

MOSHCC.COM.AU MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Program Guide

Term 1



2012

Bookings are essential for all MOSHCC programs as class sizes are limited, either by phone, in person or by email:

Milang Old School House Community Centre

24-25 Daranda Tce

Milang SA 5256

Ph. 08 85370687

Email: reception@moshcc.com.au



Register your interest

The following programs are in the early planning stages, however if you are interested please register with MOSHCC to receive further information when it is available:

Cert III in Nutrition and Dietetics

Cert III in Community Services Work

Cert IV in Training and Assessment

Career Development

Where: MOSHCC & Strathalbyn Library

Great news for this year! MOSHCC will be delivering career development services in Milang and Strathalbyn through Fleurieu Careers, an initiative of South Australia Works. MOSHCC in partnership with Finding Workable Solutions and Workskil will provide career guide support to individuals enhancing their skills and capabilities to help achieve their career aspirations, assist those unemployed or underemployed and play a vital role in supporting retrenched people impacted in times of company closure to find new pathways for the next step in their lives. For further information or to make an appointment please ring MOSHCC on ph. 08/8537 0687

FREE CRECHE

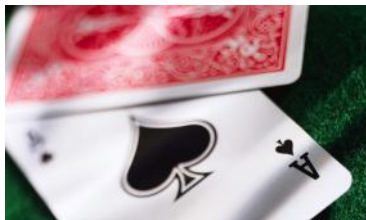
9:30—12:30

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

Bookings Required—Ring MOSHCC



Cards



1:30 PM
Tuesday
Cost: \$2.50 per week
Where: MOSHCC

Art/Craft/Leisure

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

Creating With Clay



10am
Wednesday
Cost: Gold Coin + materials and firing costs.

Art/Craft/Leisure

Learn hands-on how to create your own masterpieces from start to finish. Our talented tutor welcomes beginners and masters alike! Hone your visual arts skills today @ moshcc!

Friday Feast



12:30 PM
Friday
Cost: \$6.00 meal
Where: MOSHCC: ACE Space

Art/Craft/Leisure

Our wonderful Friday Feast volunteers provide a fantastic and affordable lunch. Includes main meal and dessert, and a cuppa afterwards. 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!

Interested in Dance?



Time & Date to be advised
Cost: Gold Coin
Where: TBA

Art/Craft/Leisure

If you're interested in creative movement of any kind, we're looking to start a new adult daytime group soon! Dance, Hip-hop, Pilates, stretch class, folk and global dance, Tap and Jazz - let us know what you're interested in by calling MOSHCC today!

Men's "Sticky Beak" Outings



Third Tuesday of the Month
Cost: Bus Trips \$5 + Food, Entrance Fees etc.

Art/Craft/Leisure

Tired of being stuck at home? Get out and enjoy some good company. Please contact MOSHCC for information regarding upcoming trips and bookings. Bookings Essential.

"Sticky Beak" Planning



9.30 am
Tuesday 14th Feb
Cost: FREE
Where: MOSHCC Lounge room

Art/Craft/Leisure

Men: Come along and plan the program for the 2012 year. This is your chance to make sure that you go, see and do the things that interest you.

Take in, Take up or Sew New



1 - 3 pm

Tuesday from 7th Feb for 8 weeks

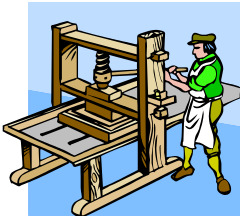
Cost: \$2 per session + material costs

Art/Craft/Leisure

Are the trousers you buy always too long? Perhaps your clothes aren't fitting quite right or you have some fabulous fabric that you would like to make into home furnishings or clothes.

This machine sewing course with Rose Evans covers the basics and is for beginners and inexperienced sewers. Use the Centre sewing machine and overlocker or bring along your own machine if you have one.

The Quarterly



3pm - 4:30pm

Monday

Cost: \$2.50 per week

Where: MOSHCC ACE Space

Art/Craft/Leisure

An opportunity for hands-on learning in desktop publishing. Learn how to create newsletters and other publications. Publish your own work or work on the team project with the aim to print and also to publish online.

WOW



1.30pm afternoons, 9.30am Bus

Trips

Thursday Fortnight

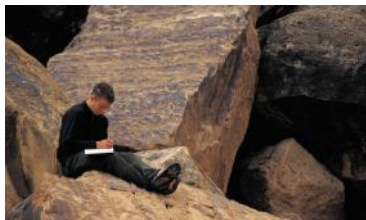
Cost: Gold Coin, Bus Trips \$5 +

Food, Entrance Fees etc.

