

# Program Guide

Term 3, 2013



MOSHCC.COM.AU

Milang Old School House Community Centre

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

Milang Old School House Community Centre

24-25 Daranda Terrace

Milang SA 5256

Ph. 08 8537 0687

Email: [reception@moshcc.com.au](mailto:reception@moshcc.com.au)



## 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:

**Buying and Selling Online**

**iPads - The Next Step**

**Blogging**

**Working in the Community - Goolwa**

**Eco-Skills**

**Introduction to Office Work**

**Developing a Small Business Idea**

**Introduction to Event Management**

**Recycled Art**

**Wood Carving**

**Creating your own Podcast**

**Self Publishing**

**DIY Simple Maintenance**

## 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 8537 0687



# Working in the Community



Wednesdays 9.30am-12.30pm  
31st July-4th September  
Cost: Gold Coin Donation  
MOSHCC ACE Space,  
Bookings and more information available at  
MOSHCC 8537 0687



Interested in working in the community-not sure where to start?  
Join us to explore different work options. This course will cover communication, working with others as well as looking at different community groups.

## Women - Educate, Empower, Celebrate



Cost: Gold Coin Donation



### ***Goolwa***

Wednesdays 10am - 1pm  
Starts July 31st  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings 8555 2800

### ***Milang***

Thursdays 10am - 1pm  
Starts August 1st  
MOSHCC ACE Space  
Bookings MOSHCC 8537 0687

This five week course supports women to gain skills, knowledge and self confidence to enter or re enter further education and/or employment and learn how to deal with life/career changes. Participants have the opportunity to develop a range of life skills such as literacy & numeracy, computing and self development. Some of the topics include effective communication, career exploration & goal setting, basic online search and job seeking. Sound interested? Well just give us a call!

# Literacy and Numeracy



Dates & Times TBA

Cost: Free

Location to be advised

Training

Is there a letter that 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

## Cards



1:30 PM

Tuesdays

Cost: \$2.50 per week

MOSHCC

Art/Craft/Leisure

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

## WOW



1.30pm afternoons, 9.30am Bus Trips

Thursday Fortnight

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

Bookings MOSHCC 8537 0687

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 interested in that could benefit other women 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. Please pick up a WOW program from MOSHCC, check our website or ring reception for details.

## Men's "Sticky Beak" Outings



9:00 AM  
Third Tuesday of the Month  
Cost: 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. Booking Essential. Please contact MOSHCC for information regarding upcoming trips and bookings.

## Friday Feast



12:30 PM  
Friday  
Cost: \$6.00 meal  
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

## Recording Oral History



Dates and Times TBA  
At Milang

Art/Craft/Leisure

Our rich history lives on in the stories we tell, and you can help preserve these for your family and community. Learn the tips and tricks to interview and record our valuable oral history.

## Fibre Art



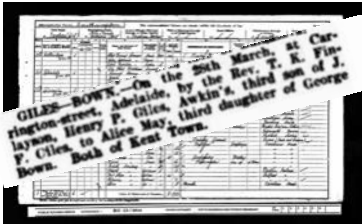
9:30am - 1pm  
Tuesdays  
Cost: Gold Coin  
MOSHCC

More information available at MOSHCC 8537 0687



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

## Genealogy



Thursdays 1.30pm-4.30pm  
8th August-29th August  
Cost: Gold Coin Donation  
MOSHCC ACE Space  
Bookings MOSHCC 8537 0687



Learn about researching your family history online. Tips, tricks and links to follow, to begin piecing together your family tree. \* Some computing experience needed.

## Crowdfunding



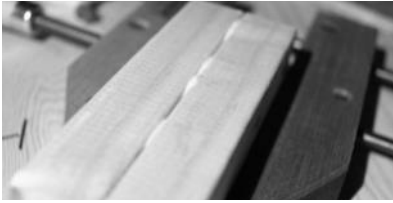
Thursdays 1.30pm-4.30pm  
5th September-26th September  
Cost: Gold Coin Donation  
MOSHCC ACE Space  
Bookings MOSHCC 8537 0687



Do you have an amazing project idea, but need that initial money to bring that idea to life? Come and explore how crowdfunding can benefit your projects and your prospective audience. \* Some computing experience needed.



