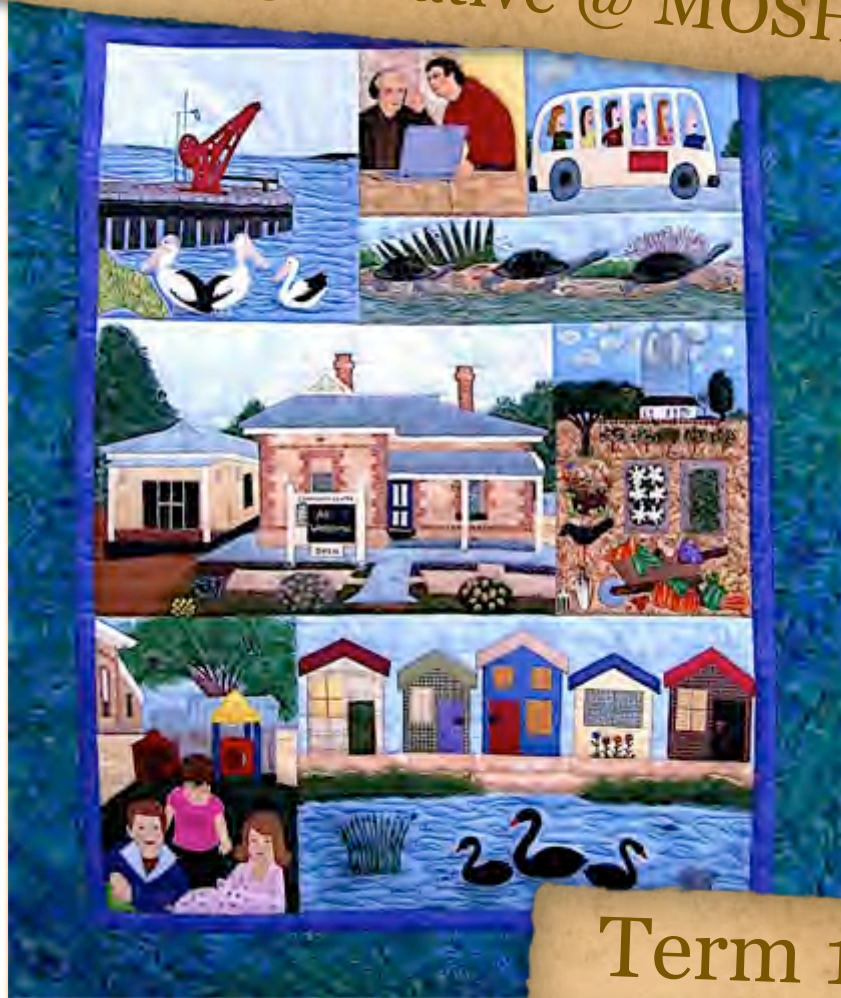


MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Adult Community Education

Something Creative @ MOSHCC



Term 1, 2011

www.moshcc.com.au

INSIDE: Creatively Connecting Keep Fit

Zumba Fitness Community Garden

Cards Writers' Group Computing

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



For Bookings Call: 08 8537 0687



A HAPPY & CREATIVE NEW YEAR FROM MOSHCC

Welcome to a new year at MOSHCC!

This term we have some great new programs in the works, which will expand your creativity.

Creatively Connecting (Thursday mornings) will be all about expressing yourself, and connecting with others, in new and imaginative ways, learn a new craft, share tips. See page 15.

My Place (Monday mornings) will explore life, family and the world around us, focusing on leading a happier and

healthier life. (see page 14).

You may have noticed a new face at MOSHCC in the last few months; Gae Thomas has been assisting the ACE team in our preparations for the new year.

We would like to thank Gae for her contribution and we look forward to continuing on with Gae's support as we start the new year.

All the best for 2011,

Stu.



Stuart Jones
Adult Community
Education Admin
IT Support/Training

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



SAMPLING AND TESTING OF WATER WORKSHOP

Wednesday 23rd March 9am to 4pm at the ACE Space



Are you interested in or involved with monitoring local streams and aquifers?

This training session is designed to provide participants with the knowledge of how to undertake sampling and testing of water and to demonstrate existing competencies. The sessions will incorporate physical, chemical and biological analysis and a site assessment, whilst observing OH&S procedures.

Training delivery will be through presentations and hands-on practical field work at suitable sites in the South Australian Murray-Darling Basin region.

Participants will gain skills and confidence and have the opportunity to participate in community natural resources monitoring programs.

This workshop will be delivered by Greg Lundstrom (Community Monitoring Project Officer – SA MDB NRM Board) and is a part of the Lakes EcoSkills Conservation and Land Management Course

IT WORKSHOPS New Evening Class!



Tuesday Nights @ 7:30

Gold Coin



Digital Photography - 5 Weeks

8th Feb to 8th March

Digital Video Production - 5 Weeks

15th March to 12th April



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

ZUMBA FITNESS

Mondays 10:00am @ Milang Institute

Starting Feb 7th (School Week 2)

\$11 per session, \$5 for Concession Card Holders

From www.zumba.com:

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

MILANG COMPUTING GROUP

Your IT Support Group

This Term's Topic is: Windows 7 & File Organisation

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.



