

Program Guide

Term 2, 2013



MOSHCC.COM.AU

Milang Old School House Community Centre

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



Welcome to our Term 2 Program for 2013!

We have lots of learning opportunities for you this term, with a range of familiar favourites as well as some brand new programs.

If you are looking for a new direction career-wise, Jumpstart Your Job Search may be what you are looking for, while you can also take advantage of the Voucher for free career guidance inside the back page.

There are plenty of opportunities to learn about technology and you'll see me out and about with laptops and a new course about using iPads which is proving to be very popular.

Milang and District Community Care is hosting a couple of speakers to give us some insights into "Protecting your Rights" and "Beyond Maturity Blues" and the Lakes Hub is running Eco-Wise Action workshops down at Goolwa.

There's plenty more inside too!

LLAP,

Stuart Jones.

FREE CRECHE

9:30—12:30

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

With limited places, bookings are essential
—Ring MOSHCC 08 8537 0687



Introduction to Office Work



9.30-12.30pm Mondays
29th April-3rd June
Cost: Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

Training

Want to learn more about office procedures and working with computers? This course will build your skills over 6 sessions.

Basic Bookkeeping



1.30-4.30pm Mondays
29th April-3rd June
Cost: Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

Training

Trying to keep track of where all the money goes? Whether you are starting a small business or running a household, learn to keep the books in order with this short course over 6 sessions.

Jumpstart Your Job Search



9.30-12.30pm Wednesdays
1st-22nd May
Cost: Free
Strathalbyn Library
Bookings MOSHCC 8537 0687

Training

Learn new ways to promote yourself and your skills. Clarify ambitions, interests & abilities. Learn how to put together & maintain a portfolio for job seeking, learn steps to build & adjust resumes for specific jobs.

Literacy and Numeracy



Dates & Times TBA
Cost: Free
Location to be advised

Training

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 interest, phone MOSHCC, 8537 0687

Zumba Fitness & Toning



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

Health & Wellbeing

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.

Protecting your rights



1.30pm after Friday Feast
14th June
Free, Call MOSHCC to book & Must
book separately for lunch (\$6)
MOSHCC ACE Space

Health & Wellbeing

Aged Rights Advocacy Speaker to address the Rights of older people and the how to protect oneself from all forms of abuse be it physical, emotional psychological or financial.

Beyond Maturity Blues



1.30pm after Friday Feast
10th May 2013
Free, Call MOSHCC to book & Must
book separately for lunch (\$6)
MOSHCC ACE Space

Health & Wellbeing

Following our wonderful Friday Feast at 1.30pm on 10th May we offer an interactive information session for the senior members of our community to talk about Anxiety and Depression as this is not a 'normal' part of ageing.

Stepping On



9:45am - 11am
Tuesday
Gold Coin
Milang Institute

Health & Wellbeing

An active hour of gentle & slow strength and balance exercises designed to help improve muscle strength, balance and bone density. Do you have difficulty getting out of chairs? Or do you feel insecure to walk without support? Having strong muscles & bones plays a vital part in continuing to enjoy independent living.

Cycling



8.30am - 9.30am
Thursdays
Cost: Free
Meet at MOSHCC

Health & Wellbeing

Cycling is a stress free way to keep fit and have fun. Remember the fun of riding when a youngster. We leave from the MOSHCC for an easy ride around Milang. Don't have a bike, you can use the MOSHCC bikes. confirm details with John Toshach

Yoga



5:30 pm
Tuesdays
Gold Coin
MOSHCC: ACE Space

Health & Wellbeing

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

Keep Fit



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

Health & Wellbeing

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.

Table Tennis



7:30 PM
Thursday nights
Gold Coin
Milang Institute

Health & Wellbeing

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

Eco Wise Action, Goolwa



10am-12pm
2nd May-23rd May
Cost: Free
Alexandrina Council Meeting Room, Goolwa
Bookings Lakes Hub 8537 0808 or
info@lakeshub.com

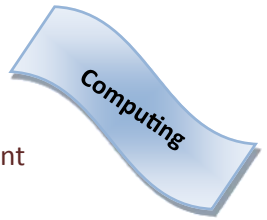


Be Eco Wise and save energy, resources & money! This short course will empower you to make a difference.