## Woodworking



Dates and Times TBA  
Milang  
Cost: Gold Coin Donation  
Register your interest at  
MOSHCC 8537 0687

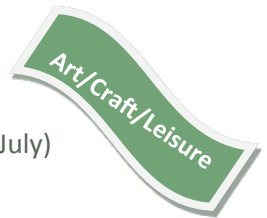


An opportunity to work with a skilled tutor to create a small project working with wood over 5 weeks. Be creative and develop your skills. With the support of the Lakeside Men's Shed.

## Writers' Group



7-9pm  
Monday Fortnight (from 22nd July)  
Cost: Gold Coin  
ACE Space @ MOSHCC

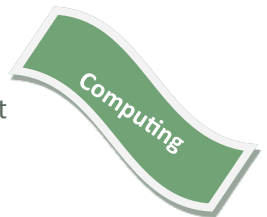


"Lakeliners" meet once a fortnight on a Monday evening. An enjoyable evening sharing your writing or just enjoying the inspirational atmosphere! Extend yourself with a homework topic. Fiction, autobiography, poetry, essays etc. All genres.

## Computing 1 to 1



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



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

# Broadband for Seniors



By appointment  
Cost: FREE for over 50's  
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.

# Word 2013 - Goolwa



Tuesdays 9.30am-12.30pm  
3rd September-24th September  
Cost: Gold Coin Donation  
Whalers Housing 7 Loveday Street, Goolwa  
Bookings Whalers Housing 8555 2800

Computing

This 4 weeks course steps you through the basics of using Microsoft Word 2013, format your documents with ease. Learn some of the tips and tricks to make Word work for you. Build your computer skills!

# iPad - Goolwa



Tuesdays 1.30pm-4.30pm  
3rd September-24th September  
Cost: Gold Coin Donation  
Whalers Housing 7 Loveday Street, Goolwa  
Bookings Whalers Housing 8555 2800

Computing

New to iPads? 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.



# Starting From Scratch!



Tuesdays 9.30am-12.30pm  
6th August-27th August  
Cost: Gold Coin Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings 8555 2800

Computing

Feeling challenged by computers? Join our 4 week course. Learn step by step computing skills beginning with the basics of Windows 7 and using a laptop.

## Digital Cameras



Tuesdays 1.30pm-4.30pm  
6th August-27th August  
Cost: Gold Coin Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings 8555 2800

Computing

This short course will help you to take control over your camera's settings, use them to creative effect and become familiar with technical jargon—then take the next step and share your photos online. **\*You will need your own digital camera.**

## Eco Wise Action



Tuesdays 1.30pm-4.30pm  
20th August-17th September  
Cost: Gold Coin Donation  
MOSHCC ACE Space  
Bookings MOSHCC 8537 0687

Environment

This short course will build your knowledge and skills to help you to save energy, resources and money! Be empowered to make a difference.

## Cycling



8.30am - 9.30am  
Thursdays  
Cost: Free  
Milang

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 (free hire for organised rides). Confirm details with John Toshach at MOSHCC

## Table Tennis



7:30 PM  
Thursday nights  
Cost: Gold Coin  
Milang Institute

Health & Wellbeing

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

## Keep Fit



10:00am - 11:00am  
Thursday  
Cost: 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.

## Yoga



5:30 PM  
Tuesday  
Cost: Gold Coin  
MOSHCC: ACE Space

Health & Wellbeing

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

## Zumba Fitness



10am-11am (Toning 11:30-12pm)  
Mondays  
Cost: \$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.

## Stepping On



10am  
Tuesday  
Cost: 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.

