

MOSHCC.COM.AU MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Program Guide

Term 3



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

24-25 Daranda Tce

Milang SA 5256

Ph. 08 85370687

Email: reception@moshcc.com.au



Change And Adaptation

- writing opportunity

We all live in a world that changes constantly. The weather, telecommunications, our health, governments, policies ... just about everything big and small!

Country Arts SA has secured partnership funding to work with this theme in the Alexandrina district.

Award winning writer, Emily Steel, will be conducting workshops in writing of all kinds in Milang in coming months. She would like to work with writers & aspiring writers to explore your stories and your place.

Other artists may then work with you or other community members to develop the writing into song, puppet performance or spoken word presentations.

Emily wrote and directed the Play 'Rocket Town' about growing up in Woomera. The play won the Fringe Award in 2011. She has recently written a play 'Sepia' about the impact of desalination on jobs and the marine environment in Whyalla. Both plays have attracted interstate tours. She has also worked with communities in the UK to develop verbatim plays that are presented with lighting effects, music, movement etc.

If you are interested in a group or individual contact with Emily, could you please let Stuart know (at MOSHCC) and Emily will be in contact to set up some dates and times.

FREE CRECHE

9:30—12:30

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

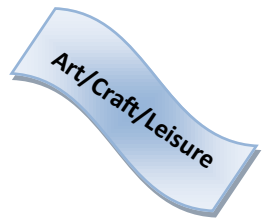
Bookings Required—Ring MOSHCC



Cards



1:30pm
Tuesdays
Cost: \$2.50 per week
Where: MOSHCC



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

Friday Feast



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

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!

Men's "Sticky Beak" Outings



Third Tuesday of the Month
Cost: Outings \$5 + Lunch, Entrance Fees etc.
Where: MOSHCC

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

Weaving Workshop



9:30am to 2:30pm

Fri 7th Sept

Cost: Free + Bring a plate of lunch to share.

Where: MOSHCC

Art/Craft/Leisure

Join Artists Ellen Trevorrow, Debbie Rankine, Doreen Kartinyeri and Sandy Elverd for a hands on workshop. **BOOKINGS ESSENTIAL**

WOW



1.30pm afternoons,

9.30am Bus Trips

Thursday Fortnight

Cost: Gold Coin, Bus Trips \$5 + Food, Entrance Fees etc.

The WOW program has a range of hands on activities, guest speakers and educational outings of particular interest to women of all ages. See the back page for this term's program!

Writers' Group



7-9pm

Monday Fortnight

Cost: Gold Coin

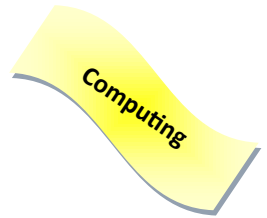
Where: ACE Space @ MOSHCC

The "Lakeliners" meet once a fortnight on a Monday evening. An enjoyable evening sharing your writing or just enjoying the inspirational atmosphere! Extend yourself with a homework topic. Fiction, autobiography, poetry, essays etc. All genres. MOSHCC is a member of the SA Writers' Centre, call in to read the latest newsletter.

Broadband for Seniors



Make a booking
Wed Afternoons
Cost: FREE for over 50's
Where: MOSHCC



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, Milang



10:00am-11:30am
8 weeks, starting Tuesday 17th July
Cost: \$2.50 per week
Where: ACE Space @ MOSHCC

Have your new computer and don't know where to start? There's a course for that! Come along on Tuesday mornings to learn how to get started with Windows 7, and the Internet.

Word 2010, Milang



1:30pm—4:30pm
Four Tuesdays, from 24th July
Cost: Free
Where: ACE Space @ MOSHCC

This four week course steps you through the basics of using Microsoft Office 2010, format your documents with ease. Learn the tips and tricks to make Word work for you, rather than the other way around!

Word 2010, Goolwa



9:30am—12:30pm
Four Wednesdays, from 25th July
Cost: Free
Where: Whalers Housing, 7 Loveday St,
Goolwa. Bookings: 8555 2800

Computing

This four week course steps you through the basics of using Microsoft Office 2010, format your documents with ease. Learn the tips and tricks to make Word work for you, rather than the other way around!

Social Networking, Milang



1:30pm—4:30pm
Four Tuesdays, from 21st August
Cost: Free
Where: Milang

The Internet used to be about searching, email and hyperlinks... but Facebook, Twitter and other social networks have become a integral part of the online experience. If you're feeling left behind and would like to start connecting with others, this four week course is for you. Learn how to connect with friends and family, share photos and join communities of interest.

