

Inspire

your future...



Computing
Keep Fit
Tai-Chi
WOW Women
Writers' Group
iPad
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)

**** Unit from the Certificate I in
Education and Skills Development
(40650SA)**

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



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. 8538 0687

iPads

****CAADG Choose Electronic Communication Services and Devices**

Wednesdays 9:30am - 12:30pm
4th, 11th, 18th, 25th February & 4th March
Cost: \$25 (or \$5 per week)
Where: ACE Space @ MOSHCC



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. 8537 0687

iPad Art

****CAADF Use technology to undertake a project**

Tuesdays 9.30am-12.30pm
10th, 17th, 24th, 31st March & 7th April
Cost: \$25 (or \$5 per week)
Where: MOSHCC: ACE Space



Get creative with an iPad. You can use an iPad for so much more than just reading your email! Learn skills to download apps and use them to produce a variety of creative projects. (Just like our front cover!)

Sort Your Photos...and Your Sanity

****CAADF Use technology to undertake a project**

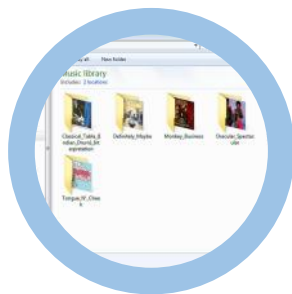
Thursdays 9.30am-12.30pm

5th, 12th, 19th, 26th February

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

Where: MOSHCC: ACE Space

Have you got hundreds of photos lurking in your computer? Learn how to organise and tag your photos and create a slide show. Get organised and save your sanity. The course will use freely available software.



Make a Facebook Page

****CAADF Interact Online**

Term 2 - Dates and Times TBA

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

Where: MOSHCC: ACE Space

Facebook has become a popular focal point for information sharing not just for individuals but also for businesses, interest groups and local organisations. You may already have a Facebook account but how do you set up a public Page for your group? Learn how to set up and monitor your own page, and start interacting online! Bookings MOSHCC 85370687



File Management

****CAADF Use technology to undertake a project**

Wednesdays 9.30am-12.30pm

Term 2 - 29th April, 6th, 13th, 20th & 27th May

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

Where: Angas Room, Strathalbyn Library

Maintain a healthy Computer, learn how to name, file and sort your files. Explore topics of backing up, Viruses and Malware, and Internet safety. Bookings MOSHCC 85370687



Word, the Next Step

****CAADF** Use technology to undertake a project

Wednesdays 9.30am-12.30pm

11th, 18th, 25th March, 1st & 8th April

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

Where: Angas Room, Strathalbyn Library



Build on your Word Knowledge, and improve your documents using headers and footers, image editing and effects, multiple columns, footnotes, mail merge, styles and templates, tables of contents and more. Bookings MOSHCC 85370687

Plan & Run an Event

****VBQU169** Complete a project with support

Tuesdays 1pm-5pm

17th, 24th Feb, 3rd March & another day to be decided by the group

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

Where: MOSHCC ACE Space



Come & learn skills to help you to plan & run successful events, whether its a celebration, car boot sale or community event. We will take you through the process & cover important elements of event planning. You will be planning an actual event! Bookings MOSHCC 85370687

Literacy Classes

****CAADC** Identify everyday literacy learning for special purposes

Dates and Times TBA

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

Build a Bat Box

****VBQU169** Complete a project with support

Friday afternoons TBC

Cost: TBA

Where: Lakeside Men's Shed Milang



An opportunity to learn some woodworking skills to create something useful for the environment. Learn to build a bat box! This will be hands on with support from an experienced woodworker. Materials will be provided. Places will be limited. Please register your interest. 8537 0687

Recycle into Art

****VBQU131** Plan and undertake a project

Wednesdays 9:30am-3:00pm

18th & 25th March, 1st & 8th April

Cost: TBA

Where: TBA



There is beauty in discarded metal & other objects, you just have to know how to put it all together. Come & learn some practical skills to do just that! You will work in a small group with a skilled artist using recycled objects. Register your interest if you are keen! Bookings MOSHCC 85370687