Art/Craft/Leisure

For women only! Is there a place that you always wanted to go to but felt it wouldn't be much fun on your own? Or is there a topic you are interested in and other women could benefit as well? Well - Why not come to our planning afternoon on Thursday 9th February at 1.30pm and bring your ideas to work out another fabulous program for 2012! The WOW program has a range of hands on activities, guest speakers and educational outings of particular interest to women of all ages.

Writers Group



7:30pm - 9:30pm
Monday fortnight
Cost: Gold Coin
Where: MOSHCC: ACE Space

Art/Craft/Leisure

“Lakeliners” meet once a fortnight on a Monday evening. Workshop, get feedback for your writing: Fiction, autobiography, poetry, essays, etc. All genres. MOSHCC is a member of the SA Writers’ Centre, call in to have a read of the latest newsletter.

Broadband for Seniors



Make a booking
Tues or Wed afternoons
Cost: FREE for over 50's
Where: MOSHCC

Computing

The Broadband for Seniors Project, funded through the Australian Government, aims to provide over 50's with the skills and opportunity to get online. Book at MOSHCC for one-to-one training (or up to 2 if you bring a friend!) with one of our friendly tutors.

Computing A-Z



10am
Tuesdays from 13th March
Cost: \$2.50 per week
Where: MOSHCC: ACE Space

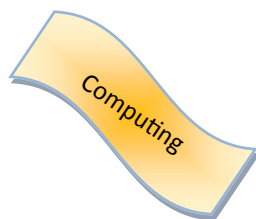
Computing

Been Facebooked? Tweeted? Have your new computer/laptop/tablet and don't know where to start? There's a course for that! Come along on Tuesday mornings to learn how to get started online and start getting social!

Creative PowerPoint



9:30am to 11:00am
Tuesdays from 7th Feb
Cost: \$2.50 per week
Where: MOSHCC: ACE Space

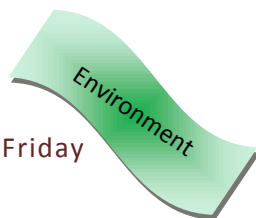


Making a presentation? Wanting to create a slideshow for friends and family? PowerPoint is a versatile program that can combine text, image, video and audio elements to create unique multimedia presentations. Presentations made at MOSHCC can also make use of the SmartBoard, an interactive whiteboard which makes presentations truly interactive.

Turn Your Thumb Green



9.30am
Monday 6th Feb Goolwa and Friday
10th Feb Milang
Cost: FREE
Where: Community Garden/
Whalers Housing Training Room
Goolwa and Community Garden

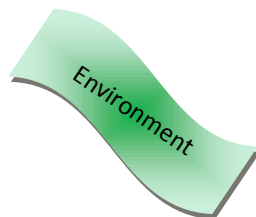


Wondering how to get going in your garden? A hands on opportunity to get started, learn some well known and not so secret methods to create beautiful and productive gardens.

Using Chemicals Responsibly



9:15am to 3:30pm
Monday 14, Tuesday 15 and
Wednesday 23 May
Cost: Some cost involved for
certification
Where: ACE Space

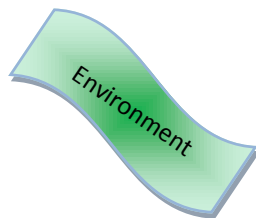


Including ChemCert Accreditation. Open to all who use chemicals in weed control. This course will provide accreditation for all operators of spray equipment. It will be possible for people interested in undertaking this work commercially to complete the closed book examination on the final day of this course.

What are we standing on? -Soils



9:15am to 3:30pm
Wednesday 8th February
Cost: Free
Where: ACE Space



"What are we standing on" looks at the importance of soil as the foundation of successful pasture, cropping, revegetation and growing veggies at home. This session will focus on the types of soil, soil structure, textures, how it operates, nutrients and mapping and managing to soil types. This session is open to anyone who is interested in understanding this building block for the productive use of your land.

Cycling



Mornings from 8am - 10am
Check for dates
Cost: FREE
Where: Milang



Discover historic Milang and District by bike. Rides are held every week at an easy pace followed by refreshment. Pick up a brochure from the MOSHCC or call Colin on 0400 677 382 for details of rides from Milang.

