

make

your mark...



Term 2, 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

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
Dance (Various Styles)
Mixed gender Bus Trips
Blogging

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



Tour de Food

10am-3pm (approx.)

Monday 19th May

Bookings MOSHCC 8537 0687 Numbers limited

Cost : Donation & the cost of lunch at a local eatery

This tour is about discovering local food and sampling the fresh produce of our region! By creating a closer connection between local food production and consumption participants learn the value of eating locally grown food and how this has a direct impact on the lives, health and happiness of the community.



Council Services for the Aged

Friday 2nd May, 1:30pm

MOSHCC, ACE Space

Cost: Free

Bookings: MOSHCC 8537 0687

An opportunity to ask questions and find out more information about positive ageing. Come and hear about what services are available from Alexandrina Council to support the community.



Composting with Worms

9.30-11.30am

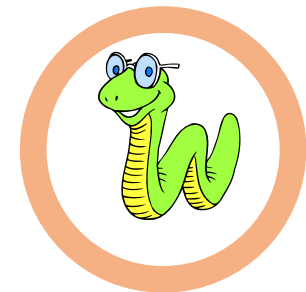
Thursday 8th May (To be confirmed)

Milang Community Garden (cnr Coxe & Rivers St)

Bookings MOSHCC 8537 0687

Cost: Donation

Would you like to start your own worm farm and learn how to turn your kitchen scraps and garden waste into rich food for your garden. This workshop will discuss the benefits of composting with worms and look at different systems to create good soil. This workshop will be hands on.



Oral History Recording

1.30-4.30pm
Thursdays 8th, 15th & 29th May
MOSHCC, ACE Space Bookings 8537 0687
Cost: Donation

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



Literacy Classes - Goolwa

Mondays 9:30am - 12:30pm
Starts Monday 19th May
Whalers Housing, Goolwa - Bookings ph. 8555 2800
Cost: Free

Is there a letter that you want to write, a form that needs filling in or some reading or writing that you want to improve? Small group, friendly tutor. Learn the literacy that you need. For more information and to book, phone Whalers Housing, 8555 2800



Eco – Skills - an introduction to revegetation work

9.15-3.00pm Monday 5th May, Wednesday 7th May
& Thursday 8th May 9.15am-12.30pm
MOSHCC Ace Space Bookings 8537 0687
Cost: Donation

Be job ready for the planting season beginning in mid May. A practical introduction over 2 1/2 days, in the basics of planting and caring for native seedlings, using appropriate tools, and working safely on revegetation sites.



Cards

1:00 pm

Tuesdays

MOSHCC

Cost: \$2.50 per week

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



Fibre Art

9:30am - 1pm

Tuesdays

MOSHCC

Cost: Gold Coin

Come and share skills and learn new techniques with different fibres.
Bring along your projects. Get to know others who share common
interests. More information available at MOSHCC 8537 0687



Friday Feast

12:30 pm

Fridays

MOSHCC: ACE Space Bookings essential , 8537 0687

Cost: \$7.00 meal

Our wonderful Friday Feast volunteers provide a fantastic and
affordable lunch. Includes main meal and dessert, and a cuppa
afterwards. Bookings essential, call MOSHCC



Southern Fleurieu Film Society

Next screening 2nd May
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

9:00am
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. Bookings Essential. Please contact MOSHCC for information regarding upcoming trips and bookings.



Less is more!

9.30-12.30
Tuesdays 13th, 20th, 27th May & 3rd June
MOSHCC Ace Space, Bookings 8537 0687
Cost: Donation

Join in with these 4 workshops to learn some quick and easy ways to make your life more sustainable– whilst at the same time **saving you money!** Develop skills to shop smarter, reduce waste, save water, lessen your environmental impact & find useful information online. Be empowered to make a difference!



WOW-a group for women

1.30pm afternoons, 9.30am Bus Trips

Thursday Fortnight

Cost: Gold Coin, Bus Trips \$5 + Food, Entrance Fees etc
MOSHCC / BUS, Bookings MOSHCC 85370687



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, next meeting 28th April

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.

Computing 1 to 1

By Appointment

Thursdays, 11:30am-1:00pm

During School Term

Cost: \$5 / Session



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.

Broadband for Seniors

Computers Available Mon-Fri 9am-5pm
Lessons by appointment: Thursdays, 11:30am-1-00pm
Cost: FREE for over 50's, Others \$5 per session
MOSHCC 8537 0687



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.

Windows 8.1, Milang

Thursdays 9.30am-12.30pm
15th, 22nd & 29th May (22nd May 1.30-4.30 as well)
MOSHCC ACE Space, Bookings MOSHCC 85370687
Cost: Donation



Windows 8 got you stumped? Join in for these 4 sessions to learn about this new version of Windows. Learn skills to use the program as our friendly tutor takes you through step by step on our laptops.

