

MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Adult Community Education

Inside & Out with MOSHCC



Term 2, 2011

www.moshcc.com.au

INSIDE: Creatively Connecting Keep Fit

Zumba Fitness Community Garden

First Aid Writers' Group Computing

Learning Community of the year 2009
Learning Program of the Year 2010



For Bookings Call: 08 8537 0687



INSIDE AND OUT WITH MOSHCC

Welcome to Term 2 of 2011! We have another very full program this term, which we are very excited about.

Some very popular activities return to the calendar this term including Senior First Aid (p.5) and OH&S Training. (p.12)

If you missed out last time we ran it, Mental Health First Aid is also returning, running over two days in May. (p.3)

The Biggest Morning Tea will be held in the ACE Space at MOSHCC, raising funds for the

Cancer Council. Bring your donations and have a cuppa on Tuesday 24th of May. (p.3)

Last term we had a look at e-book readers, and on Monday May 23rd we're asking "What books inspire you?" Come along and join the discussion. Open to all e-readers and even readers of the good old "dead tree" versions. (p.6)



Stuart Jones
Adult Community
Education Admin
IT Support/Training

For more info, read on!

Term 2 begins May 2nd and ends July 8th.

FREE CRECHE

9:30am – 12:30pm

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

Bookings required – Ring MOSHCC



SENIOR FIRST AID

Monday 16th May

9am-4pm

BYO Lunch

(More info on page 9)



BIGGEST MORNING TEA

Tuesday May 24th

10am in the ACE Space

The funds raised from Australia's Biggest Morning Tea help Cancer Council to continue our work in cancer research, prevention, education and support services. In 2010, Australia's Biggest Morning Tea raised over \$10 million!

MENTAL HEALTH FIRST AID

Tuesday 17th May & Thursday 19th May

(attendance is required at both days)

Enrolment Deadline: 5th May

The 2nd edition Mental Health First Aid Course IS NOW AVAILABLE

This 12-hour Mental Health First Aid course teaches members of the public first aid skills for helping people experiencing a mental health crisis, mental health problems or the early stages of a mental illness.

PHOTOGRAPHY GROUP

New Evening Class!

Tuesday Nights @ 7:30

Gold Coin

Digital Photography

Sharing tips and tricks with each other

Beginners and old Pros welcome!



Bookings Required - Phone 85370687 - 28 Daranda Tce, Milang SA 5256 - email: moshcc@bigpond.com

TABLE TENNIS

Milang Institute – Gold Coin Donation

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

KEEP FIT

Thursday 10:00am – 11:00am, weekly.

Exercise for men and women of all ages and abilities. Young or old, standing or sitting! Increase your fitness in a friendly and fun environment. Get moving now so that you can continue to move later on!

Join anytime: Milang Institute Supper Room – Gold Coin Donation

ZUMBA FITNESS

Mondays 10:00am @ Milang Institute

\$10 per session, \$5 for Concession Card Holders



The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

STEPPING ON

“Strength and Balance Active Hour” Tuesdays 10:00–11:00am
Milang Institute Supper Room

An active hour of strength and balance. Having strong muscles is necessary for living an active and independent life. Come and join us any Tuesday.



MEDITATION

Each Wednesday @ 7:30pm

Learning and practising meditation enriches every aspect of your life

- Improve physical, emotional and spiritual wellbeing...
- Increase positivity and self understanding
- Decrease fears, anxiety and stress
- Non Denominational – All Welcome!

Bring firm cushion, warm comfy clothes. Cost: Gold Coin donation

LEARNING FOR WORK

Course 1: "Do I need a First Aid Ticket?" 16th May

In most workplaces having a current first aid certificate is a bonus. At this workshop participants will renew or obtain their Senior First Aid Certificate. The delivery of the course content will be contextualised to agricultural industries and environmental work. It will include a session on personal skills, conduct a personal skills audit which includes an opportunity for participants to reflect on their next steps in terms of employment, further training or volunteer work.