Keep Fit



10:00am - 11:00am
Thursday
Cost: Gold Coin
Where: Milang Institute



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. Participants are encouraged to think of movement as an opportunity, not an inconvenience. Combat the loss of movement in our lifestyle with simple, safe and flowing exercise.

Partners in Depression



Time & Date to be advised

Cost: TBA

Where: Strathalbyn

Health & Fitness

Partners in Depression is a six week group program that aims to address the information and support needs of families and friends of people experiencing depression. It covers a range of topics including: what is depression, treatments for depression, suicidality and self harm, how you best support someone with depression, communication strategies and the importance of self care. It is run by health professionals and provides a forum in which participants can receive information and ask questions about depression and the support role, with others with similar experiences.

Stepping On



10am

Tuesday

Cost: Gold Coin

Where: Milang Institute

Health & Fitness

"Stepping-on" is an active hour of gentle and slow strength and balance exercises that follow a program specifically designed by physiotherapists to help improve muscle strength, balance and bone density. Having strong muscles & bones plays such a vital part in continuing to enjoy our independent lives as long as we can. Please join us on Tuesdays at the Institute supper room.

Table Tennis



7:30 PM

Thursday nights

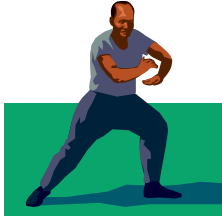
Cost: Gold Coin

Where: Milang Institute

Health & Fitness

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

Tai Chi and Chinese Culture



Time & Date to be advised

Cost: \$2.50

Where: Milang Institute

Health & Fitness

Tai Chi is a powerful but gentle form of exercise. It consists of low impact exercises which strengthen and relax the mind and body. Slow, flowing movements and deep breathing reduce stress, improve flexibility and muscle strength and increase energy. If you are interested in learning Tai Chi and a little more about its place in Chinese culture please register your expression of interest and we will be back in touch once we have sufficient numbers to run the course.

Yoga



5:30 PM

Tuesdays

Cost: Gold Coin

Where: MOSHCC: ACE Space

Health & Fitness

“Home grown yoga!” Join in as the group follows along with DVD instruction.

Zumba Fitness



ZUMBA
fitness

10am

Monday

Cost: \$11 per week, or \$5

Concession

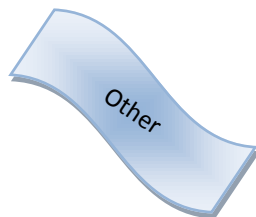
Health & Fitness

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.

Car Maintenance for Women



9:30am to 12:30
Wednesday 8th February
Cost: FREE
Where: Milang - TBA

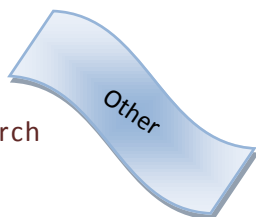


Car won't start in the morning, tyre gone flat? Not sure what to do? Take this hands on opportunity to learn how to deal with these small emergencies. Get tips to maintain your car and ultimately save you money.

Why won't it start???



9:15am to 3:30pm
Monday 19 & Tuesday 20 March
Cost: Gold Coin
Where: MOSHCC Shed

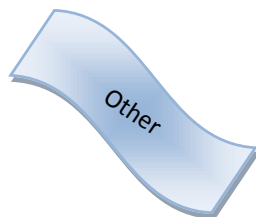


Always wanted to know how and why machine like the lawn mower, whipper snipper wont start? Get in touch with your inner grease monkey and learn how engines operate, the maintenance requirements, OHS&W and risk issues. You will have an opportunity to strip, assemble and start a 2 or 4 stroke motor. It will be a very user friendly and suit people who are expected to use a range of equipment such as mowers, brush cutters, chainsaws and augers etc.

Food to Share



9:30am-12:30pm
Wednesday 8th Feb
Cost: FREE
Where: Milang Institute

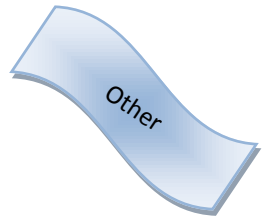


Planning a party, function or small event for family or friends? This hands on opportunity will give you hints, tips and options for planning, preparing and presenting food to family, friends or small groups in a professional way. Come along and be inspired.

