



**Term 4  
2019**



# MILANG

OLD SCHOOL HOUSE  
COMMUNITY CENTRE

*Milang Old School House Community Centre is an initiative of:*

MILANG & 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 the Manager 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 \***

### **Contact MOSHCC for dates**

2pm-4pm

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

\$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.



## **Family History**

**Thurs 1pm - 6 Sessions starting  
Thursday 24th October in the ACE  
Space at MOSHCC**

Cost \$5 per session booking fee

Learn how to get started to explore your family history and who to start with. The types of information to collect and where to source it, as well as the best research tips & techniques to use.

## **Child Safe Environments**

Now known as “Safe Environments for Children and Young People”

**Register your interest**

Update your training now as this has changed from previous years  
Update 3hrs Full course 7hrs  
Dates and Times TBA



## 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 5.30 - 6.30pm**

\$5 per session **during term 4**

Where: MOSHCC

Starts October 16th 2019

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

Wednesdays (every 6 – 8 weeks)

Check times for bus departure

\$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)



## 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

Bus leaves MOSHCC 9.30am

\$10 donation plus costs of the day

**Bookings essential, ph. 85370687**

It's about coming together to learn through monthly outings of interest and friendship.

**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!

## **Milang Mermaids: Women supporting Women**

**When: Thursdays**

**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 and more in 2019!  
Contact Colleen on 0499 373 148

## **White Ribbon Day—BBQ Lunch**

**When: Thursday 21st November 12 Noon**

**Where: Lakeside Mens Shed @ Milang Oval**

**Cost: \$5 for lunch**

BBQ to raise funds for the awareness of Domestic Violence.  
Donations accepted on the day.

For further information please Contact Colleen on 0499 373 148.

## GLC Christmas Lunch

**Christmas Day 25th December**

**12 noon - FREE**

Location: Good Sheperd Hall  
Strathalbyn—1 Chapel Street

Come along and have a fun Christmas Lunch with the Community.

Bus available on the day from Milang—booking to MOSHCC 8537 0687.

Other enquiries and lunch bookings to Colleen 0499 373 148.

## 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

**Tues 10-11am**

Cost: \$2

Where: Milang Institute

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

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

**Wed during school term -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: MOSHCC

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

## Friday Feast

### Fridays 12:30pm

Cost: \$8 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***

\* This training is funded through the  
Government of South Australia.

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

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

*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)**