

Term 2
2017



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 8537 0687 Email: reception@moshcc.com.au

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

The logo for TAFE SA, featuring the word "tafeSA" in red lowercase letters with three red circles of varying sizes above the 'e'. The logo is centered within a white circle that is surrounded by a thick blue ring.

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 & Marie-Claire)

* Recognised ACE funded course

** Unit from the Foundation Skills Training Package (FSK)

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

Donations Gratefully Accepted



Intro to Tourism*

**FSKNUM09 Identify, measure and estimate familiar quantities for work

Monday 8th May 6-9pm Info session
Starts Sun 14th May with bus trip
Donation: \$5 per session
Bookings essential.

Explore the tourism industry and develop a deeper understanding of local tourism experiences and gain new skills! Includes: Business operations, local opportunities, and marketing. Bookings essential.

Patch from Scratch! *

This fabulous course continues
Tues May 2nd 12.30- 3pm

Where: Institute Supper room
Donation: \$5 donation/week

The next five weeks will cover
Pest/Disease & Treatments
Less common veg or edibles
Harvesting, storing, drying, freezing
Seed saving collecting & storage
Visit Duck Flat Community garden
Bookings essential. ring MOSHC
85370687

Computing 1 to 1

Tuesday mornings by
appointment During School Term
Cost: \$5 donation/ Session
Where: MOSHCC

Get started with using Windows, using the internet and email. Book a time with our friendly IT tutor to help you get started.
Basic Computing & Internet free for over 50's, Other topics \$5

iPad: Digital Story Telling *

**FSKWTG05 Create simple workplace formatted tasks

Thursdays 9:00am-11:00am
Starts Thurs 4th May for 10 weeks
Donation: \$5 per session
Where: MOSHCC: ACE Space

Take your iPad further! Record and edit video, add titles, voice over and more. Use it for creating lasting memories, or as a way of promoting what you do!



Intro to PowerPoint & Publisher *

**FSKWTG05 Create simple workplace formatted tasks

Thursdays 11:00am—1:00 pm
Starts Thurs 4th May for 10 weeks
Donation: \$5 per session
Where: MOSHCC ACE Space

Learn new skills in these two Microsoft Office Products. For business or pleasure you can use these programs to create an array of documents and presentations.

Fibre Art *

Tuesdays 9.30am - 1pm

ACE space @ MOSHCC

Gold coin

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

Stay tuned for a calendar of different monthly workshops coming soon i.e. weaving, felting etc.

Ukulele for Beginners

Continues

Weekly on Wed 5-6pm

ACE Space @ MOSHCC

\$5 donation

Ukulele is fun and a great introduction to music!

Once you learn the basic chords and strumming patterns you won't stop playing!

BYO or try one of ours.

Book now on 85370687

Community Cruiser

Continues on

Wednesdays Bus leaves 9.30am

\$10 donation for bus plus costs of the day e.g. entries, meals etc.

Gain new experiences and explore new places together! Priority is given to Community Care recipients & support persons (partner, family member, friend or care worker)
Please book early through MOSHCC 85370160 to avoid disappointment.



Community Engagement *

Sticky Beaks Men's Program

Bus leaves MOSHCC 9am

\$10 donation for bus plus cost

"Sticky Beak" men's program has monthly outings every third Tuesday of the month.

Please pick up a program from MOSHCC.

Bookings essential.

WOW Women's Program

Every fourth Thursday of the month

Bus leaves MOSHCC 9.30am

\$10 donation for bus plus costs

A Program for Women with a difference! It's about coming together to learn through monthly bus outings of interest to women of all ages. Sounds like something you want to do? Please pick up a program or ring MOSHCC 85370687

“Lakeliners” Writers Group *

Mondays 1st & 3rd Mon of month
7pm, May 1st, 15th etc.

Gold Coin Donation

Where: MOSHCC: ACE Space

Join the Lakeliners in an enjoyable and friendly group setting. Fiction, autobiography, poetry... All genres. Bring your ideas, share your stories, learn from others.

