

# **begin**

**your adventure...**



Computing  
Keep Fit  
Yoga  
WOW Women  
Writers' Group  
Veggie Planting

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)

**Stay up-to-date on our  
Facebook page:**

**[facebook.com/moshcc](https://www.facebook.com/moshcc)**

We try to keep course costs to a minimum so that everyone can participate. If the cost of a course causes you financial difficulty please talk to one of the Adult Community Education team (Stuart, Gae & Marie-Claire)

**\*\* Courses include a unit from the  
Certificate 1 in Education and Skills  
Development**

## **Free Crèche**

9:30—12:30

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

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



# Feeling the Pinch? \*\*

9.30am - 12.30pm

Tuesdays, starts 5th August, 4 sessions

Cost: \$20 (or \$5 per week)

Where: MOSHCC ACE Space Bookings 8537 0687

Rising costs make for tough times. Join us to look at ways of easing the pressure. Build skills to make simple changes to reduce energy bills and create savings. Course will cover Home Energy Efficiency (including energy bills) and reducing living costs. Be empowered to make a difference.



# Get That Job! \*\*

Wednesdays 9:30am - 12:30pm

6th - 27th August, 4 sessions

Cost: \$20 (or \$5 per week)

Where: Emmanuel Community Centre, East Terrace  
Strathalbyn Bookings MOSHCC 8537 0687

Not sure what you want to do, or know what you want but don't know how to get there? This short course will help you find the best career path where you will learn clear steps to achieve your goals. Gain skills to create a resume and prepare for an interview that will impress!



# Introduction to Permaculture

9am - 5pm

TBA (will be on a weekend)

Cost: TBA

Where: MOSHCC ACE Space Ph: 8537 0687



A concentrated introduction to the principles and techniques of this complete system for the sustainable design for gardens, farms, homes, waste re-use, economics, community development and energy management. Will be delivered by experienced Permaculture practitioners. Expressions of interest are invited.

# Literacy Classes \*\*

Time: TBA

Dates: TBA

Cost: Free

Where: MOSHCC-ACE Space 8537 0687

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 contact MOSHCC.



# Office Computing \*\*

9:30am - 12:30 pm

5 sessions, starts 18th August

Cost: \$25 (or \$5 per week)

Where: MOSHCC: ACE Space 8537 0687

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



# Cards

1:00 PM

Tuesdays

Cost: \$2.50 per week

Where: MOSHCC

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



# Creative Writing \*\*

9:30am - 12:30 pm

Wednesdays, starts 3rd September, 4 sessions

Cost: \$20 (or \$5 per week)

Where: ACE Space @ MOSHCC

Bookings MOSHCC 8537 0687



Wanting to write a short story or poem, and don't quite know how to start? Got an idea, but just need some inspiration to get going? Join this small group for 4 sessions, for some writing tips and activities to get you bringing your stories alive!

# Felting Workshop

Time: TBA

Dates: TBA (will be on a weekend)

Cost: TBA

Where: MOSHC ACE Space



Create your own wearable art! Join in a felting workshop to make a felted scarf. All materials supplied. No felting experience required. Join us for a day filled with colour and creative energy! Expressions of interest invited.

# Fibre Art

9:30am - 1pm

Tuesdays

Cost: Gold Coin

Where: 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

Where: 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 (before Wednesdays 5pm)



# Mahjong

Time TBA

Day TBA (will be on a weekday afternoon)

Cost: Gold Coin

Where: MOSHCC: ACE Space 8537 0687

Interested in playing Mahjong? Learn how to play this mentally stimulating game of skill. Bring your own Mahjong set if you already have one. Beginners welcome. Register your interest at the MOSHCC.



# Men's "Sticky Beak" Outings

9:00 AM

Third Tuesday of the Month

Cost: Bus Trips \$10 + Food, Entrance Fees etc.

Where: MOSHCC / Bus

Tired of being stuck at home? Get out and enjoy some good company. Upcoming trips include August 19th at visit to Poltalloch Station, September 16th a mystery tour, October 21st Traffic Management Centre, Norwood, November 18th Paris Creek B/D Farm Factory and December 16th Christmas Lunch. More details available at MOSHCC. Bookings essential 8537 0687.