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
- Photography Group
- Senior First Aid / CPR Update



FRIDAY FEAST

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

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

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

Keep an eye out on the menu for upcoming activities.

If you like to cook and prepare food – We need you. Our wonderful long term volunteer cook has moved on to paid employment. Well done Sam.

MEN'S “STICKY BEAK” OUTINGS

3rd Tuesday, 9:30am Bus

15th Feb, 15th March, 19th April etc ...

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

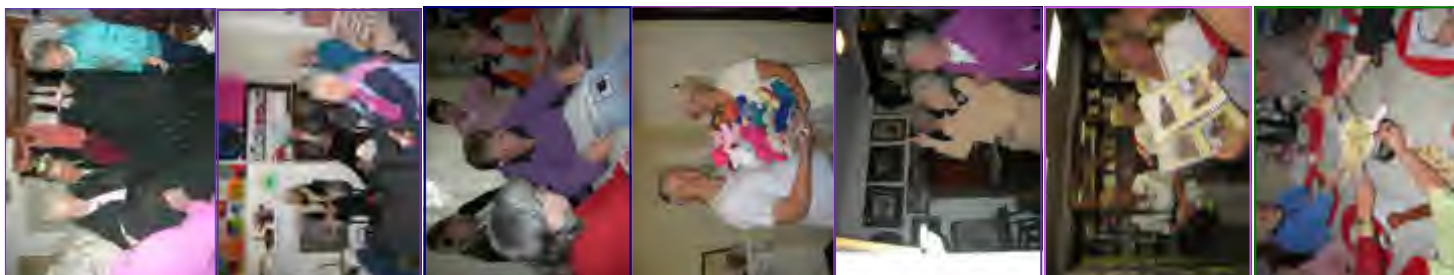
Please contact MOSHCC for information regarding upcoming trips and bookings.



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



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



Do you like working with people. Can you see yourself providing day to day support in community settings in the areas of disability, ageing, families or health.

ENROL NOW

COMMUNITY SERVICES WORK Certificate III

INFORMATION SESSION

THURSDAY 10th FEB. 7pm

ACE SPACE @ MOSHCC

FREE

**Training and Recognition of
Existing Skills**

LOCAL TRAINING FOR LOCAL PEOPLE

**VENUE: Milang Old School House
Community Centre
24 Daranda Tce Milang SA 5256
P: 85370687 F: 85370397
E: moshcc@bigpond.com
W: www.moshcc.com.au**



SouthAustraliaWorks
linking people, skills and jobs



tafeSA

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

Feb 7th, Feb 21st 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

1st Meetup, February 14th @ 7:30 in the ACE Space.

Shared Supper, bring a plate.

Open to all interested readers.

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

Come along to our first meetup to have a chat about how you use your e-reader.

If you don't have one, and have questions, please feel free to come along and have a chat.

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.

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.

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.

**AGM & Program Planning 1pm 9th Feb – All Welcome
in the Lounge at MOSHCC**

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.

