

Program Guide

Term 1, 2013



Wilmington Old School House Community Centre

WOSHCC.COM.AU

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.

With limited places, bookings are essential

—Ring MOSHCC 08 8537 0687



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! **Bookings Essential**

Men's "Sticky Beak" Outings



Third Tuesday of the Month
Cost: Bus Trips \$5 + Food, Entrance Fees etc.
Where: MOSHCC / Bus

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

A women's group. 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 (from Feb 4th)

6:30pm-8:30pm

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.

Spinning Class



Tuesdays 9:30am-12:30pm

Cost: Free

Where: ACE Space @ MOSHCC

Art/Craft/Leisure

Spin with different fibres, make yarns, learn new techniques and develop new skills from our talented trainer. Tuesday mornings at MOSHCC!

Bookings: MOSHCC ph. 8537 0687

Get Ready for Work in Retail - Goolwa



Dates & Times To Be Confirmed

Cost: Free

Where: Goolwa

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 short course. **Register your interest at Whaler's Housing 8555 2800**

Broadband for Seniors



By Appointment

Cost: FREE for over 50's

Where: MOSHCC

Computing

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

Wed Mornings from 10am from 6th

Feb *by appointment

Cost: \$5

Where: MOSHCC

Computing

Have you got a new computer and don't know where to start? Get started with using Windows, using the internet and email. Book a time with our friendly IT tutor to help you get started.

iPads - Milang



Thursday 9:30-12:30pm
Starting 7th Feb for 5 weeks
Cost: Free
Where: ACE Space @ MOSHCC

Computing

New to tablet computing? Swipe your way to success with this short course. An introduction to using iPads, and what they can offer in features and ease of use.

Bring your own iPad or use one of ours.

eBay - Milang



Thursday 9:30-12:30pm
Starting 14th March for 5 weeks
Cost: Free
Where: ACE Space @ MOSHCC

Computing

You can find almost anything for sale on eBay and popular sites such as Gumtree. How do you go about buying items? What about selling something? Learn how to go about safe and effective buying and selling for personal use. - some computing knowledge necessary.

Word 2010 - Strathalbyn



Wednesdays 1:00pm-4:00pm
Starting 6th Feb for 5 weeks
Cost: Free
Where: Angus Room, Strath Library

Computing

This five 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: MOSHCC ph. 8537 0687

Excel - Strathalbyn



Wednesdays 1:00pm-4:00pm

Starting 13th March for 5 weeks

Cost: Free

Where: Angus Room, Strath Library

Computing

This five 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! **Bookings: MOSHCC ph. 8537 0687**

Word 2010 - Langhorne Creek



Wednesdays 5:30pm-8:30pm

Starting 6th Feb for 5 weeks

Cost: Free

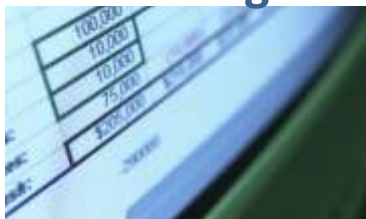
Where: Langhorne Creek Memorial Hall, Strathalbyn-Langhorne Creek Rd

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Bookings: MOSHCC ph. 8537 0687

Excel - Langhorne Creek



Wednesdays 5:30pm-8:30pm

Starting 13th March for 5 weeks

Cost: Free

Where: Langhorne Creek Memorial Hall, Strathalbyn-Langhorne Creek Rd

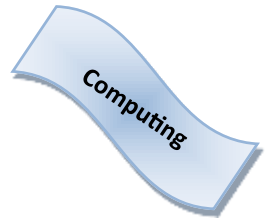
Computing

This five 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! **Bookings: MOSHCC ph. 8537 0687**

Ebay - Goolwa



Tuesdays 9:30am-12:30pm
Starting 5th Feb for 5 weeks
Cost: Free
Where: Large Meeting Room,
Goolwa Library



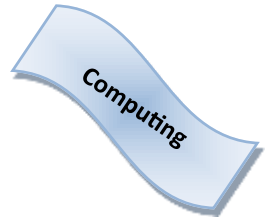
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iPads - Goolwa



Tuesdays 1:30-4:30pm
Starting 5th Feb for 5 weeks
Cost: Free
Where: Goolwa Library



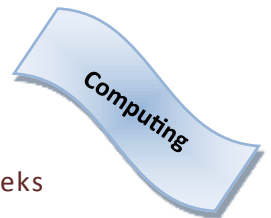
New to tablet computing? Swipe your way to success with this short course. An introduction to using iPads, and what they can offer in features and ease of use. Bring your own iPad or use one of ours.

Bookings: MOSHCC ph. 8537 0687

Excel - Goolwa



Tuesdays 9:30am-12:30pm
Starting 12th March for 5 weeks
Cost: Free
Where: Goolwa Library



This five 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! **Bookings: MOSHCC ph. 8537 0687**

Blogging– Goolwa



Tuesdays 1:30pm-4:30pm
Starting 12th March for 5 weeks
Cost: Free
Where: Goolwa Library

Computing

Are you looking to set up your own blog and don't know where to start? A blog can be your own personal website, focussing on what you do best i.e. travel, cooking, gardening, news, your pet rock collection! Get started with this hands-on five week course. **Bookings: MOSHCC ph. 8537 0687**

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.

