08 8537 0687

Donations Gratefully Accepted



## Intro to Hospitality \*

**\*\*FSKNUM09** Identify, measure and estimate familiar quantities for work

**Thursdays 1:00pm - 4:00pm**  
**Starts 23rd Mar for 10 Weeks**  
**Donation: \$5 per session**  
**Bookings essential.**

Explore the carer path to hospitality.  
Hands-on training in:  
Table Service, Customer service, food preparation, hygiene and food safety. Suitable if you are considering work in front or back of house.

## Patch from Scratch! \*

**This fabulous 10 week course with experienced horticulturist starts**  
**Tues March 14th 12.30- 3pm**  
**Where: MOSHCC**  
**Donation: \$5 donation/week**

Learn how to set up a vegie patch from design to harvest, work out how many plants you need to grow to eat healthy and save money!  
Afternoon tea included.  
Bookings essential. ring MOSHC 85370687

## Computing 1 to 1

**Tuesday mornings by appointment During School Term**  
**Cost: \$5 donation/ Session**  
**Where: MOSHCC**

Get started with using Windows, using the internet and email. Book a time with our friendly IT tutor to help you get started.  
*Basic Computing & Internet free for over 50's, Other topics \$5*

## Intro to Microsoft Office \*

**\*\*FSKDIG02** Use Digital Technology for simple workplace tasks

**Thursdays 9:30am-12:30pm**  
**Starts 9th Feb for 10 weeks**  
**Donation: \$5 per session**  
**Where: MOSHCC: ACE Space**

Get started or update your skills in using the Office suite of programs, covering the basics of Word, Excel, PowerPoint and Publisher.



## Intro to Water-Wise Gardening \*

**\*\*FSKOCM03** Participate in simple spoken interactions at work

**Wednesdays 9:30am - 12:30pm**  
**Starts Wed 15th Mar for 10 Weeks**  
**Donation: \$5 per session**  
**Bookings essential.**

Hands on series to plan & create a garden bed at the Butter Factory. Get tips & hints from our talented tutor & build your skills whilst you work on this group project!

## Fibre Art \*

Tuesdays 9.30am - 1pm  
ACE space @ MOSHCC  
Gold coin

Come and share your skills and learn new techniques with different fibres. Bring along your projects.

**Stay tuned for a calendar of different monthly workshops coming soon i.e. weaving, felting etc.**

## Ukulele for Beginners

**Weekly from Wed 1st Feb 6 - 7 pm**  
ACE Space @ MOSHCC  
\$5 donation

Ukulele is a fun, easy to play an inexpensive instrument that's a great introduction to music!

**Once you learn the basic chords and strumming patterns you won't stop playing!**

BYO or try one of ours.  
Book now on 85370687

## Community Cruiser

Starts again

**Wednesday 8th February 9.30am**  
*\$10 donation for bus plus costs of the day e.g. entries, meals etc.*

Gain new experiences and explore new places together! Priority is given to Community Care recipients & support persons (partner, family member, friend or care worker) Please book early to avoid disappointment.



## Community Engagement \*

**Sticky Beaks Men's Program**  
**First Outing Thurs February 16th**  
**Bus leaves MOSHCC 9am**  
\$10 donation for bus plus cost

"Sticky Beak" men's program has monthly outings every third Tuesday of the month. Please pick up a program from MOSHCC. Bookings essential.

**WOW Women's Program**  
Every fourth Thursday starts Feb 23rd  
Bus leaves MOSHCC 9.30am  
**Planning Thurs Feb 9th 1.30pm**

A Program for Women with a difference! It's about coming together to learn through monthly bus outings of interest to women of all ages. Sounds like something you want to do? Please pick up a program or ring MOSHCC.



## Writers Group “Lakeliners” \*

Mondays fortnightly 7pm  
Feb 6th, 20th, March 6th, 20th etc.  
Gold Coin Donation  
Where: MOSHCC: ACE Space

Join the Lakeliners in an enjoyable and friendly group setting. Fiction, autobiography, poetry... All genres. Bring your ideas, share your stories, learn from others.

## Writing Poetry \* for Pleasure & Publication

Wednesdays fortnights  
1.30-3.30pm Feb 15th, March 1st etc  
\$5 donation @ Milang Institute

This course is for anyone who likes poetry and wants to learn new tips and tricks to create powerful poems incl. edit and publish their work.