Course 2: Using Chemicals Responsibly & ChemCert Accreditation. 6th & 7th June

This course will provide accreditation for all operators of spray equipment. It will be possible for people interested in undertaking this work commercially to complete the closed book examination at the close of this course.



Course 3: Why won't the *#^&@* thing start!?! Operating small Machinery and OHS&W including Risk Assessment 9th & 26th May

This course will give the basics of how small engines operate, maintenance requirements, OHS&W and risk issues. This course will start in an operating workshop (Orlando Winery) and include an opportunity to strip and assemble a 2 or 4 stroke motor. It will be very user friendly and suitable for people expected to use a range of equipment such as brush cutters, chainsaws and augers etc



Who should attend?

Anyone who is keen to find work [paid or unpaid] in conservation, land management and seasonal agriculture/ horticulture.

There is no age limitation and women interested in being involved in the above areas of work will find the sessions very useful.

These courses are accredited and will lead to formal qualifications if you want to undertake the required assessments.

Dress Code: Outdoor work - long sleeves and safety boots [solid flat soled shoes] are required

Courses are free but Bookings are essential.
Please ring MOSHCC
85370687

Contact Shirley Smith for any further information
85370687 or 0427 186 593

Funded by SA Works

SouthAustraliaWorks
linking people, skills and jobs



Government of South Australia
Department of Further Education,
Employment, Science and Technology

Bookings Required - Phone 85370687 - 28 Daranda Tce, Milang SA 5256 - email: moshcc@digpona.com

WRITERS' GROUP

“Lakeliners” meet once a fortnight on a Monday evening. Workshop, get feedback for your writing: Fiction, autobiography, poetry, essays, etc. All genres.

Every other Monday 7:30pm–9:30pm

May 2nd, May 16th etc. at MOSHCC
Gold Coin Donation.

MOSHCC is a member of the SA Writers' Centre, call in to have a read of the latest newsletter.



E-READERS BOOK CLUB

Meetup, May 23rd @ 7:30 in the ACE Space.

What books inspire you?

Open to all interested readers.

Do you have an e-reader? Kindle, iPad, Nook, Sony ... there are so many to choose from now!

If you don't have one, and have questions, please feel free to come along and have a chat. You can even bring “dead tree” versions as well if you're so inclined!

CARDS

Come and enjoy a friendly game. In the ACE Space, at MOSHCC

Tuesday 1:00pm–4:00pm

\$2.50 / week

CREATING WITH CLAY

Learn hands-on how to create your own masterpieces from start to finish.

Gold Coin donation + Some material and firing costs to be paid

Wednesday 1:30pm–3:30pm

HAVE AN IDEA?

Do you have a great idea for a new group @ MOSHCC?

Talk to Stuart or Karyn about your ideas today.

MILANG COMPUTING GROUP

Your IT Support Group!

This Term's Topic is:

Using Facebook and Sharing & Printing Photos Online

June 14th - July 5th

\$2.50/week

Tuesdays 10:00am-11:30am

At the Milang Old School House Community Centre

BOOK ONE-TO-ONE TIME WITH A TUTOR

Are you a beginner, just starting out or have a particular question or something you want to learn? Book some time with our friendly tutor.

\$5 per session, times by appointment. Tuesday afternoons preferred.



BROADBAND FOR SENIORS

If you are a senior and wanting to learn about the internet, we now have a Broadband for Seniors Kiosk with 2 internet enabled computers, which you can use for self-directed exploration or book in and learn with a tutor.

Internet Access and Training Sessions are FREE for seniors!

Our Seniors Kiosk is funded by the Australian Government.

**INTERNET ACCESS
MON - FRI / 9AM - 5PM**

Drop in any time to check email, research, check the job ads, type up a letter... wireless access avail.



PARTY YOURSELF INTO SHAPE.™

The Latin-inspired, easy-to-follow,
calorie-burning, dance fitness-party™.
Feel the music and let loose.



