



Term 1
2018



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

Sign up for email updates at 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



Get Native II*

Tues Feb 6th 1-3pm (8weeks)

Includes two full day-outings

Donation: \$5 per session

Where: MOSHCC ACE Space

Discover native plants in the local area, learn about seed collection and propagation techniques, ancient indigenous bushfood culture includes hands-on cooking, tastings, quizzes & more...

Booking essential! Ring 85370687

Introduction to Hospitality*

***FSKNUM09 Identify, measure & estimate familiar quantities for work*

Thurs 9.30am - 12.30pm

Where: MOSHCC ACE space

Donation: \$5 per session

From Customer Service to the kitchen this 10 week course will cover all skills necessary to work in the food industry including front or back of house.

Includes afternoon tea.

Bookings essential! Ring 85370687

Simple - Local - Yummy Everyday Cooking*

Tues Feb 6th 10am-12.30pm

During School Term **(10 weeks)**

Donation: \$5 per session

Where: MOSHCC

Come and learn easy ways of preparing **healthy meals that don't cost the earth** Learn about food handling and storage, cooking and processing methods, key nutrients label reading and much more...

Intro to Microsoft Office*

***FSKDIG02 Use digital technology for simple workplace tasks*

Starts Thurs Feb 8th 1pm-3pm

Donation: \$5 per session

Bookings essential

Learn the basics of Word and Publisher this term in a relaxed and supportive small class.

Word starts Feb 8th (5 weeks)

Creating and formatting documents

Publisher starts March 15th (5 weeks)

Create posters, brochures, cards etc.

iPad Basics*

Wednesday Feb 7th

10am-12noon

Donation: \$5 per session

Where: MOSHCC ACE Space

Use your iPad or ours to learn how to explore, the App Store, photos, eBooks, music, maps, directions and much more.

Intro to Tourism* - Term 2

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

Wed April 2nd 9.30am-12.30pm

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! Ring 85370687

Fibre Art *

Tues starts Feb 6th NEW 11am

\$2 per session

Where: **NEW Institute Supper room**

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

Stay tuned to special workshops coming up soon

Ukulele

Wedn March 7th 5.15 - 6.15pm

\$5 per session

Where: MOSHCC

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 First Wed of the month

Bus leaves 9.30am

\$10 donation plus costs of the day

Gain new experiences and explore new places together!

Priority is given to Community Care recipients & support persons (a partner, family member, friend or care worker)

Bookings essential. Ring 85370687



Community Engagement *

Sticky Beaks Men's Program

Every third Tues of the month

Bus leaves MOSHCC 9am

\$10 donation plus cost of the day

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

WOW Women's Program

Every fourth Thurs of the month

Bus leaves MOSHCC 9.30am

\$10 donation plus costs of the day

It's about coming together to learn through monthly outings of interest to women of all ages.

Sound like something you want to do?

Bookings essential 85370687

Please note that a certain level of independence is required to attend these trips.

"Lakeliners" Writers Group *

Mondays fortnightly
Resumes Mon 5th February

7pm

Where: Milang Pier Hotel

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

Wed Feb 7th 1.30pm fortnightly
\$5 per session

Where: 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!

Mah Jong

Wed 1pm

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.

Computing 1 to 1

Tues 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

Growing Life Connections Programs

Connecting the Dots

Every Wed 1 - 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 2018.

Milang Mermaids Women supporting Women

When: Thurs 1-3pm from Feb 1st during School term

Where: Milang Institute Supper Room

Call MOSHCC 8537 0687

This group provides women from all generations a safe place for sharing and caring for each other plus some outings planned for 2018.

Contact Colleen on 0499373148

Tai Chi with Jen **Breathe Laugh Relax**

Wed from Jan 31st 1-2pm
Cost: \$10 a session or \$80 per term
FIRST SESSION FREE!!
Where: MOSHCC

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 **Stay Strong - Feel Good**

Tues 10am

Cost: \$2
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

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

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.

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!

Table Tennis

Thursday nights 7.30pm

Cost: Gold Coin

Where: Milang Institute

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

Community Garden

Tuesday mornings

Where: Community Garden

Corner Rivers/Coxe Street

Donation for Supplies

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



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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