Windows 8.1, Goolwa

Wednesdays 1.30pm-4.30pm
30th April, 14th, 21st & 28th May
Whalers Housing, 7 Loveday St, Goolwa
Cost: Donation
Bookings Whalers Housing 8555 2800



Windows 8 got you stumped? Join in for these 4 sessions to learn about this new version of Windows. Learn skills to use the program as our friendly tutor takes you through step by step on our laptops.

iPad, Milang

Tuesdays 1.30pm-4.30pm
13th, 20th, 27th May & 3rd June
MOSHCC ACE Space, Bookings MOSHCC 85370687
Cost: Donation

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. Your iPad or ours.



iPad, Goolwa

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Living in the Cloud, Milang

Thursday Afternoons 1:30 - 4:30pm
5th, 12th, 19th & 26th June
MOSHCC ACE Space, Bookings MOSHCC 85370687
Cost: Donation

What are cloud services? You may have heard of Dropbox, OneDrive or Gmail but not know what they do or how you can use them. Join our skilled tutor who will take you through each one and develop your skills to use them, using our lap tops.



Living in the Cloud, Goolwa

Wednesdays 1.30pm-4.30pm
4th, 11th, 18th and 25th June
Whalers Housing, 7 Loveday St, Goolwa,
Bookings Whalers Housing 8555 2800
Cost: Donation



What are cloud services? You may have heard of Dropbox, OneDrive or Gmail but not know what they do or how you can use them. Join our skilled tutor who will take you through each one and develop your skills to use them, using our laptops.

Word 2013 Next Step, Milang

Thursdays 9.30am-12.30pm
5th, 12th, 19th & 26th June
ACE Space MOSHCC Bookings MOSHCC 8537 0687
Cost: Donation



This four week course steps you through using Microsoft Office 2010. Learn skills to format your documents with ease. Get lots of tips and tricks to make Word work for you, rather than the other way around!

Word 2013 Next Step, Goolwa

Wednesdays 9.30am-12.30pm
4th, 11th, 18th and 25th June
Whalers Housing, 7 Loveday St, Goolwa
Bookings Whalers Housing 8555 2800
Cost: Donation



This four week course steps you through using Microsoft Office 2010. Learn skills to format your documents with ease. Get lots of 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/hour.



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.

More information available at MOSHCC, 8537 0687.



Stepping On

10am
Tuesdays
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.

Hear All About It!

2pm Monday May 5th
Cost: Free
Bookings MOSHCC, 8537 0687
Lounge Room at MOSHCC.



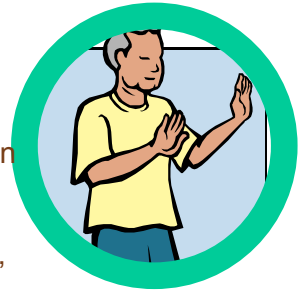
Feeling...isolated-frustrated because your hearing is failing you? Can we do something about it? YES! It depends on our own willingness! I am, and if you are too... Come and join in to talk LOUD & CLEAR about forming a discussion group. Hope to see you then, regards Greta.

Tai Chi with Jen

Wednesday 1pm Alternating between Milang and Clayton Bay, Starting at Milang on 30th April

Cost: \$80 per term

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

Tuesdays

Cost: Gold Coin

MOSHCC: ACE Space,



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

Consumer Advisory Group

Tuesday 18th June 11.30am - 1:30pm

Cost: Free, Lunch Included

MOSHCC-ACE Space, 8537 0687, **Bookings Essential**



We invite the involvement of people who use our HACC 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. This meeting will cover info regarding our new HACC funding agreement and what it means for you?

Cottage Garden Club

Second Wednesday of the month

Includes outings to nurseries and gardens.

See the report in the Milang Community News. For further details please contact 8537 0453.



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

8:30am-10:30am

Group gardening days 1st & 3rd Tuesdays 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.



VOLUNTEER MOVIE DAY

CELEBRATE
THE POWER OF
VOLUNTEERING



25 YEARS OF NATIONAL VOLUNTEER WEEK
12-18 MAY 2014

To claim your Voucher simply fill in an online
survey available from your local Council
website or at: www.hillsvolunteering.org.au

FRIDAY
16 MAY
2014



VOLUNTEERS ARE INVITED
TO A FREE MOVIE
MUSIC & ENTERTAINMENT ALL DAY!

Proudly brought to you by:

Disclaimer: Surcharge of \$4 for all 3D films



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:

