



Term 3  
2018



# MILANG

OLD SCHOOL HOUSE  
COMMUNITY CENTRE

*The Milang Old School House Community Centre is an initiative of the Milang and District Community Association Inc.*

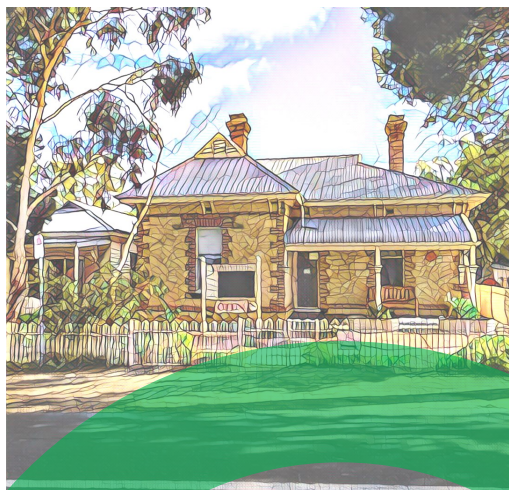
**Bookings are essential for all MOSHCC programs as class sizes are limited.**

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](mailto:reception@moshcc.com.au)

**Sign up for email updates at [www.moshcc.com.au](http://www.moshcc.com.au)**



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 our Education Coordinator (Stuart) or your tutor

\* Recognised ACE funded course

## Child Care

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

\$6 per session

CCS Approved





## **"Lakeliners" Writers Group \***

**Mondays fortnightly**

**From Mon July 30th**

7pm

Where: MOSHCC

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

## **Computing 1 to 1**

**Tues 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*

## **Mah Jong - Wed 1pm**

Cost: \$2

Where: MOSHCC

Learn to play this mentally stimulating Chinese game of skill.

## **Cards - Tues 1pm**

Cost: \$2.50

Where: MOSHCC

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



## **Growing Life Connections Programs**

### **Connecting the Dots**

**Wednesdays 1-3pm**

**Where: Good Shepherd Hall**

High St Strathalbyn

Ring Colleen on 0499 373 148

An open but confidential group for men and women supporting each other working through depression/ anxiety and life struggles. Includes a few outings planned for 2018!

### **Milang Mermaids Women supporting Women**

**When: Thurs May 3rd 1-3pm  
fortnightly during School term**

**Where: Milang Institute**

Call MOSHCC 8537 0687

This group provides women from all generations a safe place for sharing and caring for each other. Group outings planned for 2018!

Contact Colleen on 0499 373 148

## Fibre Art

**Tuesdays 11.15am - 3pm**

\$2 per session

Where: Milang Institute

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

## Ukulele

**Wednesdays 5.15 - 6.15pm**

\$5 per session **during School term**

Where: MOSHCC

For more info ring 85370687

Ukulele is fun to learn and a great introduction to music!

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

BYO or try one of ours.

## Community Cruiser

**Every First Wed of the month**

Bus leaves 9.30am

\$10 donation plus costs of the day

**Bookings essential phone 85370687**

**Feel free to pick up a program from MOSHCC**

Gain new experiences and explore new places together!

**Priority is given to Community Care recipients & support persons**

(partner, family member, friend or care worker)



**Sticky Beaks Men's Program**

**Every third Tues of the month**

Bus leaves MOSHCC 9am

\$10 donation plus cost of the day

"Sticky Beak" is a men's program that has monthly outings on 3rd Tuesdays with occasional local dinner outings. Just pick up a program from MOSHCC.

**WOW Women's Program**

**Every fourth Thurs of the month**

Bus leaves MOSHCC 9.30am

\$10 donation plus costs of the day

It's about coming together to learn through monthly outings of interest to women of all ages.

**WOW Planning Meeting—coffee, cake and chat 9th Aug 2-3pm ACE Space**

**Bookings essential 85370687**

**Please note that a certain level of independence is required to attend these trips.**



# A FREE Introduction to: **Word & Excel**

**Starting Thursday 16th August for 5 sessions**

**Aug 16<sup>th</sup> & 23<sup>rd</sup>  
and Sept 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>**

**9:30am - 3:30pm**

**at MOSHCC, 24-25 Daranda Tce, Milang.**

Learn new skills in creating documents using Microsoft Word, and  
the basics of spreadsheets in Excel.

A supportive first step on your learning journey.

Transport available via pickup from Strath Neighbourhood Centre

**FREE**

**Bookings 8537 0687**

or email

[reception@moshcc.com.au](mailto:reception@moshcc.com.au)

*Support is available on a case by case basis by  
the Fleurieu Pathways to Employment Project, to  
help you plan for your training or employment  
needs. Please ask for more info before enrolment*

**MISSION  
AUSTRALIA** | together  
we stand

*This course provides a subsidised pathway to  
accredited training with TAFE SA in Basic/  
Intermediate Word, Excel and Outlook and  
Digital Literacy programs*

**tafeSA**



Supported by  
**Government  
of South Australia**

## **Tai Chi with Jen** **Breathe - Laugh - Relax**

**Wed from July 25th 1-2pm**

Cost: \$10 a session or \$80 per term

**FIRST SESSION FREE!!**

Where: MOSHCC

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: MOSHCC

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

## **Keep Fit**

**Thursdays 10-11am**

Cost: \$2

Where: Milang Institute

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

## **Stepping On** **Stay Strong - Feel Good**

**Tues 10-11am**

Cost: \$2

Where: Milang Institute

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!

## **Lakeside Scrapbookers**

**Thurs May 3rd 11.30am - 2pm**

Fortnightly

Where: Milang Institute

Donation: \$2 per session

Lakeside Scrapbookers invite  
happy scrappers to join them at  
the Milang Institute every  
fortnight. Come along and make  
a card or bring photos to make a  
scrapbook page.



## Friday Feast

### Fridays 12:30pm

Cost: \$7 for two course meal

Where: MOSHCC

**Bookings Essential by Wednesday**

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.

## Community Garden

### Tuesday mornings

Where: Community Garden

Corner Rivers/Coxe Street

Donation for Supplies

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!



## Table Tennis

### Thursday nights 7.30pm

Cost: Gold Coin

Where: Milang Institute

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

## 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

## OLD SCHOOL HOUSE 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 South Australian Department for Human Services  
has contributed funds towards this project.

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