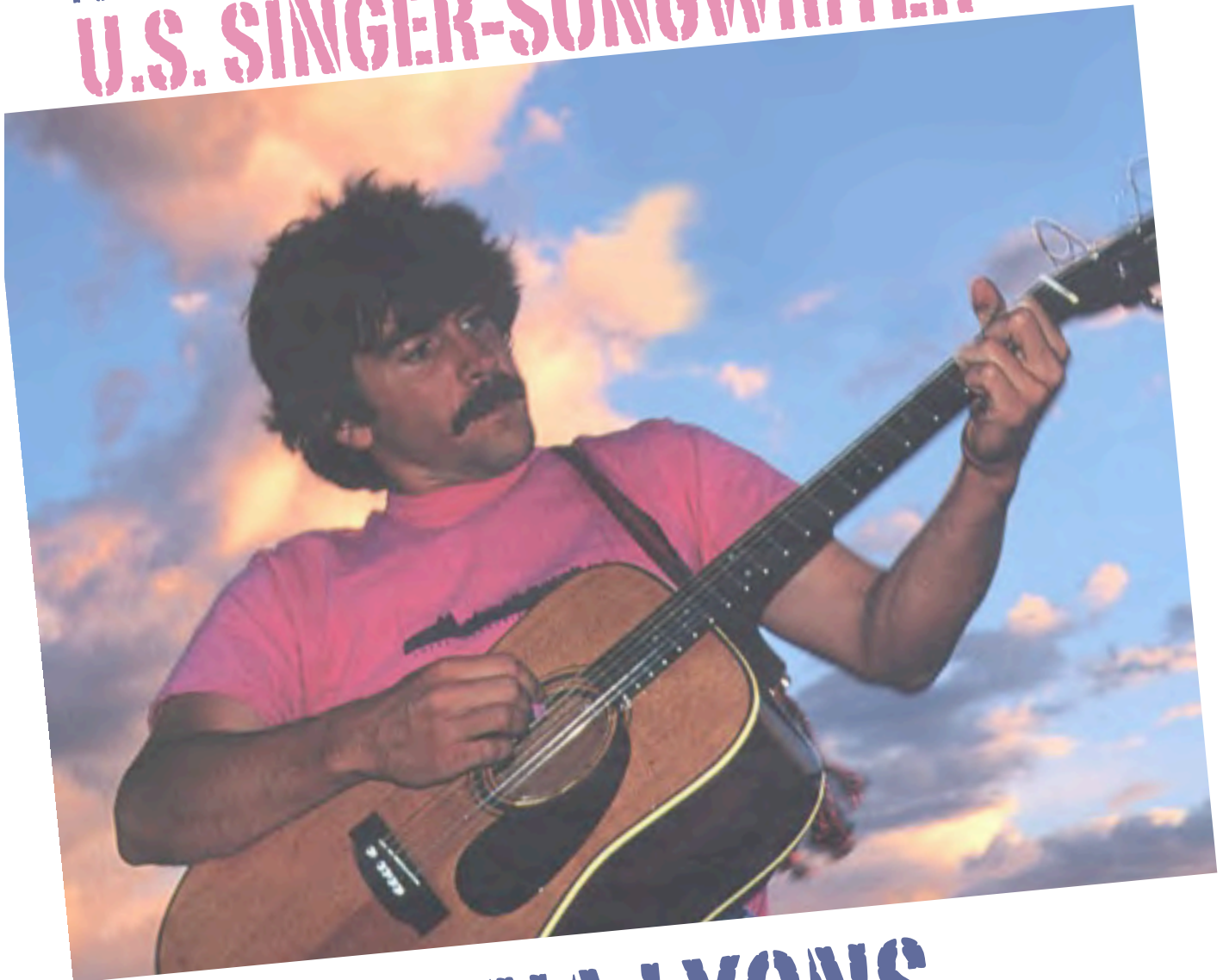
If you would like to volunteer, drop in at one of our working days for more information.

CHANGE OF NAME: MILANG PROGRESS ASSOCIATION

The Milang Progress Association Inc. as of July 2010 as part of its merger with the Institute Committee, has changed its name to the **Milang and District Community Association Inc.**

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

FUNDRAISER FOR THE TURTLE SHED
U.S. SINGER-SONGWRITER



DANA LYONS

MILANG INSTITUTE HALL. COXE STREET, MILANG
TUESDAY, FEBRUARY 15TH, 2011 • 7PM

BOOK TICKETS : 0427 226 282

BUY TICKETS : Sails at Clayton Bay, Milang General Store, Milang Old School House Community Centre, Cafe 11 Strathalbyn and Langhorne Creek shop.

\$10

Bring a plate
for supper

www.cowswithguns.com

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

FREE RESUME WRITING WORKSHOP

Wednesday 9th March

9:30am – 12:30

In the ACE Space @ MOSHCC

Learn the tips and tricks in creating a resume that best represents you to an employer!

Training

CONSERVATION AND LAND MANAGEMENT Lakes EcoSkills Network Award Winning Course To Run Again!



This year will see more courses offered in conservation, land and environmental studies. The Certificate III and IV in Conservation and Land Management will start on February 16th.

To complete the full qualification you need to attend 20 workshops on a range of topics from Seed Collection, working in the Community Nurseries, planning remediation and the revegetation of areas around the Lake and the tributaries.

Our starting point is to establish what knowledge, skill and experiences you have then to fill in the gaps with workshops and expert sessions. You will be expected to work on projects with other participants, prepare presentations, attend input sessions and have fun learning about our Lakes Region.

INTERESTED IN WORKING ON ENVIRONMENTAL PROJECTS and gaining a qualification? Contact MOSHCC on Tuesday, Wednesday or Thursday for details.





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

LEARNING A LIVING

IS YOUR LIFE IN BALANCE?



**EXPRESSIONS OF
INTEREST
PH 85370687
moshcc@bigpond.com**

**HAVE YOU
EVER WONDERED
HOW TO INTEGRATE ALL THE
ASPECTS OF YOUR LIFE TO CREATE
A HAPPIER, HEALTHIER YOU.
IF YOU HAVE, THEN
THIS COURSE IS FOR YOU**

LEARNING A LIVING



Photography



Painting



CREATIVELY CONNECTING

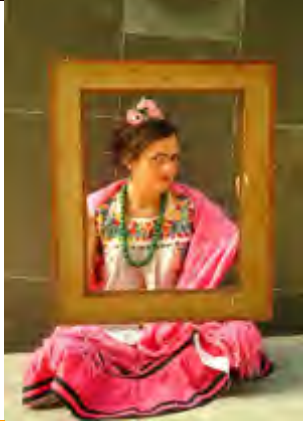


Journaling

Beading



Expression



TERM 1 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

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