# Southern Fleurieu Film Society

First Friday of the Month @ 7pm

Next Screening 1st August

Cost: Membership \$50 / Year

Where: MOSHCC

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 the Mount Compass Institute. Join a group near you!



## Wood Fired Oven

Time: TBA

Date: TBA (will be on a weekend)

Cost: TBA

Where: MOSHCC

Love the thought of wood fired pizza cooking in your own back yard? Come and learn how to build your very own wood fired oven. Expressions of interest invited. Phone MOSHCC 8537 0687



## WOW

1.30pm afternoons, 9.30am Bus Trips

Thursday Fortnight

Cost: Gold Coin, Bus Trips \$10 + Food, Entrance Fees etc.

A Wonderful & Outstanding 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. See the WOW program at the back of the brochure, check our website or ring reception for details.



# Writers' Group

7-9pm

Monday Fortnight, from July 21st.

Cost: Gold Coin

Where: 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



# Broadband for Seniors

By appointment

Cost: FREE for over 50's

Where: 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

During School Term

Cost: \$5 / Session

Where: 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. Phone MOSHCC 8537 0687





# Excel 2013 \*\*

9:30am - 12:30 pm

Wednesdays, starts 6th August, 4 sessions

Cost: \$20 (or \$5 per week)

Where: ACE Space @ MOSHCC

This 4 week course steps you through the basics of using Microsoft Excel 2013. An introduction to creating tables, charts and using simple spreadsheet formulas. Learn the tips and trick to make Excel work for you.



# Cycling

8.00am - 9.30am

Friday

Cost: Free

Where: 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.



# Hear All About It!!!

2pm

Monday Fortnight, from 1st September

Cost: Free

Where: MOSHCC 8537 0687

Do you feel isolated or frustrated because your hearing is failing you? Come and join in to talk LOUD and CLEAR with others who may feel the same, This discussion group is an initiative of Greta who would like to HEAR from YOU! Please register your expressions of interest in participating in this group at MOSHCC.



# Keep Fit

10:00am - 11:00am

Thursday

Cost: Gold Coin

Where: 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.



# NURRAGI Walking group

9.00 - 10.30 am

1st Sunday (Aug3/Sept7/Oct5)

Cost: Free

Where: Nurragi Trail. Meet at the Institute car park at 8.45am before driving to the start of the walk.

Walk a different section of the Nurragi Nature Trail each month. An easy walk along the trail to view the flowers and birds in spring.



# Stepping On

10am

Tuesday

Cost: Gold Coin

Where: Milang Institute

Do you have difficulty getting out of chairs? Do you feel insecure to walk without support? Why not join us at the Milang Institute Supper room on Tuesday mornings from 10am for an active hour of gentle and slow exercises specifically designed to help improve balance. It is well known that strong muscles and increased bone density play a vital role in continuing to "balance" a life of independence as long as we can.



# Table Tennis

7:30 PM

Thursday nights

Cost: Gold Coin

Where: Milang Institute

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



# Yoga

5:30 PM

Tuesday

Cost: Gold Coin

Where: MOSHCC: ACE Space

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



# Tai Chi with Jen

Wednesday 1pm Alternating between Milang and Clayton Bay

Begins Milang July 23rd

Cost: \$80 per term

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!



# Consumer Advisory Group

Wednesday 22nd October at 11.30am and followed by a light lunch. please book before hand for catering purposes. Every four months dates to be confirmed.

Cost: Free

Where: 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.



## Plan Prepare Plant

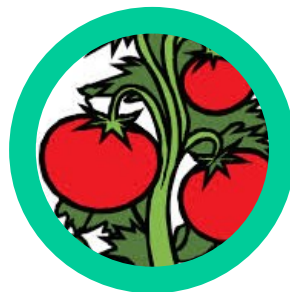
Tuesday 2nd September 9.30-11.30am

Cost: Gold coin donation

Where: Milang Community Garden

Bookings phone 85370687

Have you always loved the idea of building your own veggie garden but aren't quite sure how to go about it? During this hands on workshop tips on how to best plan, prepare and plant your vegetables will be shared. Remember planting is only the third step of the three 'P's.