Broadband for Seniors



Wed mornings by appointment
FREE for over 50's
MOSHCC

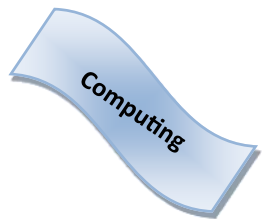


The Broadband for Seniors Project, funded through the Australian Government, aims to provide over 50's with the skills and opportunity to get online. Book at MOSHCC for one-to-one training (or up to 2 if you bring a friend!) with one of our friendly tutors.

PowerPoint, Milang



9.30-12.30pm Thursdays
29th May-26th June
Free
ACE Space, Milang
Bookings MOSHCC 8537 0687

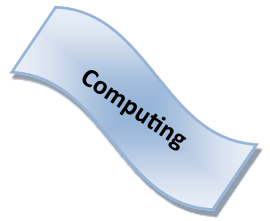


Got some photos or a story to share ? Learn some skills to use PowerPoint to make them into a presentation worth remembering.

iPad, Strathalbyn



1-4pm Wednesdays
1st May-22nd May
Free
Strathalbyn Library
Bookings MOSHCC 8537 0687

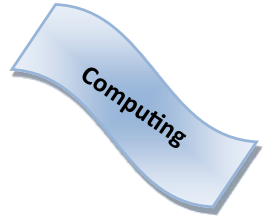


New to tablet learning? Swipe your way to success with this short course, your iPad or ours. Learn skills to explore iTunes, the App Store, eBooks, maps, photos & more.

iPad, Clayton Bay



1-4pm Thursday afternoons
29th May-26th June
Free
Clayton Bay Community Hall
Bookings MOSHCC 8537 0687

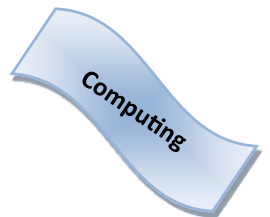


New to tablet learning? Swipe your way to success with this short course, your iPad or ours. Learn skills to explore iTunes, the App Store, eBooks, maps, photos & more.

E Portfolios, Strathalbyn



9.30-12.30pm Wednesday
29th May
Free
Strathalbyn Library
Bookings MOSHCC 8537 0687

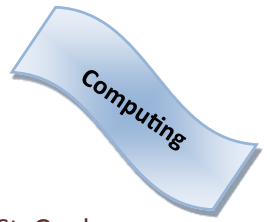


Have you been looking for a creative way to present a portfolio of work? E-portfolios could help you to stand out from crowd. Join us to explore how to get started with own e-portfolio!

Internet/Email, Goolwa



9.30-12.30pm Tuesdays
30th April-21st May
Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

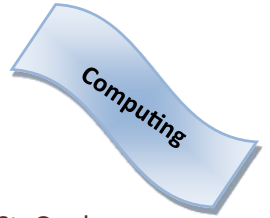


Learn to search safely online, send & receive emails & add attachments, over 4 sessions.

Publisher, Goolwa



1.30-4.30pm Tuesdays
30th April-21st May
Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

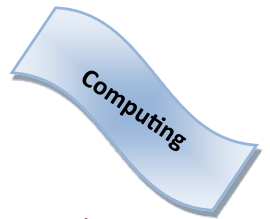


Learn how to create great invitations, flyers, cards & newsletters. Get hints, tips & hands on practice to use publisher for great results.

Excel, Goolwa



9.30-12.30pm Tuesdays
28th May-25th June
Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

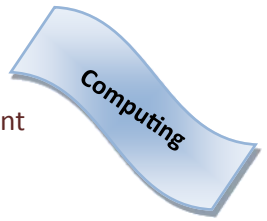


This 5 week course steps you through the basics of using Microsoft Excel 2010. An introduction to creating tables, charts and using simple spreadsheet formulas. Learn the tips and trick to make Excel work for you.

Computing One-to-One



Wed mornings by appointment
During School Term
\$5 / Session
MOSHCC

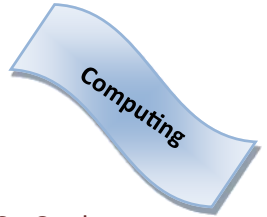


Have you got a new computer, or a new piece of technology and don't know where to start? Get started using Windows, using the internet and email, or bring your questions! Book a time with our friendly IT tutor to help you get started.

PowerPoint, Goolwa



1.30-4.30pm Tuesdays
28th May-25th June
Free
Whalers Housing, 7 Loveday St, Goolwa
Bookings 8555 2800

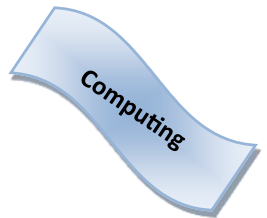


Got some photos or a story to share ? Learn some skills to use PowerPoint to make them into a presentation worth remembering.