Certificate III Community Services Work (TP0037)

Information Session 6:30-7.30pm

Wednesday 4th Feb

Cost: Free (or low cost)**

Where: MOSHCC-ACE Space



Interested in working in the community sector but need an accredited qualification? This great opportunity to gain an accredited qualification will be offered in Milang between February & June. Find out more at the information session. **Some conditions apply. Call MOSHCC 8537 0687

Cycling

7.00am - 8.30am

Fridays

Cost: Free

Where: meet at MOSHCC



Cycling is a great way to keep fit and have fun. Join us for an easy ride around Milang, average speed about 15km/hr.

If you don't have a bike, you can use one of the MOSHCC bikes.

Inquiries John 0410 340 071

Table Tennis

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute



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

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.

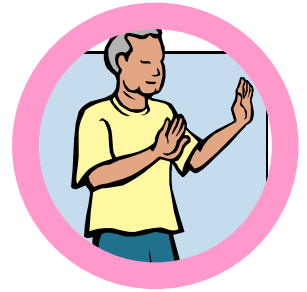
Tai Chi with Jen

Wednesdays 1pm

Begins 4th February

Cost: \$80 per term

Where: MOSHCC ACE Space



4 Pillars of Health Tai Chi with experienced practitioner Jen Binney. It's 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

Stepping On

10am

Tuesdays

Cost: Gold Coin

Where: Milang Institute Supper Room



What's it about? It's a program designed by physiotherapists that helps improve strength, balance, endurance, fitness and bone density, all of which are vital to continue a life of independence. Who is it for? Anyone, especially those who find it hard to keep active and motivated and are alone. Come and join us at the Institute on Tuesdays for an hour of gentle exercises in a fun and supported environment.

Stretch Pilates

Expression of Interest

Cost: TBA

Where: TBA



Flexibility is a quarter of fitness apparently! Keeping flexible helps posture and prevents injury as well as relieves stress. Anyone interested in Pilates for beginners? Ph. 8537 0687

Consumer Advisory Group

11.30am, followed by a light lunch.

Wednesday 11th February

Cost: Free

Where: MOSHCC



We invite all people who use our Home and Community Care (HACC) services, their carers and family members to join this gathering. We aim to deliver the best possible service to local community and your involvement in this group is important to help us assist our elderly residents and those with a disability to remain living independently at home for as long as possible. Info available from Annemieke at MOSHCC. Please book for catering purposes. 8537 0687

Yoga

5:30pm

Tuesdays

Cost: Gold Coin

Where: MOSHCC: ACE Space



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

Vocal Nosh

First Friday of the Month @ 2pm

6th February, 6th March, none in April, 1st May

Cost: Gold Coin donation

Where: ACE Space



Come and join in for some fun, food and singing! If you think you can't sing, this group is for YOU! There is no need to read music as we believe everyone can sing! Come along and give it a voice! For further details ring MOSHCC 8537 067

Dancing

Mon or Wed 10am

Cost: TBA

Where: TBA



Interested in expressing yourself through dance? Are contemporary dance and creative movements something you would like to do? Here is your chance to learn different techniques and combinations of dance. Crèche available. 8537 0687

Cook - Taste - Tour

9.30am-12.30pm to be confirmed plus Bus trip

Thursdays 26th March, 2nd April, 9th April

Bus trip to be confirmed

Cost: TBA Where: ACE Space



Uncover the secrets of Indian and Thai cuisine and learn to prepare and savour authentic dishes pungent with herbs and spices.

Followed by a "tour de market" to find out how to source the ingredients and extend the knowledge of the different cultures.

Bookings essential. 8537 0687

Writers' Group

7-9pm

Monday Fortnight, from Feb 9th.

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

Cards

1:00pm

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.