## Tour de Food

Wednesday 17th September 9.30am-3.30pm

Cost: \$10 contribution

Where: Bus Trip Book early through MOSHCC 85370687

Please note numbers are limited.

After a successful first Tour de Food last term, which is all about discovering local food and sampling fresh produce of our region, this tour will visit a different area with new people to talk to and food to taste. More details available closer to the date.



# Volunteering

To be negotiated to suit you



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, receptionists and in the community garden and nursery. Volunteering with us is a great way to meet people, learn new skills and stay involved in the community. Please phone MOSHCC on 8537 0687 if you are interested or would like to find out more.

## Cottage Garden Club

Second Wednesday of the month



Includes outings to nurseries and gardens. See the reports in the Milang Community News. For further details please contact MOSHCC.

## Friendship and Craft Club

10am to 12noon

Wednesdays

Cost: Gold Coin donation

Where: 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 Tuesday of the month.

Where: 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.

## Walking Group

Wednesdays 8am (for around 30 mins)

Meet at the rotunda

Where: Around the local community

Cost:: Free



Come along and get active as we walk around the local town. Enjoy the company of others and stretch your legs! No bookings necessary, just turn up on the day.

## Lakes Hub

Shop 2/10 Daranda Tce, Milang

Open 8am—4pm Monday—Friday

[www.lakeshub.com](http://www.lakeshub.com)



Have you visited the Lakes Hub at Milang or Meningie? You can find lots of information regarding what's happening around the Coorong, Lower Lakes and Murray Mouth. From volunteering opportunities to information about local native animals and plants, and weed identification. Also visit **[www.lakeshub.com](http://www.lakeshub.com)** and sign up for our weekly bulletin for upcoming events and news.



# WOW Program Guide 2014

Please book through MOSHCC phone 85370687

<b>10th July</b>	<b>Hills Tour with Christmas in July Buffet lunch at the "Old Mill"</b> cost \$18.90 concession \$21.00 adult	<b>Bus leaves 9.30am</b>
<b>24th July</b>	<b>Creating a WOW mosaic/collage</b>	<b>MOSHCC 1.30-4pm</b>
<b>7th August</b>	<b>State Library &amp; Migration Museum</b>	<b>Bus leaves 9.30am</b>
<b>21st August</b>	<b>Creative dance</b>	<b>MOSHCC 1.30-4pm</b>
<b>4th September</b>	<b>Visit Peach Farm @ Wistow</b> Costs \$15.- incl. morning tea & soup/bread for lunch	<b>Bus leaves 9.30am</b>
<b>18th September</b>	<b>"Karaoke"</b>	<b>MOSHCC 1.30-4pm</b>
<b>2nd October</b>	<b>Local tour - visit Palm Oasis and Lunch at Lake Breeze Winery</b>	<b>Bus leaves 9.30am</b>
<b>16th October</b>	<b>Bocche</b>	<b>MOSHCC 1.30-4pm</b>
<b>30th October</b>	<b>Tram to Glenelg (bring your bathers!)</b>	<b>Bus leaves 9.30am</b>
<b>13th November</b>	<b>Christmas decorations (?)</b>	<b>MOSHCC 1.30-4pm</b>
<b>27th November</b>	<b>The Pryors on the Fleurieu (to be confirmed) Urimbirra wildlife park (to be confirmed)</b>	<b>Bus leaves 9.30am</b>

Gold coin donations for home activities, \$5.- for outings plus pay your own way for entries, tickets, lunch etc.

Please note this Program is a guide and subject to change. Confirm closer to dates to avoid disappointment.



## 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.



Thank you to:

The logo for tafeSA is a red circle with a white border. Inside the circle, the word 'tafeSA' is written in red, with three red dots above the 'e'.

tafeSA

The logo for hacc is a green circle with a white border. Inside the circle, there is a stylized green figure of a person with arms raised, above the word 'hacc' in green.

hacc

The logo for Skills for All is a green circle with a white border. Inside the circle, the text 'Initiative of Skills for All' is written in black.

Initiative of  
Skills for All



Government of  
South Australia