Publisher, Milang



9.30-12.30pm Thursdays
2nd May-23rd May
Free
ACE Space, Milang
Bookings MOSHCC 8537 0687



Learn how to create great invitations, flyers, cards & newsletters. Get hints, tips & hands on practice to use publisher for great results.

One to One Career Guidance

Career Development



At MOSHCC or Strathalbyn by appointment
Cost: Free
MOSHCC & Strathalbyn Library
Bookings MOSHCC 85370687

Do you need help to find training opportunities to build your skills? Or would you like to learn how to update your resume or portfolio? Here is your chance to get free Career counselling that will assist you to clarify your options and help you to put together a Career plan.

WOW

Art/Craft/Leisure



1.30pm afternoons, 9.30am Bus Trips
Thursday Fortnight
Gold Coin, Bus Trips \$5 + Food, Entrance Fees etc.

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 from 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.

Cards

Art/Craft/Leisure



1:30 PM
Tuesdays
\$2.50 per week
MOSHCC

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

Men's "Sticky Beak" Outings



9:00 AM
Third Tuesday of the Month
Bus Trips \$5 + Food, Entrance Fees etc.
MOSHCC / Bus

Art/Craft/Leisure

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

Photography



Fridays
17th May & 7th June
\$20
Milang Institute, Coxe St, Milang
Bookings MOSHCC 8537 0687

Art/Craft/Leisure

This 2 day course will develop your skills and knowledge in the use of digital camera technology and the use of computer photo program software. Need own camera. Spaces are limited.

Fibre Art



9:30am - 1pm
Tuesdays
Gold Coin
MOSHCC

Art/Craft/Leisure

Come share skills and learning new techniques with different fibres. Bring along your projects.

Friday Feast



12:30 PM
Friday
\$6.00 meal
MOSHCC: ACE Space
Bookings Essential

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.

Writers' Group



7-9pm
Monday Fortnight
Gold Coin
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.

Cottage Garden Club



Second Wednesday of the month
Call for more details: 8537 0687

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



10am to 12noon
Wednesdays
Gold Coin donation
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.

Milang Community Garden



10:30am-12:30pm
Group gardening days 1st & 3rd
Tuesday of the month.
Milang Community Garden,
cnr Coxe & Rivers St, Milang

Around Town

Join a small group of keen gardeners who work together in our beautiful community garden. A chance to share skills, learn together and enjoy the garden. Whether you know a little or a lot, we'd love to see you there! If you can't make it to the group gardening days, talk to us at MOSHCC about how you can be involved.

For more information call MOSHCC, 08 8537 0687

One to One Career Guidance



At MOSHCC or Strathalbyn by appointment
Cost: Free
MOSHCC & Strathalbyn Library
Bookings MOSHCC 85370687



Do you need help to find training opportunities to build your skills? Or would you like to learn how to update your resume or portfolio? Here is your chance to get free Career counselling that will assist you to clarify your options and help you to put together a Career plan.

VOUCHER FOR FREE CAREER GUIDANCE

NOT SURE WHAT TO DO NEXT IN YOUR LIFE/CAREER AND LIKE SOME SUPPORT?

WHY NOT HAVE A CHAT WITH A FLEURIEU CAREERS PRACTITIONER TO HELP
YOU IDENTIFY TRAINING PATHWAYS - EMPLOYMENT OPTIONS
CAREER PLANNING – ASSISTANCE WITH WORK/LIFE BALANCE -
CONFIDENCE BUILDING

FOR FURTHER INFORMATION OR TO BOOK AN APPOINTMENT

CALL 08 8537 0687

OR EMAIL

FLEURIEUCAREERS@MOSHCC.COM.AU



Government of South Australia's Skills for All initiative.



BOOKINGS ARE ESSENTIAL

SERVICES ARE AVAILABLE
AT MOSHCC MILANG

OR

STRATHALBYN LIBRARY

**MILANG OLD SCHOOL
HOUSE**

COMMUNITY CENTRE

MOSHCC

24 DARANDA TCE

MILANG SA 5255

Phone: 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.



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

Like us on Facebook:

facebook.com/moshcc

MOSHCC.COM.AU
MILANG OLD SCHOOL HOUSE
COMMUNITY CENTRE