Women supporting Women

When: Thursdays 1-3pm
during School term

Where: Milang Institute Supper Room
Call MOSHCC 08 8537 0687

All ages welcome.

Contact Colleen on 0499373148

Table Tennis

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute

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

Writing Poetry * for Pleasure & Publication with Jude Aquilina

Wednesdays fortnights

1.30-3.30pm

\$5 donation @ Milang Institute

Donation: \$5 / session

Institute Supper room

Learn new tips to create powerful poems. Edit and publish your work.

**Everyone can write poetry!
It's about playing with words!**

Come and give it a go!

Connecting the Dots

Wed 1pm - 3pm

Where: Good Shepherd Hall

High St Strathalbyn

Ring Colleen on 0499373148

An open but confidential group for men and women supporting each other working through depression/anxiety and life struggles and some outings planned for 2017.

Mah Jong

Wednesday 1.30pm

Cost: \$2

Where: MOSHCC

Learn to play this mentally stimulating Chinese game of skill.

Cards

Tuesday 1pm

Cost: \$2.50

Where: MOSHCC: ACE Space

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

Tai Chi with Jen

Wednesdays 1pm
Cost: \$10 p/w or \$80 per term
FIRST SESSION FREE!!
Where: Milang Institute Supper room

Tai Chi is like giving yourself a gift. A chance to relax, gently improve balance & flexibility and your inner health. I invite you to try Tai Chi - It may surprise you like it did me! Jen



Yoga

Tuesdays 5.30pm
Cost: \$2
Where: in ACE Space at MOSHCC

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

Keep Fit

Thursdays 10am
Cost: \$2
Where: Milang Institute Supper room

Exercise for men and women of all ages and abilities. Standing or sitting, increase your fitness in a friendly and fun environment. Simple, safe and flowing movements.

Stepping On

Tuesdays 10am
Cost: \$2
Where: Milang Institute Supper room

An hour of gentle and slow exercises in a fun and supportive environment to improve strength, balance, endurance and bone density. Find it hard to keep active and motivated? Come along and try it out!

Cycling

Fridays 7 - 8.30am
Cost: Free
Where: ACE Space @ MOSHCC

Cycling is a great way to keep fit and have fun. Join us for an easy ride around Milang. If you don't have a bike, you can use one of the MOSHCC bikes. Enquiries John 0410 340 071 **FREE**

Friday Feast

Fridays 12:30pm

Cost: \$7 for two course 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 all for \$7.

Transport available if required.

Bookings Essential by Wed.

Community Garden

When: Every Tuesday!

Where: Community Garden

Corner Rivers/Coxe Street

Join a group of keen volunteer gardeners who work together in our beautiful community garden. Share skills, learn together and enjoy the garden.

Friendship & Craft Club

Wednesdays 10am—12pm

Cost: Gold Coin donation

Where: Milang Church of Christ Hall

Join a relaxed, friendly morning with a cuppa, bring along your craft you are working on and enthusiasm to share and learn from each other. At times we invite tutors to show their craft. Some like to just come along for a chat and cuppa - that's fine, too!



Register Your Interest

Upcoming Courses (2017-18)

***Beginners Facebook
Introduction to Bushfood
Cooking With Nature
Water-wise gardening
Intro to Hospitality
Intro to Microsoft Office
Basic Computing***

...and more!

Meals on Wheels

Hot or frozen Meal Delivery

Weekdays

Call MOSHCC for more information

Meals on Wheels provides a balanced meal for anyone in the community in need of support. Soup, main meal and dessert delivered frozen weekly or hot/ready to eat on weekdays.

MILANG

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COMMUNITY CENTRE

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:

Milang & District Community Care

The Commonwealth Home Support Program (CHSP)
is funded by the Australian Department of Health.

Adult Community Education

* These foundation skills activities are funded through the Government of South Australia's WorkReady initiative.

Growing Life Connections

The Department for Communities and Social Inclusion
has contributed funds towards this project.

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