



**Term 1
2021**



MILANG

OLD SCHOOL HOUSE
COMMUNITY CENTRE

Milang Old School House Community Centre is an initiative of:

MILANG & 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



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 the Manager 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 *

Contact MOSHCC for details

Where: MOSHCC

Gold coin donation

Do you love writing? Or want to start a project? New and old Lakeliners are encouraged to begin a new group for 2021! All genres/ styles. Bring your ideas, share your stories, learn from others. Register your interest. Tea and Coffee Provided.

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.

Budgeting & Money Management

10 weekly sessions starting 4th March (breaking for holidays)

1230pm-230pm

Bookings essential - FREE

Learn the basics of budgeting, how to live to your budget and how to get the best value for the goods and services you need in a friendly, confidential and supportive environment. Refreshments provided.

Computing 1 to 1 *

Tues mornings by appointment

During School Term

\$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.



Child Safe Environments

Friday 19th March - FREE for MADCA Vols and Staff

2 sessions available: 9am-12noon & 1pm-4pm, Location TBA

MADCA is a government accredited Child Safe Organisation. All staff & Volunteers need to have this training every 2 years to maintain accreditation. Please call reception to book into a session.

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 5.00 - 6.00pm

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

Where: Call MOSHCC for location each week, we move around!

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

Once you learn the basic chords and strumming patterns with us you won't stop playing! Beginners welcome!

BYO Ukulele or try one of ours.

Community Cruiser

Wednesdays (every 6 – 8 weeks)

Check times for bus departure

\$10 donation plus costs of the day

Bookings essential, ph. 85370687

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 Beaks" 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

Bus leaves MOSHCC 9.30am

\$10 donation plus costs of the day

Bookings essential, ph. 85370687

It's about coming together to learn through monthly outings of interest and friendship.

Bookings essential 85370687

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



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!

Milang Mermaids: Women supporting Women

When: Thursdays

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 and more in 2021!
Contact Colleen on 0499 373 148

NEW PROGRAM

We are excited to welcome a new project to our Growing Life Connections program at MOSHCC in 2021.

We plan to facilitate many events in our region in the near future (stay tuned for further updates).

The 'Our Towns' project will be linking in with existing groups across 7 towns (Ashbourne, Clayton Bay, Finnis, Langhorne Creek, Milang, Strathalbyn and Woodchester) with a strong focus in Mental Health and Wellbeing.

If you are interested in volunteering in the program, please have a chat with Vivienne at MOSHCC.

Register Your Interest

Upcoming Programs in 2021

- **Cooking Lessons** (8 wk program)
- **Intro to Wordpress** - Create/ maintain a website or blog.
- **Work ready and Resume writing**
- **Basic Computing**

- Please get in touch with us if there is any short courses or programs you would like to see at the Centre in 2021.

Stepping On

Tues 10-11am

Cost: \$2

Where: Milang Institute

An hour of gentle and slow exercises in a fun & supportive environment. Improve strength, mobility, balance, endurance and bone density. Find it hard to keep active and motivated? Come try it out! Easy Moves for Active Ageing trained instructor.

Tai Chi with Jen Breathe - Laugh - Relax

Wed during school term -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

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.



Yoga

Tuesdays 5.30pm

Cost: \$2

Where: MOSHCC

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

Friday Feast

Fridays 12:30pm (Start dates TBA)

Cost: \$8 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 \$8. 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, bring along craft you are working on and enthusiasm to share and learn from each other. At times we invite tutors to show their craft. Or 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 08 8537 0687

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

* This training is funded through the Government of South Australia.

Growing Life Connections

The South Australian Department for Human Services has contributed funds towards this project.

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