



# **discover**

**something new...**



**Term 1, 2014**  
**Milang Old School House Community Centre**

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

**Bookings are essential for all MOSHCC programs as class sizes are limited.**

Book either by phone, in person or by email:

24-25 Daranda Terrace, Milang SA 5256

Ph. 08 85370687 Email: [reception@moshcc.com.au](mailto:reception@moshcc.com.au)

## Register your Interest

These 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:

**Woodworking for Beginners  
Self Publishing  
Office Computing  
Eco Skills  
Windows 8  
Dance (Various Styles)**

Stay up-to-date on our Facebook page:  
[facebook.com/moshcc](https://facebook.com/moshcc)

## Free Crèche

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



# Child Safe Environments

Dates and Times to be advised  
MOSHCC, Ace Space  
Free, for MDCA Volunteers  
Register your interest at MOSHCC



This full day certificate training course is Families SA approved and meets the industry standard for all people working with children (paid or unpaid). The course is being funded by the Office for Volunteers Volunteer support fund and is available for volunteers of Milang and District Community Association.

## Driver Awareness Session

10am-11:30am  
Wednesday 5th March  
MOSHCC, ACE Space  
Cost: Free



This 90 minute session will be presented by SA Police. Topics will include Australian Road Rules and 'the fatal five'-speeding, inattention, seatbelt compliance, dangerous drivers and drink and drug driving.

## Get Set, Go!

Mondays 9:30 - 12:30  
17th March - 7 April  
Cost: Donation  
MOSHCC ACE Space, Bookings MOSHCC 85370687



What does that stand for - you ask? Well, in this 4 week course we will explore how to "GET" the Life/Job you always wanted. How to "SET" up a plan to achieve these goals, look at your immediate needs, examine your values, identify options and practice the skills to get there. This course aims to prepare participants to have a "GO" and identify future pathways in education and training, look at work/ volunteering opportunities and practice job-seeking skills.

# Introduction to Signwriting

Tuesdays and Wednesdays 1st, 2nd, 8th and 9th April. Times to be advised.  
Cost: Donation

Learn the basics with our experienced tutor. Begin with designing a sign, then learn how to transfer to and use a cutting machine. Also includes measuring, scaling and base preparation. Will need computing skills.



# Literacy and Numeracy

Dates & Times TBA  
Cost: Free  
Location to be advised

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



# Money-Smart

Tuesdays 9.30am-12.30pm  
4 Weeks: 25th February, 4th, 11th & 18th March  
Cost: Donation  
MOSHCC ACE Space  
Bookings MOSHCC 85370687

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.



# Cards

1:00 PM

Tuesdays

Cost: \$2.50 per week

MOSHCC

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

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



# Friday Feast

12:30 PM

Friday

Cost: \$7.00 meal

MOSHCC: ACE Space

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



# Southern Fleurieu Film Society

First Screening Feb 7th  
First Friday of the Month @ 7pm, MOSHCC  
Cost: Membership \$50 / year

The Southern Fleurieu Film Society is a non-profit membership based community group. A program and membership information is available at the reception desk at MOSHCC. Groups also meet at Centenary Hall at Goolwa, Sails at Clayton Bay, and at the Mount Compass Institute. Join a group near you!



## Men's "Sticky Beak" Outings

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

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 Arvo's at MOSHCC

1:30 - 3:00pm  
After Friday Feast  
Cost: Free  
MOSHCC-ACE Space,

Keep an eye out for scheduled Fun, Entertainment & Informative activities after the Feast. Your Friday Arvo's are beaut at the MOSHCC!



# 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



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. Please pick up a WOW program from MOSHCC, check our website or ring reception for details.

## Writers' Group

7-9pm

Monday Fortnight, Starting Feb 3rd.

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 new homework topic each fortnight. Fiction, autobiography, poetry, essays etc. All genres.

## Blogging

Thursdays 1.30pm-4.30pm

6th February to 6th March

Cost: Donation

MOSHCC ACE Space, Bookings MOSHCC 85370687



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.



# Broadband for Seniors

Computers Available Mon-Fri 9am-5pm

Lessons by appointment: Thursdays, 11:30am-12:30pm

Cost: FREE for over 50's, Others \$5

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 1 to 1

By Appointment

Thursdays, 11:30am-12:30pm

During School Term

Cost: \$5 / Session

MOSHCC,

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.



## Your Computer! Get Sorted

Wednesdays 9.30am-12.30pm

12th March to 9th April

Cost: Donation

Whalers Housing, 7 Loveday St, Goolwa

Bookings Whalers Housing 8555 2800

Learn to manage files, folders, transfer photos and general software maintenance. Can bring own laptop, or borrow one of ours to practice on. Learn step by step in a small group.





# Your Computer! Get Sorted

Thursdays 9.30am-12.30pm

13th March to 10th April

Cost: Donation

MOSHCC ACE Space, Bookings MOSHCC 85370687

Learn to manage files, folders, transfer photos and general software maintenance. Can bring own laptop, or borrow one of ours to practice on. Learn step by step in a small group.



## iPad, Goolwa

Wednesdays 1.30pm-4.30pm

5th February to 5th March

Cost: Donation

Whalers Housing, 7 Loveday St, Goolwa, Bookings

Whalers Housing 8555 2800

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.



