

# MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Adult Community Education

Learning in Style @ MOSHCC



Term 3, 2010

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

INSIDE: Adult Learners' Week Zumba Fitness

Book Club Community Gardening Keep Fit

Cards Writers' Group Life with Gusto



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

For Bookings:  
Tel. 08 8537 0687



# MILANG SURFERS, AND DANCING FOR YOUR HEALTH



Stuart Jones  
Adult Community  
Education Admin  
IT Support/Training

Are you keen to surf?

Each Tuesday morning this term you will find a group of beginners learning how to get the most out of their Internet surfing down in the new building at MOSHCC.

The new Adult Learning Centre is ready for use this term, and we'll be starting our Beginners Internet & email class, as well moving our Writers' Group, Meditation, Friday Feast, out into the larger area. We also have a great new program of Friday Arvo' Activities.

Friday Arvo's at the MOSHCC will be a mix of Movies, Games, Guest Speakers, Crafts and Much more.

Keep an eye on our blackboard and in our newsletters for what's coming up.

Adult Learners' Week is celebrated from 1-8th Sept each year. This year we celebrate with the official

opening of MOSHCC's new Adult Learning Centre!

It's such a great space for learning, and I'm sure it will prove to be a great place for some fun activities.

Speaking of activity, we all like to stay as active as we can, mentally and physically, so starting this term we have the latest craze in staying healthy: Zumba Fitness! Zumba 'fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.'

And don't forget our regular program of Stepping On, for strengthening muscles and maintaining balance, and our Keep Fit exercise classes, which cater for young and old, and all abilities.

You'll find all the details for these activities and more inside!

Visit us on the Web:

- [moshcc.com.au](http://moshcc.com.au)
- [facebook.com/moshcc](https://facebook.com/moshcc)
- [twitter.com/moshcc](https://twitter.com/moshcc)
- [flickr.com/moshcc](https://flickr.com/moshcc)

## PELICAN PATCHERS: COMMUNITY CHALLENGE

10am Fri 23rd July.

We need your ideas and vision about what makes our community strong, to enter a quilt in the 2010 Community and Neighbourhood Houses and Centres Community Challenge.

**Come and share your thoughts with the pelican patchers at a think tank get together at MOSHCC**



# Adult Learning Centre Grand Opening: Sept 3, 2010

At 4pm

*The Official Opening of the new extensions  
at Milang Old School House Community Centre*

*From the Friday Feast, Meditation, Writers' Group,  
Computing and more, the new Adult Learning Centre  
provides a quality space to learn, live and laugh.*

*This project has been made possible with funding from the  
Australian Government Teaching and Learning capital fund.*



Adult Learners' Week

# Friday Arvo's

## FRIDAY FEAST

Our regular Friday Feast is moving back to the MOSHCC as of July 23rd, to make use of the new Adult Learning Centre facilities.

Join us for regularly scheduled Fun and Entertainment each week after the Feast



### 23rd July

12:30 – “China” Sweet Corn & Egg Flower Soup & Yum Cha. Tell your fortune with fortune cookies.

1:30pm – Comedy Movie

### 30th July

12:30 – “Spain” Paella & Valencia Orange Cake. Please don't bring your bulls.

1:30pm Lakes Conversation

### 6th August

12:30pm Lunch Menu TBA

1:30pm Word Games



### 13th August

12:30pm Lunch Menu TBA

1:30pm Guest Speaker: Active Ageing

## CHANGE OF NAME: MILANG PROGRESS ASSOCIATION

The Milang Progress Association Inc. as of July as a part of it's merger with the Institute committee, has changed it's name to the **Milang and District Community Association Inc.**

# MILANG COMPUTING GROUP

Your IT Support Group

**This Term's Topic is: Internet and Email**

**Starting from 27th of July**

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 9:30am-11:00am – 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 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.



# Computing

## 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 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!

Milang Institute Supper Room – Gold Coin Donation

**NEW!**



**JOIN THE PARTY AT:**

Milang (Town Hall)  
Monday – 10.30am

Strathalbyn (Lutheran Hall, Cnr Commercial Rd & Nth Pde)  
Tuesday – 10.30am

Langhorne Creek (Town Hall)  
Tuesday – 6.00pm

Strathalbyn (Gymnasium, East Tce)  
Thursday – 7.30pm

FOR FURTHER INFORMATION  
PLEASE CALL ROSY ON 0419039668

## ZUMBA FITNESS

Mondays 10:30am @ Milang Institute

\$11 per session

\$5 for Concession Card Holders

From [www.zumba.com](http://www.zumba.com):

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

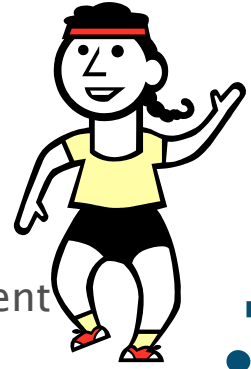
The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

## 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.



## ACTIVE AGEING AUSTRALIA

**When:** August 13th 1:30pm (after Friday Feast)

**Where:** In the new Adult Learning Centre @ MOSHCC!

A speaker from Active Ageing Australia will be visiting the MOSHCC to discuss the advantages of staying active during the ageing process. Please call MOSHCC to book in.

## CYCLING ON THE FLEURIEU

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. 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** @ 7:00pm

**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](mailto: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

July 19<sup>th</sup>, Aug 2<sup>nd</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 3 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



**29th July**                      **9:30am Bus Trip**  
Adelaide O Bahn to Tea Tree Plaza

**12th August**                  **1:30-4pm**  
Games Afternoon

**26th August**                 **9:30am Bus Trip**  
Talinga Farm & Glenbarr Homestead

**9th September**            **1:30-4pm**  
Speaker from the Highland Foundation – talk about Papua New Guinea

**23rd September**         **9:30am Bus Trip**  
Victor Harbor Cinema – movie deal

**7th October**                **1:30-4pm**  
Experimenting with Clay

**21st October**              **9:30am Bus Trip**  
Carrick Hill and Wittunga Gaarden

**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 (Details TBA):

- Child Safe Environments (Mandatory Notification)
- Basic Food Safety Practices
- Senior First Aid & CPR Update
- Basket Weaving

## DRIVER AWARENESS - FOR VOLUNTEERS

15th September 2010, 9:30–11:30am, Cost:\$5

Civic Centre, City of Victor Harbor. Bay Road, Victor Harbor.

Bookings: Mary–Anne Woodman, 8551 0760

## 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.**

Volunteers we need your help....

# Community tree planting

Sunday  
July 10<sup>th</sup>  
August 1<sup>st</sup>  
August 15<sup>th</sup>



Meet at Milang Old School House  
Community Centre (MOSHCC) Cnr  
Daranda Tce & Rivers St at 10am  
For registration forms and site details  
call MOSHCC 85370687 or visit  
[www.moshcc.com.au](http://www.moshcc.com.au) or  
[www.lakeshub.com](http://www.lakeshub.com)

YOUR SUPPORT WILL HELP TO  
RESTORE OUR PRECIOUS  
ENVIRONMENT AND ASSIST WITH  
FUNDRAISING FOR  
COMMUNITY PROJECTS IN THE  
LAKE ALEXANDRINA DISTRICTS.

This initiative is part of the *Lower Lakes Bioremediation and Revegetation Project* funded by the Australian Government and supported by the South Australian Department for Environment and Heritage

help revegetate our great lakes



## 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.



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