# Infection Control and Personal Care



1.30pm after Friday Feast  
A Friday in August  
Cost: Free, Book separately for lunch (\$6)  
MOSHCC ACE Space

Health & Wellbeing

Following our wonderful Friday Feast at 1.30pm on a Friday during August (watch the noticeboard at MOSHCC for specific date)

## Introduction to Baby Massage



Dates and Times TBA  
Cost: Free  
Register your interest at MOSHCC  
8537 0687

Health & Wellbeing

This one-hour session by a certified infant massage instructor will introduce you to a wonderful skill that will enhance your connection and attachment with your beautiful baby.

## Tai Chi with Jen



Wednesday 1pm Alternating  
between MOSHCC and Clayton Bay  
Begins Milang July 31st  
Cost: Gold Coin Donation  
MOSHCC ACE Space and Clayton Bay Community  
Hall - Bookings MOSHCC 8537 0687

Health & Wellbeing

4 Pillars of Health Tai Chi with experienced practitioner Jen Binney. This program is all about relaxation, balance, posture, breathing. Easy to include in everyday living. It is based on Tai Chi fundamentals and the focus is on relaxing the body. If you don't look after your body, who else will? Give your body a treat! Transfer simple ideas into things you do daily. Wear comfortable clothes and flat shoes. My oldest student is 90, my youngest 5 - anyone can play!

# African Drumming with Smile n Drum



Tuesdays 11. 30 am - 12.30 pm  
Begins 30th July  
Cost: Gold Coin Donation and a plate of lunch to share for afters  
MOSHCC ACE Space Bookings MOSHCC 8537 0687

Health & Wellbeing

Drumming is fantastic fun and has great health benefits such as increasing Left and Right brain coordination, Increasing memory, building confidence and releasing stress. Wear comfortable clothing. Drums are available but please BYO if you have one.

## "The Older Driver" A talk by the RAA



1.30pm After Friday Feast  
19th July 2013  
Cost: Free, Book separately for lunch (\$6)  
MOSHCC ACE Space

Health & Wellbeing

Following our wonderful Friday Feast at 1.30pm on 19th July we offer an interactive information session for senior members of our community to talk about safe driving skills, habits and attitudes

## FREE 1to1 Interview with Career Practitioner



By appointment at MOSHCC, Goolwa or Strathalbyn  
Cost: Free  
Bookings MOSHCC 8537 0687

Career Development

Not sure about what to do with your life/job situation at the moment? Want to talk about possible training opportunities that you may not be aware of? Or simply like to learn how to update your resume and create a portfolio? Our Practitioner will assist you to clarify your options and help you put together a Career plan. Feel like having a chat with her? just call MOSHCC.

## Cottage Garden Club



Second Wednesday of the month  
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



10am to 12noon  
Wednesdays  
Cost: Gold Coin donation  
Milang Church of Christ Hall

Around Town

We offer a relaxed, friendly morning with a cuppa and encourage 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

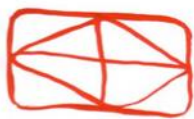


10:30am-12:30pm  
Group gardening days 1st & 3rd  
Tuesday of the month.  
Milang Community Garden, cnr Coxe &  
Rivers St, Milang

Around Town

Join a small group of keen gardeners who work together in our beautiful community garden. 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.





# ALEXANDRINA FARM GATE FESTIVAL 2014



April 5th to May 19th 2014

**REGISTER  
NOW**

**Landholders,  
Artists,  
Businesses,  
Community  
Groups and  
Creative People  
across  
Alexandrina are  
invited to  
join in.**

**MORE INFO and FORMS**

Available from

[farmgatefestival.com.au](http://farmgatefestival.com.au)

[info@farmgatefestival.com.au](mailto:info@farmgatefestival.com.au)

Milang Old School House

Community Centre

Phone 85370687 or 0412036900

## 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 2013-14 Foundation Skills Program is proud to be partnering with Whalers Housing Inc.



Thank you to:



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](https://facebook.com/moshcc)

**MOSHCC.COM.AU**  
**MILANG OLD SCHOOL HOUSE**  
**COMMUNITY CENTRE**