



**Term 4  
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)**

The logo for TAFE SA, featuring the word "tafeSA" in red lowercase letters with three red circles of varying sizes above the "e". The logo is centered within a white circle, which is itself inside a larger light blue circle.

**tafeSA**

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



## 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*

## Patch from Scratch! \*

**This fabulous ten week course with  
experienced horticulturist starts  
Tues 17th October 12.30- 3pm  
Where: MOSHCC ACE space  
Donation: \$5 /week**  
\$5 donation/week

Learn how to set up a vegie patch  
from design to harvest, work out how  
much to grow to eat healthy and  
save money. Includes afternoon tea.

**Bookings essential!** Just ring MOSHC  
85370687

## Accredited Program for 2017-18

The following are courses planned for  
our accredited program this year.  
Please register your interest to be  
kept informed, and for start dates.

**Introduction to Heritage Restoration**  
**Introduction to Tourism**  
**Introduction to Hospitality**  
**Introduction to Water-wise Gardening  
and Landscaping**  
**Digital Storytelling**  
**Introduction to Microsoft Office**  
**Introduction to Social Media**

## Introduction to Social Media \*

\*\*FSKWTG04 Write simple informal workplace texts

Thursdays 1:30pm-3:30pm  
During School Term  
Donation: \$5 per session  
Where: MOSHCC

Facebook, Twitter, Instagram...  
Ready to test the waters of social  
media? Learn the ropes with our  
friendly tutor. Perhaps for yourself  
or your small business/community  
organisation? Get your message  
online and seen!



## Intro to Tourism\*

\*\*FSKRDG06 Read and respond to simple informal workplace  
texts

**Dates to Be Advised for Term 1 2018**  
**Donation: \$5 per session**  
**Bookings essential**

Explore the tourism industry and  
develop a deeper understanding  
of local tourism experiences and  
gain new skills! Includes: Business  
operations, local opportunities,  
and marketing. Bookings essential.

## Fibre Art \*

**Tuesdays** 9.30am - 1pm

@ MOSHCC

Gold coin donation

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

**Continues Wedn 9th August from 5.15 - 6.15pm**

**ACE Space @ MOSHCC**

**Cost: \$5/week**

**Beginners welcome**

Ukulele is fun to learn and a great introduction to music!

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

BYO or try one of ours.

Book now on 85370687

## Community Cruiser

**Every 2nd Wednesday of the month**

**Bus leaves 9.30am \$10 donation**

*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 through MOSHCC 85370160 to avoid disappointment.



## Community Engagement \*

**Sticky Beaks Men's Program**

**Bus leaves MOSHCC 9am**

\$10 donation plus cost of the day

'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 of the month

Bus leaves MOSHCC 9.30am

\$10 donation plus costs of the day

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 85370687

## **“Lakeliners” Writers Group \***

Mondays 1st & 3rd Mon of month  
7pm

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.

## **Women supporting Women**

When: Thursdays 1-3pm  
during School term

Where: Milang Institute Supper Room  
Call MOSHCC 08 8537 0687

All ages welcome.

Contact Colleen on 0499373148

## **Table Tennis**

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute

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

## **Writing Poetry \* for Pleasure & Publication with Jude Aquilina**

**Wednesday 2nd August** fortnights

From 1.30-3.30pm

Cost \$10/week @ Milang Institute  
Institute Supper room

Learn new tips to create powerful poems. Edit and publish your work.

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

## **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.

## **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

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



## 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.

## 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!

## 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!



## Register Your Interest

Upcoming Courses (2017-18)

***Beginners Facebook  
Introduction to Bushfood  
Cooking With Nature  
Water-wise gardening  
Intro to Hospitality  
Intro to Microsoft Office  
Basic Computing***

*...and more!*

## 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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