

# Program Guide

Term 4, 2013



10<sup>th</sup>

Milang Old School House  
Community Centre  
2003-2013

*Heart of our community for a decade*



Lakeliners 2013:  
Food For Thought

On Sale  
Now

MOSHCC.COM.AU

Milang Old School House Community Centre

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

Milang Old School House Community Centre

24-25 Daranda Terrace

Milang SA 5256

Ph. 08 85370687

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:

**Blogging**

**Recycled Art**

**Wood Carving**

**Self Publishing**

**Recording Oral History**

**Paper Mache Creatures**

**Acrylic Painting**

## Volunteering

Milang & District Community Association has lots of opportunities for enthusiastic volunteers to support the many areas of the organisation.

We currently have opportunities for drivers, general maintenance & grounds and in the community garden and nursery.

Volunteering with us is a great way to meet people, contribute to the community, learn new skills and stay involved in the community. Please phone MOSHCC if you are interested.

## 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



## Money \$mart - Milang



Mon & Tues 9.30am-12.30pm  
25th Nov, 2nd, 3rd & 10th Dec  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

Training

Want to manage your money? This course will help with building skills to set goals, explore ways to save money and look at creating a budget.

## Money \$mart - Goolwa



Tues 9.30am-12.30pm  
22nd, 29th Oct, 5th & 12th Nov  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing 8555 2800

Training

Want to manage your money? This course will help with building skills to set goals, explore ways to save money and look at creating a budget.

## Community Work-Get Ready



Wednesdays 9.30am-12.30pm  
(13th & 27th Nov 9.30am-4.30pm)  
30th Oct, 6th, 13th, 20th,  
27th Nov & 4th Dec.  
Cost: Donation MOSHCC ACE Space,  
Bookings MOSHCC 85370687

Training

Interested in working in the community-not sure where to start? Join us to explore different work and volunteer options. This course will cover communication, working with others as well as looking at different community groups. It will include first aid & WHS training to get you skilled & ready to volunteer or pursue further study.

# Crowdfunding



Thursdays 9.30pm-12.30pm  
17th, 24th, 31st October & 7th Nov  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

Training

Come and join us as we research a small project idea & explore this innovative approach! Learn some exciting new skills. Some computing experience needed.

# Event Essentials



Tuesdays 1.30pm-4.30pm  
15th, 22nd, 29th October & 12th, 19th, 26th November  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

Training

This course will give people some hands on learning opportunities to look at planning, implementing and evaluating events. It will be about building skills that you could use for any event planning situation, whether they be celebrations, performances or community events. Develop some great transferrable employability skills.

# 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

## Set Up for Success



Tuesdays 9.30am-12.30pm  
15th, 22nd, 29th October & 12th, 19th,  
26th November  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

Training

Turn your hobby/idea into a successful small business. Learn to develop, research, budget & market your ideas.

## Cards



1:00 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.

## Fibre Art



9:30am - 1pm  
Tuesdays  
Cost: Gold Coin  
MOSHCC  
More information available at MOSHCC 8537 0687

Art/Craft/Leisure

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

## Movie Afternoon



Lunch: 12:30pm, Movie: 1:15pm  
after Friday Feast 11th & 25th Oct  
Cost: Movie: Free, Lunch \$6  
MOSHCC-ACE Space  
Bookings: 8537 0687

Art/Craft/Leisure

Come along and enjoy a nutritious community lunch followed by a Movie.

## Friday Feast

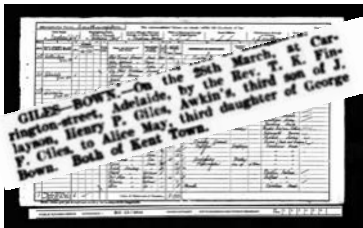


12:30 PM  
Friday  
Cost: \$6.00 meal  
MOSHCC: ACE Space  
Bookings: 8537 0687



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

## Genealogy - Goolwa



Wednesdays 1.30pm-4.30pm  
20th, 27th November, 4th & 11th  
December  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing: 8555 2800



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

## Writers' Group



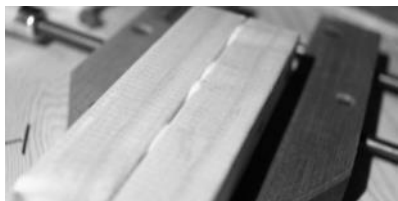
7-9pm  
Monday Fortnight  
Cost: Gold Coin  
ACE Space @ MOSHCC



"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.



## Woodworking



Wednesday 9.30am-3.30pm  
16th, 23rd, 30th October & 6th Nov  
Cost: Gold Coin Donation  
Lakeside Men's Shed, Maroo Street, Milang  
Bookings MOSHCC 85370687

Art/Craft/Leisure

A hands on opportunity to work on a small individual project under instruction from builder/carpenter & ABC radio regular Rose Squire.

## WOW



1.30pm afternoons, 9.30am Bus Trips  
Thursday Fortnight  
Cost: Gold Coin, Bus Trips \$5 + Food, Entrance Fees etc.  
MOSHCC / BUS Bookings MOSHCC 85370687

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 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. 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.

