

Program Guide - Term 4 2014

Brighten

your day...



Computing
Keep Fit
Yoga
WOW Women
Writers' Group
3D Printing
Mahjong
Singing

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

Sign up for email updates at www.moshcc.com.au

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



Blogging**

Wednesdays 9.30am - 12.30pm
12th, 19th, 26th Nov & 3rd Dec
Cost: \$20 (or \$5 per week)
Where: MOSHCC: ACE Space



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 like or do best ie. travel, family history, cooking, gardening, news, your pet rock collection! Get started with this hands on 4 week course.

Work Essentials Package ** - 6 essential certificates for your portfolio

5 days, dates TBC
Cost: \$60
Where: MOSHCC-ACE Space



Get a head start! Workplace Communication, First Aid, Manual Handling, Work Health & Safety, Food Safety and Child Safe Environment Training are all valuable skills to have to get you ahead of the rest when you are looking for work. This package of training will provide the perfect opportunity to get you skilled and ready to go. Numbers are limited, Bookings essential. MOSHCC 85370687

Introduction to 3D Printing

A Saturday in November, date to be advised
Cost: TBA
Where: MOSHCC: ACE Space



Keen to know what 3D printing is all about? Come along to this session and see how it works and how you can get started making your own objects. Hands on opportunity to have a go! Expressions of interest invited. MOSHCC 85370687

CPR

Thursday 12pm-3.00pm

13th November

Cost: \$60

Where: MOSHCC ACE Space

This CPR course covers all the latest techniques to save the life of an unresponsive person using the latest adult and baby manikins. Take this opportunity to update your training. Bookings MOSHCC 85370687



Provide First Aid previously Senior First Aid

Monday

10th November

Cost: \$120

Where: MOSHCC: ACE Space

This course will provide comprehensive coverage of *what to do* and *what not to do* in an emergency as well as how to prevent injuries becoming worse whilst awaiting the arrival of assistance. Will cover Asthma and Anaphylaxis along with all the general first aid bandaging, bites and stings, strains and sprains. Limited places are available. Bookings essential. 8537 0687



Literacy Classes**

Dates and times TBA

Cost: Free

Where: MOSHCC-ACE Space

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. 8537 0687



iPads**

Thursdays 1pm - 4pm

16th, 23rd Oct, 6th & 13th Nov

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

Where: Angus Room, Strathalbyn Library,
1 Colman Terrace, Strathalbyn



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. Bookings MOSHCC 8537 0687

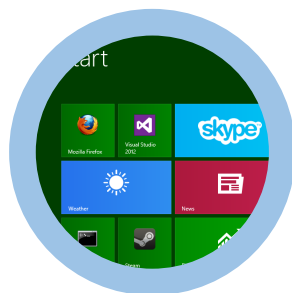
Windows 8.1**

Tuesdays 9:30am - 12:30pm

14th, 21st, 28th Oct & 4th Nov

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

Where: ACE Space @ MOSHCC



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. Bookings MOSHCC 8537 0687

Consumer Advisory Group

Wednesday 29th October starting at 11.30am and followed by a light lunch.

Cost: Free

Where: MOSHCC-ACE Space



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. Please book before hand for catering purposes. MOSHCC 8537 0687

Introduction to Permaculture

9am - 5pm

Dates TBA (will be on a weekend)

Cost: TBA

Where: MOSHCC ACE Space

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 practitioner. Expressions of interest invited. Ph. 8537 0687



Bees and Pollination

Tuesday 28th October

9.30-11.30am

Cost: Gold coin donation

Where: Milang Community Garden

Bees are vital to pollinate crops to produce our food, and having bee hives can be a great pastime. If you are keen to learn a bit more, about these fascinating little creatures come and talk to our passionate and experienced bee keeper. Bookings Ph. 85370687



Tai Chi with Jen

Wednesday 1pm Starts 15th Oct

Cost: \$80 per term

Where: MOSHCC ACE Space (first session @ Milang Institute on 15th Oct)

4 Pillars of Health Tai Chi with experienced practitioner Jen Binney. Its all about relaxation, balance, posture, breathing. Easy to include in everyday living. Based on Tai Chi fundamentals and the focus is on relaxing the body. 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! Bookings MOSHCC 85370687



Tour de Food

Wednesday 22nd October 9.30am-3.30pm

Cost: \$10 contribution

Where: Bus Trip

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. Book early through MOSHCC 85370687 please note numbers are limited.



Volunteering

To be negotiated to suit you

Where: various locations

Ring MOSHCC 8537 0687 for more details

Milang & District Community Association has lots of opportunities for enthusiastic volunteers to support the many areas of the organisation. We currently have opportunities for Meals on Wheels deliverers, 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. 8537 0687



Cards

1pm

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.