## Powerpoint, Milang

Thursdays 1.30-4.30pm

13th March to 10th April

Cost: Donation

MOSHCC ACE Space, Bookings MOSHCC 85370687

Making a presentation? Wanting to create a slideshow for friends and family? PowerPoint is a versatile program that can combine text, image, video and audio elements to create unique multimedia presentations. Presentations made at MOSHCC can also make use of the SmartBoard, an interactive whiteboard which makes presentations truly interactive.



# Publisher, Goolwa

Wednesdays 1.30pm-4.30

12th March to 9th April

Cost: Donation

Whalers Housing, 7 Loveday St, Goolwa, Bookings

Whalers Housing 8555 2800



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

# Word 2013, Goolwa

Wednesdays 9.30am-12.30pm

5th February to 5th March

Cost: Donation

Whalers Housing, 7 Loveday St, Goolwa, Bookings

Whalers Housing 8555 2800



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!

# Word 2013, Milang

Thursdays 9.30am-12.30pm

6th February to 6th March

Cost: Donation

MOSHCC, Bookings MOSHCC 85370687



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!

# Cycling

8.00am - 9.30am

Friday

Cost: Free

meet at MOSHCC, John 0410 340071



Cycling is a great way to keep fit and have fun. We leave from the MOSHCC for an easy ride around Milang. Average speed about 15km/hr. Don't have a bike? You can use the MOSHCC bikes!

# Cycling

7.30am - 9.00am

Thursdays

Cost: Free

meet at MOSHCC, John 0410 340071



A faster, early morning ride to Clayton for those who want to improve their fitness and enjoy life. AVG speed 25km/hr'

# Keep Fit

10:00am - 11:00am

Thursdays, ***New Class beginning 6th Feb***

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.

**Interested in joining the Keep Fit class, but not sure what they do? Come on the 6th Feb when the friendly instructor will step you through exercises and get you motivated and moving! Join in the fun and friendly atmosphere.**

# Stepping On

10am  
Tuesday  
Cost: Gold Coin  
Milang Institute,



An active hour of gentle and slow strength and balance exercises specifically 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? Why not join us at the Milang Institute Supper room on Tuesday mornings from 10am. Having strong muscles & bones plays such a vital part in continuing to enjoy our independent lives as long as we can.

# Table Tennis

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



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

# Zumba Fitness

10am-11am (Toning 11am-11:30)  
Monday, starting Feb 3rd  
Cost: \$11 per week, or \$5 Concession.  
Zumba Toning \$3  
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. Following the class, Zumba Toning available for 30mins of body conditioning with light hand weights.

# Tai Chi with Jen

Wednesday 1pm Alternating between MOSHCC and Clayton Bay, Starting at MOSH on 5th Feb

Cost: \$6 per session

MOSHCC ACE Space and Clayton Bay Community Hall,  
Bookings MOSHCC 85370687



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!

# Yoga

5:30 PM

Tuesday

Cost: Gold Coin

MOSHCC: ACE Space,



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

# Consumer Advisory Group

Tuesday 11th February 3.00pm - 5.00pm  
every three months dates to be confirmed

Cost: Free

MOSHCC-ACE Space, 8537 0687



We invite the involvement of people who use our HACCC services, their carers and family members, aiming to assist our elderly residents and those with a disability to remain living independently at home for as long as possible.

# Free Friday Arvo Info Sessions



## Improving balance and preventing falls at home.

28th March, 1:30pm

Guest Speaker Emlyn. Occupational Therapist from The Adelaide Hills Community Health Service

## Managing Your Medications

4th April, 1:30pm

Managing your Medications with Guest speaker: Markus from the Milang Pharmacy

## The Aged Care Act

28th Feb, 1:30pm

Changes to the Aged Care Act and Client Directed Care Guest. Speaker : Di Graetz from Murray Mallee Aged Care.

# Eat, Plan, Learn



10am - 1pm

10th Feb - 3rd March

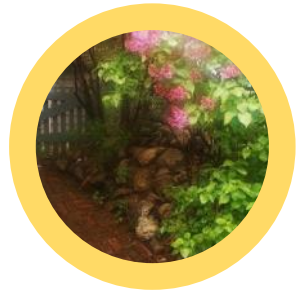
Cost: Donation

In this course we cover the basics of healthy food and EATING - *Why* something is good and *how* to use it. Centred around these basics we PLAN delicious meals and discover the subtle flavours and traditional favourites of different continents. Join us and LEARN about nourishing and healthy cooking ideas that will enrich your everyday diet, using seasonal and local products. At this class we celebrate good health and food preparation, including recipes and lifestyle choices that will change your old eating habits. Don't miss this one if you want to regain your zest for life!

# Cottage Garden Club

Second Wednesday of the month  
Call for more details,

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,

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 (in summer earlier to beat the heat)  
Group gardening days 1st & 3rd Tuesday of the month.  
Milang Community Garden, cnr Coxe & Rivers St, Milang

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.





## 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 logo for tafeSA, featuring the text "tafeSA" in red lowercase letters with a red dot above the 'e'. It is set against a white circular background which is itself inside a larger blue circle with a splatter pattern.

tafeSA

The logo for hacc, featuring a stylized green and yellow figure above the text "hacc" in dark purple lowercase letters. It is set against a white circular background which is itself inside a larger orange circle with a splatter pattern.

hacc

The logo for Skills for All, featuring the text "Initiative of Skills for All" in black. It is set against a white circular background which is itself inside a larger green circle with a splatter pattern.

Initiative of  
Skills for All



Government of  
South Australia