

MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Adult Community Education

Hang Out @ MOSHCC



Term 2, 2010

www.moshcc.com.au

INSIDE: Open Day May 14th Cards
Book Club Community Gardening Keep Fit
Writers' Group Life with Gusto



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

For Bookings:
Tel. 08 8537 0687



SPICK AND SPAN



Stuart Jones
Adult Community
Education Admin
IT Support/Training

Autumn has sprung, and with a vigour usually reserved for spring, Volunteers and Staff at the MOSHCC have been cleaning the Centre and shifting the furniture to make way for a complete re-painting inside.

There's just a few rooms to go, but the Centre is already so much lighter and brighter.

Construction is well and truly underway for our new multi-purpose/Adult Learning building.

We said a fond farewell to Karen Barrett earlier in April, as she

prepares for the arrival of her baby. (No news yet as of printing... but all the best Karen!)

And we will soon have to say Au Revoir to Don, as Life with Gusto comes to an end.

We will have the opportunity to send him off with a bang at our Annual Open Day (details inside) make sure you come down to wish him well. He has certainly set us a great example of living life with Gusto! Thanks Don!

Big celebrations this May 1st for the Bradfords and the Joneses as Asha and I get married.

Make sure you keep your anti-virus programs up-to-date while I take some time off work!!

DEMENTIA CARE SKILLS FOR AGED CARE WORKERS PROJECT

Venue: Victor Harbor Yacht Club
Bridge Terrace, Victor Harbor
Date: Friday, 21 May, 4 June, 11 June 2010
9.00am - 4.00pm

**Free
Training**

UPCOMING TRAINING/PROGRAMS

Register your interest in these upcoming training opportunities:

- Child Safe Environments (Mandatory Notification)
- Basic Food Safety Practices
- Work out the Money Mystery: Super Easy Budgeting

Training

MOSHICC Open Day

OPEN DAY MAY 14, 2010

10am–3pm

*Come and explore the many programs
and activities available at the
Milang Old School House Community Centre*

OPEN DAY EVENTS

10am – Cittaslow Presentation
2pm – Maintaining Fruit Trees with Harry Harrison

ADULT COMMUNITY EDUCATION



Computer Classes
Keep Fit
Clay Sculpting/Pottery
Cards
Writers' Group
Book Club
Meditation
Table Tennis



MILANG AND CLAYTON COMMUNITY CARE

In-Home support
Gardening
Transport
Social Support



LIFE WITH GUSTO

*May 14th also marks the last day of the Life With Gusto
Program. Come along and celebrate with us.*



**WORKSHOP PRESENTED BY
MARK HEINRICH RDA**

**THURSDAY MAY 13
9.30—11.30 am**

**LAKES HUB MEETING ROOM
DARANDA TCE MILANG**

**WHAT YOU
NEED TO
KNOW!**



**Being a contractor can be a rewarding job.
First, you can be your own boss, make your own hours and
set your own pay.**

**Secondly, you get to work at a job you love.
However, there are things that you should know if you wish
to become one of the many men and women who proudly
call themselves contractors.**



**Regional
Development**
Australia

ADELAIDE HILLS
FLEURIEU &
KANGAROO ISLAND

**PLEASE REGISTER
YOUR ATTENDANCE
AT MOSHCC
85370687
moshcc@bigpond.com**



MILANG COMPUTING GROUP

Your IT Support Group

This Term's Topic is: Word Processing

Starting from 20th of April

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

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.



Computing



MILANG INSTITUTE SUPPER ROOM

Cnr Coxe St & Ameroo Ave Milang

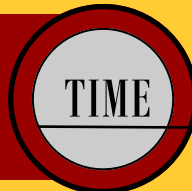
TALKING & LISTENING WHAT'S IT ALL ABOUT

A workshop for volunteers and staff who work as receptionists and group leaders.

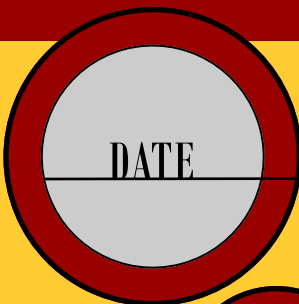
Learn about;

- Active Listening Skills**
- Stereotyping & Values**
- Handling conflict**

**Rescheduled
New Date & Time**



12:30 - 3.30 pm



Thurs 10th June

Presenters: Dianne Cottrell, Drought Initiative Support Officer
Hills Division of General Practice and Keltie Grant, Rural Community Counsellor, Country Health SA.



08 85370687



Government of South Australia
Department of Health



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

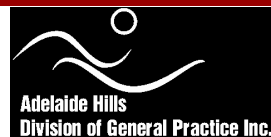


TABLE TENNIS

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. Come and join us any Tuesday.

CYCLING ON THE FLEURIEU

check out 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. 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!

MEDITATION

Each **Tuesday** @ 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

Bookings Required - Phone 85370687 - 28 Daranda Tce, Milang SA 5256 - email: moshcc@bigpond.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 10th, 24th 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 2 we meet at the Milang Bowling Club 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



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

20th May 1:30pm
Herbal Practices

3rd June 9:30am Bus Trip
Adelaide Festival Theatre/Art Gallery

17th June 1:30pm
Planning / Knitting "wraps for love"

1st July 9:30am Bus Trip
Strathalbyn/Glenbarr/Talinga Grove

15th July 1:30pm
At the Movies



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

UPCOMING TRAINING/PROGRAMS

Register your interest in these upcoming training opportunities:

- Child Safe Environments (Mandatory Notification)
- Basic Food Safety Practices

SA WEIGHT WATCHERS MILANG BRANCH

New Members Needed – All Welcome

Meets at MOSHCC 9–10am Thursdays

Membership \$20

Concession: \$18

First Meeting is FREE

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



HAVE AN IDEA?

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

Talk to Stuart or Karyn about your ideas today.



YOU can help restore biodiversity in South Australia!

Register for a

Bush For Life Introductory Workshop

Saturday 17th April, 2010 OR Saturday 26th June, 2010
Victor Harbor Milang

Learn more about our beautiful native vegetation on *Bush For Life* sites in the Victor Harbor or Alexandrina Council areas and the practical steps you can take to help restore them to health. Become a *Bush For Life* volunteer and:

Adopt a bushland site

Come to our bush regeneration group activities

Care for bushland on your own property

Bush For Life is a community based program run by Trees For Life Inc, that trains community members in minimal disturbance bush regeneration techniques so that they can become *Bush For Life* volunteers and undertake on-ground works in remnant vegetation. The program currently has over 700 active volunteers working across more than 300 sites covering in excess of 3400 hectares across South Australia.

To find out more about this workshop or the *Bush For Life* program register your interest with:

Trees For Life

5 May Tce Brooklyn Park SA 5032

Phone: 8406 0500

www.treesforlife.org.au



Adelaide and Mount Lofty Ranges Natural Resources Management Board
South Australian Murray-Darling Basin Natural Resources Management Board

Government of South Australia

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:
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