Fibre + Felting = FUN

10:00am-1pm

Saturday 25th October

Cost: \$65 (includes materials)

Where: MOSHC ACE Space



Create your own art piece! Join our talented fibre artist Robyn Shearer for a morning filled with colour and creative energy in a felting workshop to create a piece of artwork. You will leave with either a scarf, a picture or.....the possibilities are endless! All materials supplied. No felting experience required. Bookings essential. Bookings MOSHCC 85370687

Festive Felting

Date TBA (will be on a weekend)

Cost: TBA

Where: MOSHCC ACE Space



Join in some felt making fun creating festive decorations. Perfect little presents for friends and family. Materials will be supplied. No experience needed. Expressions of interest invited. Bookings MOSHCC 85370687

Fibre Art

9:30am - 1pm

Tuesdays

Cost: Gold Coin

Where: MOSHCC



Come and share skills and learn new techniques with different fibres. Bring along your projects. More information available at MOSHCC 8537 0687

Friday Feast

12:30pm

Fridays

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 8537 0687

Mahjong

2pm - 4pm

Wednesdays

Cost: Gold Coin

Where: MOSHCC: ACE Space



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. 8537 0687

Men's "Sticky Beak" Outings

9am

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. Bookings Essential. Please contact MOSHCC for information regarding upcoming trips.

Southern Fleurieu Film Society

First Friday of the Month @ 7pm
Next Screening 7th November
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!

WOW

1.30pm afternoons MOSHCC, 9.30am Bus Trips
Thursdays Fortnightly
Cost: Gold Coin, Bus Trips \$10 + Food, Entrance Fees
WOW program available at MOSHCC.



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 a topic you are specifically interested in & other women could benefit as well? WOWs program has a range of activities, guest speakers & educational outings of interest to women of all ages. Pick up a WOW program from MOSHCC, for details and bookings, MOSHCC 85370687

Writers' Group

7-9pm Monday Fortnight, from Oct 13th.
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

Cycling

8.00am - 9.30am

Fridays

Cost: Free

Where: meet at MOSHCC

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.

Contact John 0410 340071



Keep Fit

10:00am - 11:00am

Thursdays

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.



Growing Life Connections

Dates TBA

Cost: TBA

Contact: Steve 0499 373 146 (Mon-Wed)

An opportunity to get out and about and enjoy spring! The Growing Life Connections program will be organising outings eg. fishing, bowling, trips to the beach (cockling), picnic in the park, cooking on a budget and a trip to the central market. Growing Life Connections will be advertising times and days in the coming weeks, so for further information please contact Steve at the MOSHCC on 0499 373 146 Monday - Wednesday.



Vocal Nosh

Dates and Times TBA (once a month)

Cost: Gold Coin

Where: MOSHCC Ace Space

Come and join in for fun, food and singing, no experience necessary, no pressure! **Register your interest.**



Stepping On - Strength & Balance

10am Tuesdays

Cost: Gold Coin

Where: Milang Institute

Do you have difficulty getting out of chairs? or do you feel insecure to walk without support? Why not join us on Tuesday mornings for slow and gentle 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

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute

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



Yoga

5:30pm

Tuesdays

Cost: Gold Coin

Where: MOSHCC: ACE Space

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



Broadband for Seniors

Tuesday mornings by appointment
During School Term
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 with one of our friendly tutors.



Computing 1 to 1

Tuesday mornings 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.



Cottage Garden Club

Second Wednesday of the month
Where: Call for more details

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



Drawing On Country

10am -4pm

Sat 4th October

Cost: Free (includes lunch)

Where: Milang Foreshore, meet at MOSHCC 10am

People of all ages & abilities are invited to bring drawing or painting equipment, cameras or tablets & interpret a perspective of the environment & the artist's connection to place. An artist will be present to support participants & demonstrate outdoor drawing/painting processes & techniques. Register to participate with Gaynor Hartvigsen 0409 363 907.



Friendship and Craft Club

10am - 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.



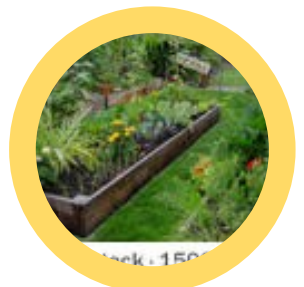
Milang Community Garden

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. 8537 0687



WOW Program Guide 2014

Please book through MOSHCC phone 85370687

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

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 TAFE SA, featuring the word 'tafeSA' in red lowercase letters with three red circles above the 'e' and 'A'. It is set against a white background within a blue circular border.

tafeSA

The logo for HACC, featuring a stylized yellow figure with arms raised above the word 'hacc' in dark purple lowercase letters. It is set against a white background within an orange circular border.

hacc

The logo for Skills for All, featuring the text 'Initiative of Skills for All' in black. 'Initiative of' is in a smaller font above 'Skills for All'. It is set against a white background within a green circular border.

Initiative of
Skills for All



**Government of
South Australia**