

# MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Adult Community Education

Hands on @ MOSHCC



Term 1, 2010

[www.moshcc.com.au](http://www.moshcc.com.au)

INSIDE: Keep Fit    Community Gardening

Book Club    Northern Lights    Cards

Writers' Group    Life with Gusto    First Aid



Government of South Australia

Department of Further Education,  
Employment, Science and Technology

For Bookings:  
Tel. 08 8537 0687





## Welcome to a New Year at MOSHCC!

Welcome to a new year of learning at the Milang Old School House Community Centre.

We are excited about all the new opportunities that are available at the Centre and all around Milang and the wider region this year.

Not only do we have a full program for MOSHCC, we have accredited training opportunities linked to many of these activities. Out in the Community Gardens you could gain a certificate in Active Volunteering. You could also be helping with Bioremediation and Revegetation around the Lakes, working with MOSHCC, the Lakes Hub and in

Community Nurseries around the Lakes (including one at the Milang Environmental Centre) in a Certificate in Conservation and Land Management.



**Stuart Jones**  
Adult Community  
Education Admin  
IT Support/Training

You may have noticed a little extra activity around the MOSHCC starting late January, with a little clearing around the side of the building. This is to make room for an addition: the new Adult Learning Centre.

This will provide some much needed additional space at MOSHCC for accredited courses and other activities that need more room such as IT, Writers Group, Cards etc.

# OCCUPATIONAL HEALTH, SAFETY & WELFARE

1 Day Workshop

Wednesday 17th March 9:30am to 4:00pm

Delivered in partnership with TAFESA and can be assessed towards a formal qualification.

## CONSERVATION & LAND MANAGEMENT

These workshop are operating as accredited, however if you would like to join in, and develop skills in specific areas, please enrol by ringing MOSHCC – 8537 0687

**Revegetation & Bioremediation Workshops:**

Milang Institute, 9am – 4:30pm

February 10th & 24th

March 10th & March 24th

April 28th

## SENIOR FIRST AID - 2 DAY COURSE

Milang Institute: Mon 26<sup>th</sup> & Tues 27<sup>th</sup> April

9:00am – 5:00pm (BYO Lunch)

Free for Milang and Clayton  
Community Volunteers

Others: \$115

## CPR UPDATE

Milang Institute: Mon 26<sup>nd</sup> April  
(First morning of First Aid Above)

9:00am – approx 11:30pm

Free for Milang and Clayton  
Community Volunteers

Others: \$40



# Training

## 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

Feb 1<sup>st</sup>, Feb 8<sup>th</sup> 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.



## BOOK CLUB

Calling all avid readers! A new book club is starting if you are interested please contact MOSHCC and as further details are available we will be in touch.

Open to all readers.

## CARDS

Come and enjoy a friendly game. Term 1 we meet at the MOSHCC each week.

Tuesday 1:00pm–4:00pm  
\$2.50 / week

## CREATING WITH CLAY

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

Wednesday 1:30pm–3:30pm

## 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.



## WOW 2009 PROGRAM



**25th Feb 1:30pm**  
Games Afternoon @ MOSHCC. Gold coin donation

**11th Mar 9:30am – Bus Trip**  
Adelaide Fringe

**25th Mar 1:30pm**  
Jewellery Making @ MOSHCC. Gold coin donation

**8th April 9:30 – Bus Trip**  
Tumbeela Natural Bushfoods Verdun

**22nd April 1:30pm**  
Carole Linscott

**6th May 9:30am Bus Trip**  
Prospect Hill Community Garden Tour / Museum



**Bookings are essential for ALL activities so we can cater accordingly. A \$5 fee for bus trips is required upon booking (refundable with timely cancellation)**

## MEN'S "STICKY BEAK" OUTINGS



Tired of being stuck at home? Get out and enjoy some good company. \$5 donation Catch the MOSHCC Bus at 9:30am Booking Essential.

Please contact MOSHCC for information regarding upcoming trips and bookings.

# Men's & Women's Group

## 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, wear warm comfy clothes

Cost: Gold Coin donation

## MILANG COMMUNITY GARDEN GROUP

The Milang Community Garden Group meets every Tuesday at MOSHCC from 9am - Noon.

Also register your interest in regular **Kitchen Workshops**, using what you have in your garden/fridge to preserve, pickle and bake up a cheap and easy storm.

## CITTASLOW INFORMATIVE TALK

Wednesday 31st March 10am - 12 noon.

Host Lyn Clarke, convenor Goolwa Cittaslow

Learn about the worldwide movement of Cittaslow, the philosophy behind the movement, how Cittaslow benefits the local communities, and what is slow food.



## ACTIVE VOLUNTEERING

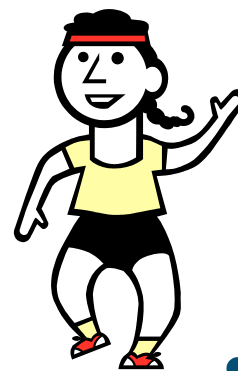
Anyone becoming involved in the Community Gardens is invited to convert their experience to a Certificate III in Active Volunteering.