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



Tuesdays Starting from 12th Feb
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

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

Health & Fitness

Yoga



Tuesdays
5:30 PM
Cost: Gold Coin
Where: MOSHCC: ACE Space

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

Health & Fitness

Zumba Fitness & Toning



Mondays
10am-11am (Toning 11:30-12pm)
Cost: \$11 per week, or \$5 Concession
Zumba Toning \$3

Where: Milang Institute

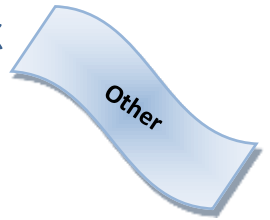
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Health & Fitness

Intro to Community Services Work



Thursdays 9:30 –12:30pm
Starts 7th Feb
Cost: Free
Where: Whaler’s Housing
7 Loveday St, Goolwa



Get a head start to working in the community sector. This course will cover aspects of communication, administration and working with clients.

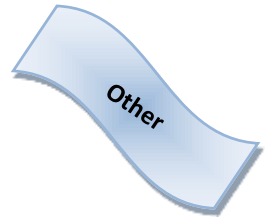
Book by phoning Whalers Housing 8555 2800

Information Session 6pm Thursday 31st January at Whalers Housing

Straw Bale...



March dates to be confirmed
Cost: Free
Where: Milang



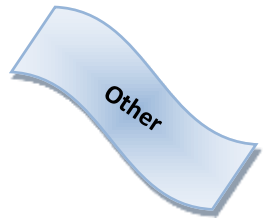
Budget for and build small straw bale walls. Hands-on learning including rendering. See what can be built by a small group. Lots of fun.

Register your interest at MOSHCC on 8537 0687

Introduction to hospitality - Strath



Time and Date TBA
Cost: Free
Where: Strathalbyn



Our talented trainer will share her passion and experience for good customer service , food preparation and handling and personal presentation.

Get ready to work in hospitality!

Book by phoning MOSHCC on 8537 0687

Literacy and Numeracy



Dates & Times TBA

Cost: Free

Location to be confirmed

Other

Is there a letter you want to write, or a form that needs filling in? Or do you want help learning how to add up numbers? Small group, friendly tutor. Learn the literacy and numeracy you need. For more info and to register your interest, phone MOSHCC , 8537 0687

Intro to Conservation & Land Management



Times & Dates TBA

Cost: Free

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

Other

Hands on opportunity to develop skills to work in environmental sector. Learning opportunities in nursery, propagation work and seed collecting.
Register your interest: Whaler's Housing, 8555 2800

Set up for Success - Goolwa



9:30am-3:30pm on the following
dates: 13th, 20th, 26th, 27th Feb
6th, 12th, 13th, 20th March

Cost: Free

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

Other

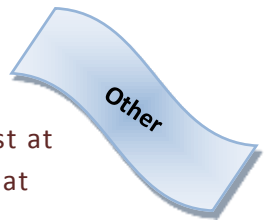
Turn your hobby or idea into a successful small business. Learn to develop, research, budget and market your ideas, Turn your idea into an earner!

Bookings: Whaler's Housing, 8555 2800

International Women's Day



Friday 8th March, Friday Feast at 12:30pm, speakers following at 1:30. Cost: \$6 for lunch
Where: ACE Space @ MOSHCC



The Gender Agenda: Gaining Momentum

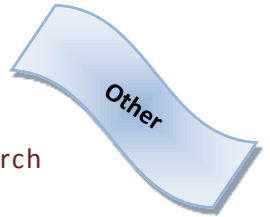
Join us for inspiring speakers who will help us celebrate the achievements of women around the world, followed by afternoon tea.

Bookings for Friday Feast essential. Ph 8537 0687

Get ready to rent - Goolwa



Times to be confirmed
Dates: Tues 5th, Wed 6th March
Cost: Free
Where: Whaler's Housing,
7 Loveday St, Goolwa



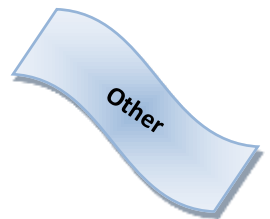
Understand your rights and responsibilities. Take tips from those with experience in the rental market. This course will give you information about the positives and pitfalls of renting.

Bookings & Information: Whaler's Housing, 8555 2800

Get that Job!



Times and Dates TBA
Cost: Free
Where: TBA



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!

Register your interest at MOSHCC, ph 8537 0687

FREE! Eco-wise Action Workshops



A series of four workshops,
on Energy and Climate,
Water, Smart Shopping and
Waste.

Lakes Hub Milang,
Shop 2/10 Daranda Tce, Milang
6pm, Tuesdays
From the 26th Feb for 4 weeks
Info & Bookings: ph. 08 8537 0808

Lakes Hub Meningie:
79 Princes Highway, Meningie
10am, Thursdays
From the 28th Feb for 4 weeks
Info & Bookings: ph. 08 8575 1830

Career Development

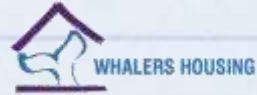
Where: MOSHCC & Strathalbyn Library

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

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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facebook.com/moshcc

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MILANG OLD SCHOOL HOUSE
COMMUNITY CENTRE