## Get That Job! - Goolwa



Wednesdays 9.30am-12.30pm  
30th October, 6th, 13th & 20th Nov  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing 8555 2800

Career Development

Want to stand out from the crowd? This opportunity over 4 sessions will help you to explore your experience and skills to create a resume that will impress!

## Broadband for Seniors



By Appointment  
During School Term  
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 2 if you bring a friend!) with one of our friendly tutors.

## Social Media - Goolwa



Wednesdays 9.30am-12.30pm  
20th, 27th Nov & 4th, 11th Dec  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing 8555 2800

Computing

The internet used to be about searching, email and hyperlinks....but Facebook, Twitter & other social networks have become an integral part of the online experience. If you're feeling left behind & would like to start connecting with others, this 4 week course is for you. Learn how to connect with friends & family, share photos & join communities of interest.



# Computing 1 to 1



By Appointment  
During School Term  
Cost: \$5 / Session  
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.

## eBay - Goolwa



Wed 1.30pm-4.30pm  
23rd, 30th Oct & 6th & 13th Nov  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing 8555 2800

Computing

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

## iPad - Milang



Thursdays 1.30pm-3.00pm  
17th, 24th, 31st Oct & 7th Nov  
Cost: Donation  
MOSHCC-ACE Space  
Bookings MOSHCC 85370687

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.

## iPad Next Step - Goolwa



Wednesdays 9.30am-12.30pm  
23rd, 30th October & 6th, 13th Nov  
Cost: Donation  
Whalers Housing, 7 Loveday St, Goolwa  
Bookings Whalers Housing 8555 2800

Computing

Learn more about using apps on the iPad!

Hands on learning around iPhoto, Dropbox, editing and much more.—Your iPad or ours.

## iPad Next Step - Milang



Thursdays 1.30pm-3.00pm  
14th, 21st, 28th Nov & 5th Dec  
Cost: Donation  
MOSHCC-ACE Space  
Bookings MOSHCC 85370687

Computing

Learn more about using apps on the iPad!

Hands on learning around iPhoto, Dropbox, editing and much more.—Your iPad or ours.

## Office Computing



Mondays 9.30am-12.30pm  
14th October-11th November  
Cost: Donation  
MOSHCC-ACE Space  
Bookings MOSHCC 85370687

Computing

Interested in working in an office, but need to improve your computer skills? Over 5 sessions learn to create, adjust and insert pictures/tables into documents (and much more). Hands on learning with lots of practical tasks to build your office work computer skills!

# Podcasting



Thursdays 9.30am-12.30pm  
14th, 21st, 28th November, 5th &  
12th December  
Cost: Donation  
MOSHCC-ACE Space  
Bookings MOSHCC 85370687

Computing

Learn how to record audio and publish it to the web as a podcast. You will learn the basics of editing, uploading audio and creating a podcast which others can subscribe and listen to, on just about any device!

# Publisher



Mondays 1.30pm-4.30pm  
14th October-11th November  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

Computing

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

# Tai Chi with Jen



Wednesday 1pm Alternating  
between MOSHCC and Clayton Bay  
Begins Milang Oct 16th  
Cost: \$5 per session  
MOSHCC ACE Space & Clayton Bay Community Hall  
Bookings MOSHCC 85370687

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!

# Zumba Fitness



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

# Yoga



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

Health & Wellbeing

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

# Cycling



8.30am - 9.30am  
Thursdays  
Cost: Free  
MOSHCC, 8537 0687

Health & Wellbeing

Cycling is a stress free way to keep fit and have fun. Remember the fun of riding when a youngster.

Riders 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 @ MOSHCC

# Independent Living Centre Van Visit



10:30am - 3:00pm  
Small aids talk at 1:30pm  
Friday 8th November  
Cost: Free



The Independent Living Centre's Mobile Unit Outreach Service is a government service for people living in rural and remote South Australia. The service provides free professional advice on techniques and equipment to assist with every day activities.

# Introduction to Baby Massage



TBA  
TBA  
Cost: Free  
TBA  
Register your interest at MOSHCC 8537 0687



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.

# Keep Fit



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



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  
Milang Institute

Health & Wellbeing

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

## Table Tennis



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

Health & Wellbeing

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

## Milang Community Nursery



Mon & Tues 9am-4:30pm  
Where: Weroona Drive, inside  
grounds of Milang Environmental  
Centre (MEC)

Around Town

Keen to learn more about propagating & planting native plant species? The Milang Community Nursery is seeking volunteers to assist. Interested? Contact nursery manager Jill Dennis, 0498632839



## Cottage Garden Club



Second Wednesday of the month  
Cost:  
Call for more details

Around Town

Includes outings to nurseries and gardens. See the report in the Milang Community News. For more 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 (in summer earlier to beat the heat)  
Group gardening days 1st & 3rd Tuesday of the month.  
cnr Coxle & Rivers St, Milang  
Enquiries: MOSHCC, 8537 0687

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.

## 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)

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**MILANG OLD SCHOOL HOUSE**  
**COMMUNITY CENTRE**