



**Term 4  
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](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 our Education Coordinator (Stuart) or your tutor

\* Recognised ACE funded course

## **Child Care**

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

\$6 per session

CCS Approved



## **“Lakeliners” Writers Group \***

**Mondays fortnightly**

**Contact MOSHCC for dates**

7pm-9pm

Where: MOSHCC

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

## **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.

## **Mah Jong - Wed 1pm**

Cost: \$2

Where: MOSHCC

Learn to play this mentally stimulating Chinese game of skill.

## **Cards - Tues 1pm**

Cost: \$2.50

Where: MOSHCC

A great afternoon, play an old favourite or learn something new! Come and enjoy a friendly game.



## **Volunteer Training**

**Thursday 15th Nov 5.15 - 6.15pm**

Cost: Free Where: Mount Barker Natural Resource Centre

**Finding and Keeping Volunteers**

9.30 am - 12.30 pm **Volunteer**

**Management: A Wellbeing**

**Approach** 1.30 - 4.30pm

Contact Bernie at MOSHCC for the registration links, (transport available from MOSHCC book by noon 13th Nov.)

## **Wellbeing and Resilience**

Register your interest

Dates and Times to be advised.

Delivered by TAFESA over 2 Days in Milang. Cost to be advised.

This short course will introduce you to the general principles and practices of wellbeing and resilience and help you to understand and build strategies to accomplish resilience and optimism in yourself and in others.



## Fibre Art

**Tuesdays 11.15am - 3pm**

\$2 per session

Where: Milang Institute

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

## Ukulele

**Wednesdays 5.15 - 6.15pm**

\$5 per session **during School term**

Where: MOSHCC

For more info ring 85370687

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.

## Community Cruiser

**Every month**

Bus leaves 9.30am

\$10 donation plus costs of the day

**Bookings essential, ph. 85370687**

Gain new experiences and explore new places together! Priority is given to Community Care recipients & support persons (partner, family member, friend or care worker) **Next outings:**

**Wed 7th Nov** - Carrick Hill House and Gardens **Thurs 13th Dec** -

Princess Lunch Cruise West Lakes



**Sticky Beaks Men's Program**

**Every third Tues of the month**

Bus leaves MOSHCC 9am

\$10 donation plus cost of the day

"Sticky Beaks" is a men's program that has monthly outings on 3rd Tuesdays with occasional local dinner outings. Just 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 and friendship.

**Next Outings : 25th Oct** Mt Compass Alpaca Farm, **22nd Nov** "The Honey Bees" Stage Show

**Bookings essential 85370687**

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



## Connecting the Dots

**Wednesdays 1-3pm**

**Where: Good Shepherd Hall**

High St Strathalbyn

Ring Colleen on 0499 373 148

An open but confidential group for men and women supporting each other working through depression/anxiety and life struggles. Includes a few outings planned for 2018!

## Milang Mermaids: Women supporting Women

**When: Thursdays Fortnightly  
fortnightly during School term**

**Where: Milang Institute**

Call MOSHCC 8537 0687

This group provides women from all generations a safe place for sharing and caring for each other. Group outings planned for 2018!  
Contact Colleen on 0499 373 148

## Me Cooking 4 U

**When: Thursdays Sept 13th until Nov 8th 12noon-3pm**

**Where: Good Shepherd Hall, Strathalbyn**

To book ring Colleen 0499 373 148 or 8537 0687

Cooking classes focussing on Simplicity, Nutrition, Diversity and learning new skills. Participants will taste their creations, which will then be packed and donated to local emergency relief services.

## **Tai Chi with Jen** **Breathe - Laugh - Relax**

**Wed from Oct 17th** 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

## **Lakeside Scrapbookers**

**Thursdays** - times and venue vary on availability. Contact Reception for further details.  
**Donation:** \$2 per session

Lakeside Scrapbookers invite happy scrappers to join them to share and learn from each other. Come along and make a card or bring photos to make a scrapbook page.

## **Dance 2 Move**

Expression of interest for classes in Strathalbyn, Leave name and number with reception 8537 0687

A structured dance class for all abilities designed to suit those with balance / mobility concerns. Can be done seated or standing to improve balance, memory, coordination and body awareness. A fun and creative way to get moving to music. Speak with Tammy for more information.

## **Keep Fit**

**Thursdays 10-11am**  
Cost: \$2  
Where: Milang Institute

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

## **Stepping On** **Stay Strong - Feel Good**

**Tues 10-11am**  
Cost: \$2  
Where: Milang Institute

An hour of gentle and slow exercises in a fun and supportive environment to improve strength, mobility, balance, endurance and bone density. Find it hard to keep active and motivated? Come along and try it out! EMAA (Easy Moves for Active Ageing) trained instructor.

## **Yoga**

**Tuesdays 5.30pm**  
Cost: \$2  
Where: MOSHCC

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

## Friday Feast

### Fridays 12:30pm

Cost: \$7 for two course meal

Where: MOSHCC

**Bookings Essential by Wednesday**

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.

## 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.

## Friendship & Craft Club

Wednesdays 10am—12pm

Cost: Gold Coin donation

Where: Milang Church of Christ Hall

Join a relaxed, friendly morning, bring along craft you are working on and enthusiasm to share and learn from each other. At times we invite tutors to show their craft. Or 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.

## Meals on Wheels

Hot or frozen Meal Delivery

Weekdays

Call MOSHCC for more information 08 8537 0687

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 South Australian Department for Human Services  
has contributed funds towards this project.

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