FOR CLASS DETAILS
CONTACT YOUR LICENSED ZUMBA INSTRUCTOR:

JOIN THE
party™

Milang Institute Mondays @ 10am

For Details Call: 8537 0687

zumba.com

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Bookings Required - Phone 85370687 - 28 Daranda Tce, Milang SA 5256 - email: moshcc@bigpond.com

WOW Program 2011

Please book through MOSHCC phone 85370687

10th February	Cards - encouraging discussion	1.30pm at MOSHCC
24th February	Adelaide Fringe Garden of Unearthly Delights	Please note!! Bus leaves MOSHCC 1pm
10th March	Jewellery making	1.30pm at MOSHCC
24th March	Victor Harbor Rose Garden / miniature trains	Bus leaves MOSHCC at 9.30am
7th April	The Highlands Foundation support for Papua New Guinea	1.30pm at MOSHCC
21st April	Leafy Sea Dragon Festival Yankalilla	Bus leaves MOSHCC 9.30am
5th May	Pottering with clay	1.30pm at MOSHCC
19th May	Cheese Factory at Meningie and home along Coorong	Bus leaves MOSHCC 9.30am
2nd June	Pottering with clay 2	1.30pm at MOSHCC
!! TUESDAY !!	Theatre 'Why Muriel matters' about the life and work of the remarkable Adelaide-born suffragist and actor	Bus leaves MOSHCC 9.30pm
14th June		
30th June	At the movies	1.30pm at MOSHCC



UPCOMING TRAINING/PROGRAMS

Register your interest in these upcoming training opportunities (Details TBA):

- Child Safe Environments (Mandatory Notification)
- Basic Food Safety Practices
- Basket Weaving
- Weight Watchers Group
- Horticulture
- Basic Home Maintenance

CREATIVELY CONNECTING

Thursday mornings from 9:30am–12:30pm in the ACE Space

Join the journey at MOSHCC: discovering new and fun ways to express yourself through art & craft. **Free creche available.**

FRIDAY FEAST

Our regular Friday Feast is back at the MOSHCC and is now making use of the new facilities of the “ACE Space”.

Keep an eye out for scheduled Fun, Entertainment & Informative activities after the Feast.

From movies, games and guest speakers, your Friday Arvo's are beaut at the MOSHCC!

Council of the Ageing will visit on Fri 20th May talking about Medicines and You. (See page 13)

Keep an eye out on the menu for upcoming activities.

MEN'S “STICKY BEAK” OUTINGS

3rd Tuesday, 9:30am Bus

19th April, 17th May etc ...

Tired of being stuck at home? Get out and enjoy some good company. \$5 donation **Booking Essential.**

Please contact MOSHCC for information regarding upcoming trips and bookings.



FRIENDSHIP AND CRAFT CLUB - MILANG CHURCH OF CHRIST

Wednesdays 10am – 12noon

The Friendship & Craft Club meets each Wednesday morning during school term at the Milang Church of Christ Hall.

We offer a relaxed, friendly morning with a cuppa and encourage those folks who like to do craft to bring along what they are currently working on to enthuse the rest of us!

Some folks like to learn something new and we try to either teach or bring in teachers to help us. Some folks only like to come along for a chat and a cuppa – that's fine also.

Gold coin donation
bottomless cups/biscuits are available.



COTTAGE GARDEN CLUB

Meets the second Wednesday of each month including outings to nurseries and gardens.

Pick up a program at the Milang Old School House Community Centre, and check out the report in the Milang Community News.

MILANG COMMUNITY GARDEN

Working in the garden on the 1st & 3rd Tuesday of each month. 10:30am–12:30pm

The community garden is located diagonally opposite the Milang Campus, corner of Coxe St & Rivers St.

If you would like to volunteer, drop in at one of our working days for more information.