Ngarrindjeri Language and Culture



Evenings
TBC for 8 weeks
Cost: \$5 per session
Where: ACE Space

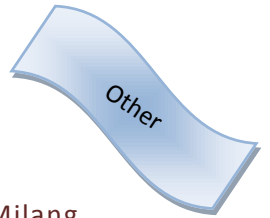


A number of lakes people who attended the Raukkan 150th Anniversary in 2009 were inspired to hear about the work done to compile the Ngarrindjeri Dictionary. We heard how the dictionary would ensure that more people would continue to speak some form of the language in the future and that the Ngarrindjeri language had come home. Verna Koolmatrie from Raukkan will lead this series of workshops to share Ngarrindjeri Culture and Language with us. Workshops will be face to face, via skype and include a visit to Raukkan.

Restoration and Repair



9am to 4pm
Tuesday 7th February
Cost: FREE
Where: Milang Men's Shed, Milang Oval

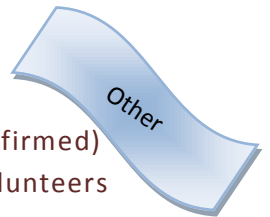


Interested in restoring and repairing vehicles and small machines? An opportunity to get your hands dirty and learn some skills to bring vehicles back to life! Work on an actual vehicle or machine and along the way get hints and help on sourcing information and spare parts.

First Aid



9:30am—5:00pm
Friday 16th March (to be confirmed)
Cost: MDCA Students and Volunteers are free, others \$115
Where: Milang Institute Supper Room



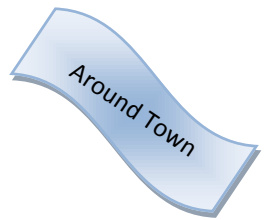
Book now for the full First Aid Certificate (which needs updating every 3 years) as well as the 12 month CPR update.

Cottage Garden Club



When: Second Wednesday of the month

Includes outings to nurseries and gardens. See the report in the Milang Community News. For further details please contact MOSHCC.



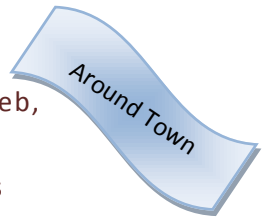
Dead Wrong / None the Wiser



7.30 - 10 pm Saturday 11th Feb,
Friday 17th Feb

Cost: \$20, Conc. \$17 includes
transport from MOSHCC to Chapel
Theatre, Strathalbyn

Join us for the Strathalbyn Players evening of one act plays "Dead Wrong", written and directed by Imran House and Emily Currie and "None the Wiser" written by Anthony Booth and directed by Gillian Aitchison. At the Chapel Theatre Strathalbyn. This is a cabaret style event so please bring along a plate of supper to share.



Friendship and Craft Club



10am to 12noon
Wednesdays

Cost: Gold Coin donation

Where: 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 like to learn something new, and we try to bring in teachers to help us, and some like to come along just for the chat and cuppa - that's fine also. Bottomless cups/biscuits available.

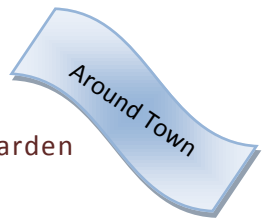


Milang Community Garden



VOLUNTEERS WANTED!

Where: Milang Community Garden



The Community Garden is located diagonally opposite the Milang Campus, corner of Coxe St and Rivers St. If you would like to volunteer, please contact MOSHCC for more information.

Cert IV in Training and Assessment



Time & Date to be advised

Where: MOSHCC



The Cert IV TAE will be offered starting march (TBC) for people interested in obtaining recognised qualification for training and assessing in your skill area.

Register your interest NOW by phoning MOSHCC on 08 8537 0687

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March 8

International Women's Day 2012

Theme is

Supporting Women's Economic Empowerment



The participants in the Certificate IV Community Development & Community Services Work course would like you to join with them in the exploration and celebration of International Women's Day 2012

IWD is a global day celebrating the economic, political and social achievements of women in the past, present and future. It is a day when women are recognised for their achievements, regardless of divisions, whether national, ethnic, linguistic, cultural, economic or

GUEST SPEAKERS will discuss their experience and involvement in women focussed activities from their perspectives as peace activist, a unionist and in agriculture. All welcome. Limited spaces. **BOOK EARLY**

INVITATION TO ALL!



Starting 10:30am with speakers and a panel discussion.
Lunch will be served at 12noon.
RSVP: 1st March 2012
8537 0687
Cost Scale: Gold Coin to \$10

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.

Supported by:



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

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