Remember it's not school, it's about recognising your skills.

## TABLE TENNIS

Milang Institute – Gold Coin Donation

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



## KEEP FIT

Thursday 10:00am – 11:00am

Exercise for all ages and abilities. Young or old, standing or sitting! Increase your fitness in a friendly and fun environment.

Milang Institute Supper Room – Gold Coin Donation

## STEPPING ON

“Strength and Balance Active Hour” Tuesday’s 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. Many people can be too shy or lack motivation to approach training on their own. Come and join us any tuesday.

## CYCLING ON THE FLEURIEU

We go for rides at a leisurely pace on quiet roads!

See Program over the page

check out [strathbug.blogspot.com](http://strathbug.blogspot.com) online for details.



The Strathalbyn and District Bicycle User Group gives local cyclists in the Alexandrina Council the opportunity to ride together and have safe places to ride. We are working on routes for bike paths around Strathalbyn & Milang. Also bike routes from Strathalbyn to Langhorne Creek, Milang and Goolwa.

Also bike parking in parks and at the shops. Enjoy yourself on one of our rides or come along to our next meeting.

**Also: Drop into MOSHCC to find out about our bikes available to hire!**

# CYCLING

## Milang & Strathalbyn

### FEBRUARY

6	Strathalbyn	Sat	1pm	20kms easy
11	Milang	Thu	2pm	15kms easy
20	Strathalbyn	Sat	8 am	50kms road
20	Milang	Sat	2pm	15kms easy
24	Strathalbyn	Wed	9am	50kms road

### MARCH

6	Strathalbyn	Sat	1pm	20kms easy
11	Milang	Thu	9.30 am	15kms easy
20	Strathalbyn	Sat	8am	50kms road

Milang rides start at the Railway Station, Daranda Tce  
Strathalbyn rides start at the Railway station South Tce

### STRATHALBYN BICYCLE USER GROUP

StrathBug is a bicycle user group to improve facilities for cyclists. We meet at the Strath Community Centre  
3<sup>rd</sup> Wednesday of the month at 7 pm.  
[Strathbug.blogspot.com](http://Strathbug.blogspot.com)

E-mail [john@moshcc.com.au](mailto:john@moshcc.com.au).

Phone: John

041 034 0071      8537 0071





# MILANG COMPUTING GROUP

Your IT Support Group

**This Term's Topic is: Starting from Scratch**

**Starting from 9th of February**

Are you feeling challenged by technology? Do you have a computer but are unsure of just how it works? This Term we begin with the basics, step by step.

\$2.50/week

Tuesdays 10:30am-12:00am – Join anytime!

At the Milang Old School House Community Centre

# Computing

## BOOK ONE-TO-ONE TIME WITH A TUTOR

If you'd like help, 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**  
**MON - FRI / 9AM - 5PM**

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



## UPCOMING TRAINING/PROGRAMS

Register your interest in these upcoming training opportunities:

- Child Safe Environments (Mandatory Notification)
- Playtime Workshops (for parents with children aged 0-5)
- Food Presentation

## SA WEIGHT WATCHERS MILANG BRANCH

**New Members Needed – All Welcome**

Meets at MOSHCC 9-10am Wednesdays

Membership \$20

Concession: \$18

First Meeting is FREE

## FREE CRECHE

9:30am – 12:30pm

Available Monday, Wednesday & Thursday

Come and try something new while childcare is available

Bookings required – Ring MOSHCC



## HAVE AN IDEA?

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

**Talk to Stuart or Karyn about your ideas today.**

## FRINGE EVENTS:

### NORTHERN LIGHTS + GARDEN OF UNEARTHLY DELIGHTS

Thurs 25th Feb  
Catch the Bus at 4:30 from MSOHCC  
Bring a picnic or buy tea  
Bookings Essential.



## CODGERS

Everyone either knows one, is related to one, lives with one – or is one! A comedy about ageing, friendship and being a codger.

Venue: Dunstan Playhouse @1pm

Thursday 15th April  
\$30 Play, \$10 Bus/

Departs MOSHCC @ 11am

## GLASS BLOWN BEADS & JEWELLERY

Pauline Delaney is a glass artist who works in designing and making handblown glass and lampwork glass beads and jewellery for galleries. She also produces individual focal glass beads and bead sets for clients.



Pauline will run a lampwork glass bead making class in Milang teaching students how to make lampwork glass beads on a minor burner in a two day weekend class.

Pauline's work is represented in many private, corporate and public collections including The Corning Museum of Glass, New York, USA.

Don't miss this opportunity to learn a new craft.  
Register your interest in these classes at MOSHCC today.

Cost \$50 + materials.

Bookings Required - Phone 85370687 - 28 Daranda Tce, Milang SA 5256 - email: [moshcc@bigpond.com](mailto:moshcc@bigpond.com)

# Special Events

## 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.



For Bookings:  
Tel. 08 8537 0687

[www.moshcc.com.au](http://www.moshcc.com.au)