

MOSHCC.COM.AU

MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Program Guide

Term 4

1st Prize
The Great Scone Bake-Off
MOSHCC's 9th Birthday



Congratulations to:
1st Prize Gae Thomas
2nd Prize Karyn Bradford
3rd Prize Angela Hill

2012

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

Milang Old School House Community Centre

24-25 Daranda Tce

Milang SA 5256

Ph. 08 85370687

Email: reception@moshcc.com.au



Milang's Community Garden



VOLUNTEERS WANTED

Group working Day, 10:30-12:30

1st & 3rd Tuesday of the month.

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.

FREE CRECHE

9:30—12:30

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

Bookings Required—Ring MOSHCC



Cards



Tuesdays

1:30 PM

Cost: \$2.50 per week

Where: MOSHCC

Art/Craft/Leisure

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

Friday Feast



Friday

12:30 PM

Cost: \$6.00 meal

Where: MOSHCC: ACE Space

Art/Craft/Leisure

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. Your Friday Arvo's are beaut at the MOSHCC!

Men's "Sticky Beak" Outings



Third Tuesday of the Month

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

Where: MOSHCC

Art/Craft/Leisure

Tired of being stuck at home? Get out and enjoy some good company. Booking Essential. Please contact MOSHCC for information regarding upcoming trips and bookings.

WOW



Thursday Fortnight

1.30pm afternoons, 9.30am Bus Trips

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

Where: MOSHCC / BUS

Art/Craft/Leisure

For women only! Is there a place that you always wanted to go to but felt it wouldn't be much fun on your own? Or is there a topic you are specifically interested in and other women could benefit as well? The WOW program has a range of hands on activities, guest speakers and educational outings of particular interest to women of all ages.

Writers' Group



Monday Fortnight

7-9pm

Cost: Gold Coin

Where: ACE Space @ MOSHCC

Art/Craft/Leisure

"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.

Fun with Felt



Tuesdays 9:30am-12:30pm

Cost: Free

Where: ACE Space @ MOSHCC

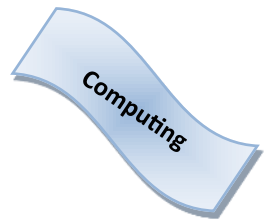
Art/Craft/Leisure

Learn how to felt! Make balls, bags, pictures, purses ... the possibilities are endless. Come and join the felting fun, Tuesday mornings at MOSHCC!

Broadband for Seniors



Tues or Wed afternoons
Make a booking
Cost: FREE for over 50's
Where: MOSHCC

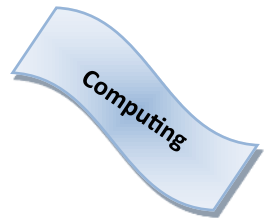


The Broadband for Seniors Project, funded through the Australian Government, aims to provide over 50's with the skills and opportunity to get online. Book at MOSHCC for one-to-one training (or up to 2 if you bring a friend!) with one of our friendly tutors.

Computing One-to-One



During School Term
Times by appointment
Cost: \$5
Where: MOSHCC

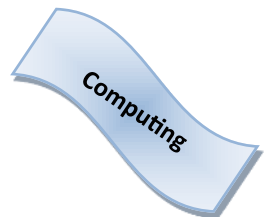


Have you got a new computer and don't know where to start? A prickly issue that won't go away? A new device you'd like to learn about? Bring your own computer or use one of our laptops or iPads and book a time with our friendly IT trainer for personalised and friendly support.

Excel 2010 - Milang



Tuesdays 1:30-4:30pm
Starting 9th Oct
Cost: Free
Where: ACE Space @ MOSHCC



This four week course steps you through the basics of using Microsoft Excel 2010. An introduction to creating tables, charts and using simple spreadsheet formulas. Learn the tips and tricks to make Excel work for you, rather than the other way around!

Internet/Email - Goolwa



Wednesdays 9:30am-12:30pm

Starting 7th Nov

Cost: Free

Where: Whaler's Housing,
7 Loveday St, Goolwa

Computing

A four week introductory course to the Internet and email. Learn browser tips and tricks, getting the most from your Google searches, sending emails with attachments. Practice in a friendly and relaxed class with our Windows 7 laptops and an introduction to the MOSHCC iPads. **Bookings: 8555 2800**

Internet/Email - Milang



Tuesdays 1:30pm-4:30pm

Starting 6th Nov

Cost: Free

Where: ACE Space @ MOSHCC

Computing

A four week introductory course to the Internet and email. Learn browser tips and tricks, getting the most from your Google searches, sending emails with attachments. Practice in a friendly and relaxed class with our Windows 7 laptops and an introduction to the MOSHCC iPads