OCCUPATIONAL HEALTH & SAFETY TRAINING

FRIDAY 13th May
9am – 5 pm

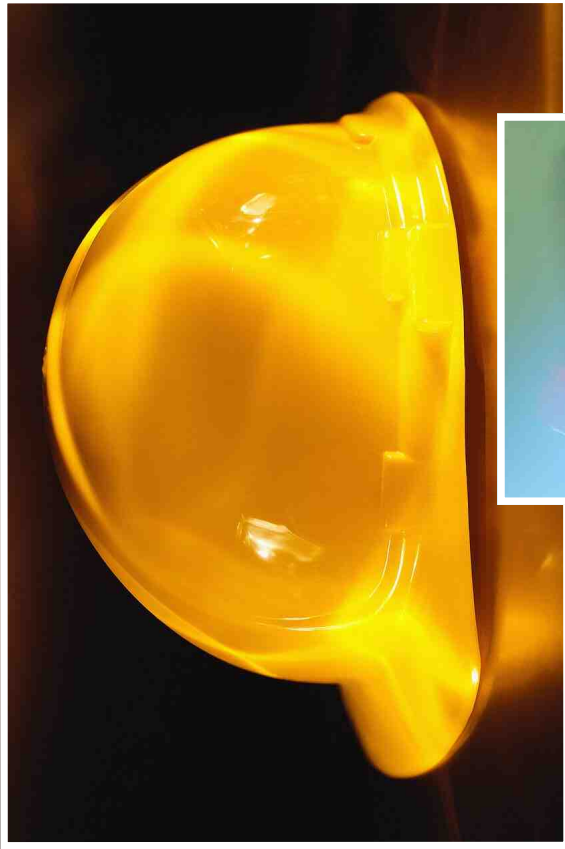
Milang Institute Supper Room

BOOKINGS @ MOSHCC 85370687

moshcc@bigpond.com

This training is particularly suited to people who are volunteering or working in community service organisations such as community centres, church groups, aged and disability services, youth and childcare services.

A certificate of attainment will be issued which can be used towards recognition of prior learning in accredited qualifications.





MEDICINES

AND YOU

Friday 20th May

@MOSHCC

1:30pm

After

Friday Feast

A "Medicines and You" session will help you to:

- Learn about your health and medicine options
- Effectively discuss your health and medicine options with health professionals
- Manage your health and medicines

Brought to you by
the Council of the
Ageing and Milang
Old School House
Community Centre



**Please let us know if you are
attending on 8537 0687**



ENTERTAINMENT MUSIC CONVERSATION ATTITUDE CULTURE

AROUND the WORLD at your COMMUNITY CENTRE

A GLOBAL FEAST

**CELEBRATING COMMUNITY
& NEIGHBOURHOOD
HOUSES AND CENTRES
WEEK**

FRI. 20TH MAY

6.30 PM

**EVERYONE WELCOME
BOOKINGS ESSENTIAL
MOSHCC 85370687
moshcc@bigpond.com**

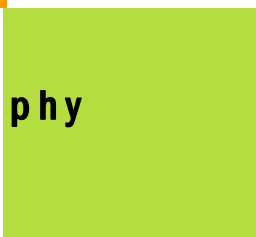


**MILANG OLD SCHOOL HOUSE
COMMUNITY CENTRE**



THE HEART OF YOUR COMMUNITY

LEARNING A LIVING



Photography



Painting



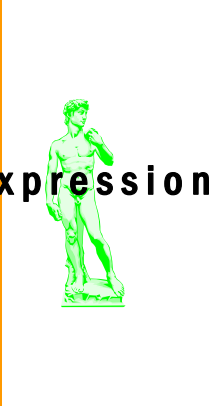
CREATIVELY CONNECTING



Journaling



Beading



Expression



TERM 2 2011
THURSDAYS
9.30-12.30
ACE SPACE
FREE CRECHE AVAILABLE



Paper Craft



Treasures



Milang Old School House
Community Centre
Ph 85370687
moshcc@bigpond.com

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 Eastern Fleurieu townships and districts including Milang, Clayton, Finniss, Langhorne Creek and Strathalbyn.

Programs Offered will be accessible and affordable.

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



www.moshcc.com.au

For Bookings:
Tel. 08 8537 0687



Government of South Australia

Department of Further Education,
Employment, Science and Technology

SouthAustraliaWorks
linking people, skills and jobs