Mahjong

1pm - 4pm

Wednesdays

Cost: Gold Coin

Where: MOSHCC



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

WOW

1.30pm afternoons, 9.30am Bus Trips

Thursday Fortnight

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

Where: MOSHCC / BUS



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? WOW is a Women's group with a difference! It's about coming together to learn either through 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 further details. Bookings MOSHCC 85370687

Men's "Sticky Beak" Outings

9:00am

Third Tuesday of the Month

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

Where: MOSHCC / Bus



Tired of being stuck at home? Want to get out and enjoy some good company with other men? Why not come and join the popular "Sticky Beak" men's group which has monthly outings every third Tuesday of the month. Bookings Essential. For further information and bookings please contact MOSHCC and get a new program for 2015.

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.

Fibre Art

9:30am - 1pm

Tuesdays

Cost: Gold Coin

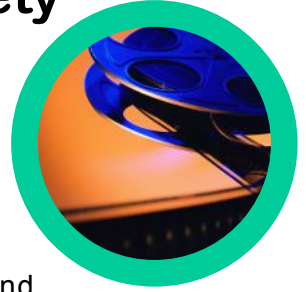
Where: MOSHCC



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

Southern Fleurieu Film Society

First Friday of the Month @ 7pm in Milang
First screening for the year 6th Feb at MOSHCC.
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!

Life Looks Brighter Outside

10am-12pm
Tuesday 10th April
Cost: Free
Where: In Milang, location TBA



This will be an outdoor event with the chance to come and try some new activities including water activities. The event is being organised in conjunction with OPAL, and is currently being finalised so save the date and keep an eye out for further information at MOSHCC or on local noticeboards.

Art Tours

Expressions of Interest
Cost: \$10 (plus any entrance fees etc.)
Where: Bus departs MOSHCC



Do you love Art? Like to visit exhibitions but won't or can't get there by yourself? We are seeking expressions of interest to start Art Tours that will be visiting galleries in the region on a regular basis. Please ring MOSHCC and put your name on the list to make it possible. Ph. 8537 0687

Volunteering Information Session

5pm-6pm

Wednesday 4th Feb

Where: MOSHCC ACE Space

Been thinking about volunteering but not sure what is involved? Volunteering is a great way to meet people, learn new skills and stay involved in the community. Milang & District Community Association has lots of volunteering opportunities so come along to this information session to find out more. Register your interest at MOSHCC on 8537 0687.



World Wetlands Day Film Festival

From 10am

Sunday 1st February

Cost: Free

Where: Centenary Hall, Cadell Street, Goolwa

This free film event has films for the whole family featuring International, Australian & Local Films exploring the World Wetlands Day theme:

WETLANDS FOR OUR FUTURE. Full program available at www.lakeshub.com For info Call Lakes Hub on 8537 0808



Coorong & Lakes Environment Forum

9.30am-3.30pm

Friday January 30th

Where: Alexandrina Council Chambers, 11 Cadell St, Goolwa

Past, present & future. A day of sharing knowledge & ideas with presentations & open panel discussions with scientists, researchers & community about the health of the Coorong & Lakes. Lunch will be provided. Full program available at www.lakeshub.com Please RSVP by 28th January to Lakes Hub 8537 0808



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.



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.



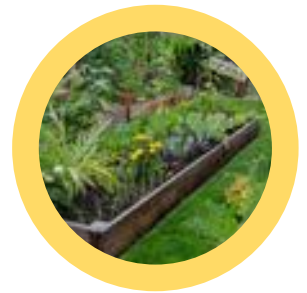
Milang Community Garden

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.



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 tafeSA logo is located in the bottom left. It features the word "tafeSA" in red, with three red circles above the "e". The logo is set against a white background within a blue circular border.

tafeSA

The hacc logo is located in the bottom center. It features a stylized graphic of two figures holding hands above the word "hacc" in a dark purple font. The logo is set against a white background within an orange circular border.

hacc

The Skills for All logo is located in the bottom right. It features the text "Initiative of Skills for All" in black. The logo is set against a white background within a green circular border.

Initiative of
Skills for All



Government of
South Australia