Word 2010 - Milang



Wednesdays 9:30am-12:30pm

Starting 10th Oct

Cost: Free

Where: Whaler's Housing,
7 Loveday St, Goolwa

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! **Bookings: 8555 2800**

Cycling



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

Health & Fitness

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 Toshach

Keep Fit



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

Health & Fitness

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



Tuesday
10am
Cost: Gold Coin
Where: Milang Institute

Health & Fitness

"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



Thursday nights

7:30 PM

Cost: Gold Coin

Where: Milang Institute

Health & Fitness

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

Yoga



Tuesday

5:30 PM

Cost: Gold Coin

Where: MOSHCC: ACE Space

Health & Fitness

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

Zumba Fitness & Toning



Monday

10am-11am (Toning 11:30-12pm)

Cost: \$11 per week, or \$5 Concession

Zumba Toning \$3

Where: Milang Institute

Health & Fitness

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.

Get Ready for Work in Retail



Fridays 9:30am-12:30pm

Starts 19th October

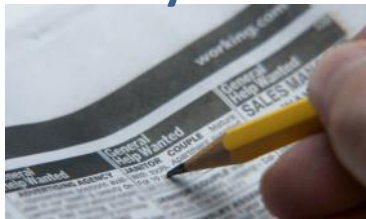
Cost: Free

Where: Strathalbyn

Other

Learn about retail skills, customer service & team work. Our experienced trainer will help to improve your skills to be ready to work in retail in this 8 week course. Book by phoning MOSHCC on 8537 0687

Literacy and Numeracy - Goolwa



Thursday Mornings

Cost: Free

Where: Whaler's Housing,
7 Loveday St, Goolwa

Other

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

Get that Job! - Goolwa



Tuesdays 1:30pm-4:30pm

Starts 9th Oct for 7 weeks

Cost: Free

Where: Whaler's Housing,
7 Loveday St, Goolwa

Other

Overwhelmed with job searching and resume writing? Our qualified career counsellor will help you to develop your skills and get the information you need to stand out from the crowd when you apply for jobs!

Bookings: 8555 2800

Get that Job! - Milang



Tuesdays 9:30pm-2:30pm

Starts 10th Oct for 5 weeks

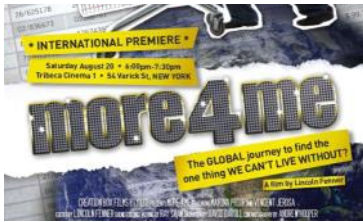
Cost: Free

Where: ACE Space @ MOSHCC

Other

Overwhelmed with job searching and resume writing? Our qualified career counsellor will help you to develop your skills and get the information you need to stand out from the crowd when you apply for jobs!

Film More 4 Me



Friday 19th Oct, 8pm

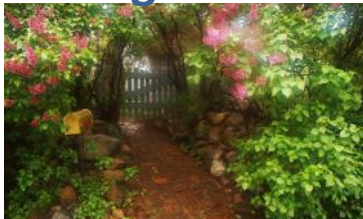
Cost: \$10, Includes a light supper.

Where: ACE Space @ MOSHCC

Other

Join us on a global journey to find the one thing we can't live without. This Australian documentary by Lincoln Fenner looks at what drives our craving for more... Is there any hope for us? Is it all about getting 'More 4 Me?'

Cottage Garden Club



Second Wednesday of the month

Where: Call for more details

Around Town

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

Friendship and Craft Club



Wednesdays

10am to 12noon

Cost: Gold Coin donation

Where: Milang Church of Christ Hall

Around Town

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.

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 Term 4, 2012

Thursday 18 October

WOW Bus Trip to the performance "A Night with the Flying Horses" at Murray Bridge Town Hall. 'A group of travelling carnival musicians perform unique versions of popular songs in their own style from Edith Piaf to Britney Spears. The songs express the glitter of the carnival and dark side as well...'

Tickets \$15.00, Bus leaves MOSHCC 9.30am

Thursday 1st November

WOW women meet at MOSHCC from 1.30 - 4pm Women's Health. Today our local Mental Health Professional Dr Ann Clarke will be discussing women's health issues that are most relevant to our region and if you always wanted to know why things can get to us at times, well here is a chance to have questions raised.

Thursday 15th November

WOW women meet at MOSHCC from 1.30 - 4pm Felting with Robyn. Some of you may have met Robyn through the MOSHCC as she works with the children in Crèche. Robyn is also a beautiful craftswoman and she is going to show us how to mould and shape fleece into amazing ornaments.

Thursday 29th November

WOW Bus Trip. This is our last bus trip for the year and we will again celebrate with a Christmas lunch on a boat! It looks like we will have to save up a few dollars in the coming weeks so we can all have a WOW of a time.

Bus leaves MOSHCC at 9.30am.

Please note that bookings are essential for all the above activities. Just ring MOSHCC on 8537 0687 and book well in advance to make sure you won't miss the bus.

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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