Social Networking, Goolwa



9:30am—12:30pm
Four Wednesdays, from 22nd Aug
Cost: Free
Where: Whalers Housing, 7 Loveday St,
Goolwa. Bookings: 8555 2800

The Internet used to be about searching, email and hyperlinks... but Facebook, Twitter and other social networks have become a integral part of the online experience. If you're feeling left behind and would like to start connecting with others, this four week course is for you. Learn how to connect with friends and family, share photos and join communities of interest.

Cycling



9am -10am
Thursdays
Cost: Free
Where: Milang



Discover historic and interesting places around Milang by bike. We will depart from the MOSHCC for an easy ride. The MOSHCC has 2 bikes that can be used for an enjoyable outing. Contact MOSHCC to check details with John T

Keep Fit



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

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.

Stepping On



10am
Tuesday
Cost: Gold Coin
Where: Milang Institute

"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



7:30pm
Thursday nights
Cost: Gold Coin
Where: Milang Institute

Health & Fitness

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

Yoga



5:30pm
Tuesday
Cost: Gold Coin
Where: MOSHCC: ACE Space

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

Zumba Fitness



ZUMBA
fitness

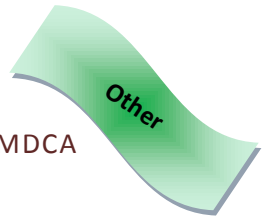
10am
Monday
Cost: \$11 per week, or \$5
Concession
Where: Milang Institute

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.

First Aid



Times and Dates TBA
Cost: MOSHCC Students and MDCA
Volunteers Free
Where: TBA



Register on our waiting list for the next First Aid training day. This full day of training for those needing the Full certification, and those updating

Literacy and Numeracy



Times and Dates TBA
Cost: Free
Where: Whalers Housing,
7 Loveday St, Goolwa

Improve your reading, writing and number skills in a group that is friendly and fun! For more information and to register your interest, please phone Whalers Housing, 8555 2800

Occupational Health and Safety Training



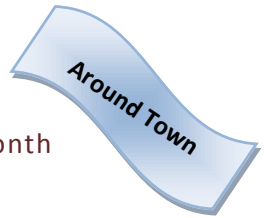
Times and Dates TBA
Cost: Free for MOSHCC Students
and MDCA Volunteers, Others: \$25
Where: TBA

This training is particularly suited to people who are volunteering or working in community service organisations. A certificate of attainment will be issued which can be used towards recognition of prior learning in accredited qualifications.

Cottage Garden Club



Second Wednesday of the month
Where: Call for more details



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

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.

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 more details are available:

Introductions to: Signwriting, Retail, Art and Career Development

Career Development

Where: MOSHCC & Strathalbyn Library

MOSHCC is delivering career development services in Milang and Strathalbyn through Fleurieu Careers, an initiative of South Australia Works in partnership with Regional Development Australia Adelaide Hills, Fleurieu & Kangaroo Island. MOSHCC in partnership with Finding Workable Solutions and Workskil provide career guidance support for individuals; to enhance skills and capabilities, to help achieve career aspirations, to 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 08 8537 0687



WOW Program 2012

Please book early through MOSHCC phone 85370687

26th July	Painting with Dawn (to be confirmed)	At MOSHCC 1.30 - 4pm
9th August	Visit The Cedars & Hearing Dogs	Bus leaves 9.30am
23rd August	Women's health topic	At MOSHCC 1.30 - 4pm
6th September	Fleurieu - "Just add water" Trip	Bus leaves 9.30am
20th September	Walk to Pam's garden (to be confirmed)	At MOSHCC 1.30 - 4pm
4th October	Mt. Lofty Botanical Garden	Bus leaves 9.30am
18th October	"A Night with the Flying Horses" Concert @ Murray Bridge	Bus leaves 9.30am
1st November	Felting with Robyn (to be confirmed)	At MOSHCC 1.30 - 4pm
15th November	Felting with Robyn (to be confirmed)	At MOSHCC 1.30 - 4pm
29th November	Xmas Bus Trip	Bus leaves 9.30am

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 region. Programs Offered will be accessible and affordable. Our 2012-13 Foundation Skills Program is proud to be partnering with Whalers Housing Inc.



Supported by:



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

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