**Everyone can write poetry!**  
**It's about playing with words!**  
Come and have a go!

## WSW Women supporting Women

When: Thursdays 1 - 3pm  
during School term  
Where: Milang Institute Supper Room  
Call MOSHCC 08 8537 0687

To begin on February 23rd to explore our direction for 2017!  
All ages welcome.  
Contact Colleen on 0499373148

## Connecting the Dots

Wed 1pm - 3pm  
Where: Good Shepherd Hall  
High St Strathalbyn  
Ring Colleen on 0499373148

An open but confidential group for men and women supporting each other working through depression/anxiety and life struggles and some outings planned for 2017.

## Table Tennis

7:30pm  
Thursday nights  
Cost: Gold Coin  
Where: Milang Institute

Social Games: 7:30pm Thursday nights, ALL WELCOME.

## Mah Jong

Wednesday 1.30pm  
Cost: \$2  
Where: MOSHCC  
Learn to play this mentally stimulating Chinese game of skill.

## Cards

Tuesday 1pm  
Cost: \$2.50  
Where: MOSHCC: ACE Space  
A great afternoon, play an old favourite or learn something new!  
Come and enjoy a friendly game.

## Tai Chi with Jen

Wednesdays 1pm

Cost: \$10 p/w or \$80 per term

**FIRST SESSION FREE!!**

Where: Milang Institute Supper room

Tai Chi is like giving yourself a gift. A chance to relax, gently improve balance & flexibility and your inner health. I invite you to try Tai Chi - It may surprise you like it did me! Jen

## Keep Fit

Thursdays 10am

Cost: \$2

Where: Milang Institute Supper room

Exercise for men and women of all ages and abilities. Standing or sitting, increase your fitness in a friendly and fun environment. Simple, safe and flowing movements.

## Stepping On

Tuesdays 10am

Cost: \$2

Where: Milang Institute Supper room

An hour of gentle and slow exercises in a fun and supportive environment to improve strength, balance, endurance and bone density. Find it hard to keep active and motivated? Come along and try it out!



## Yoga

Tuesdays 5.30pm

Cost: \$2

Where: in ACE Space at MOSHCC

Home grown Yoga! Join in as the group follows along with DVD instruction.

## Cycling

Fridays 7 - 8.30am

Cost: Free

Where: ACE Space @ MOSHCC

Cycling is a great way to keep fit and have fun. Join us for an easy ride around Milang. If you don't have a bike, you can use one of the MOSHCC bikes. Enquiries John 0410 340 071 **FREE**

## Friday Feast

Fridays 12:30pm

Cost: \$7 for two course meal

Where: MOSHCC: ACE Space

Our wonderful Friday Feast volunteers provide a fantastic and affordable lunch. Includes main meal and dessert, and a cuppa afterwards all for \$7.

Transport available if required.

***Bookings Essential by Wed.***

## Community Garden

When: Every Tuesday!

Where: Community Garden  
Corner Rivers/Coxe Street

Join a group of keen volunteer gardeners who work together in our beautiful community garden. Share skills, learn together and enjoy the garden.

## Friendship & Craft Club

Wednesdays 10am—12pm

Cost: Gold Coin donation

Where: Milang Church of Christ Hall

Join a relaxed, friendly morning with a cuppa, bring along your craft you are working on and enthusiasm to share and learn from each other. At times we invite tutors to show their craft. Some like to just come along for a chat and cuppa - that's fine, too!

## Digital Storytelling

Date and Times TBA

Register your interest

Learn to use a variety of multimedia tools to create digital stories. These can be used for presentations, portfolios, online, or even as a way of telling your family tree story!

## Register Your Interest

Date and Times TBA

### ***Introduction to Tourism***

10 week introduction to tourism.

### ***Introduction to Heritage Restoration***

Learn new skills in restoration as we work towards bringing the Milang Lakeside Butter Factory back to life. An opportunity to learn from a skilled builder.

## Meals on Wheels

Hot or frozen Meal Delivery  
Weekdays

Call MOSHCC for more information

Meals on Wheels provides a balanced meal for anyone in the community in need of support. Soup, main meal and dessert delivered frozen weekly or hot/ready to eat on weekdays.

# MILANG

## OLD SCHOOL HOUSE COMMUNITY CENTRE

### Our Mission:

The Milang Old School House Community Centre is committed to the provision of quality adult & community education programs which enhance the economic, educational and social well being of residents in the region. Programs offered will be accessible and affordable.

### **Thank you to:**

#### ***Milang & District Community Care***

The Commonwealth Home Support Program (CHSP)  
is funded by the Australian Department of Health.

#### ***Adult Community Education***

\* These foundation skills activities are funded through the Government of South Australia's WorkReady initiative.

#### ***Growing Life Connections***

The Department for Communities and Social Inclusion  
has contributed funds towards this project.

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