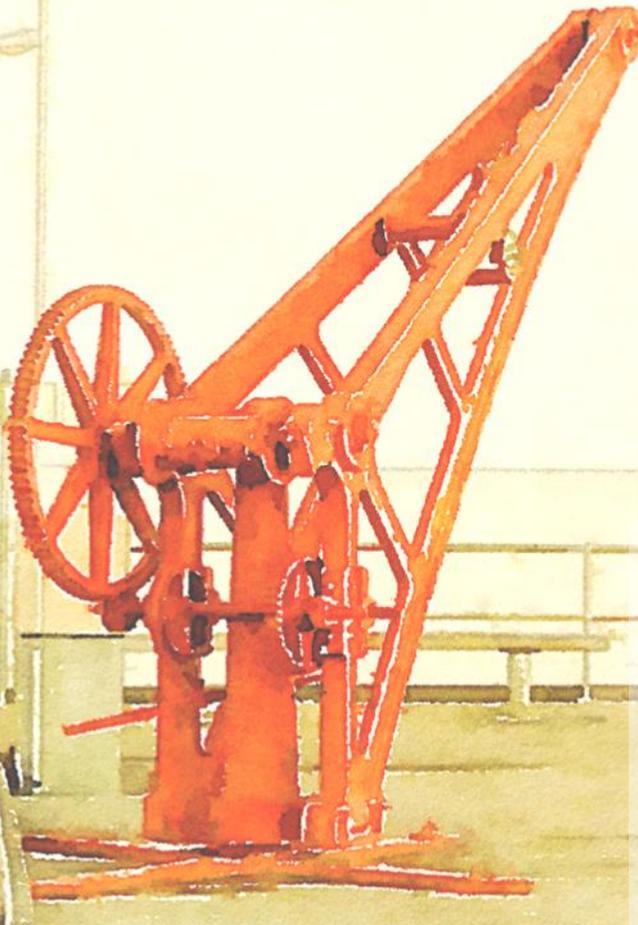


dream

Something big ...



**Fibre Art
Computing
Keep Fit
Tai-Chi
WOW Women
Writers' Group
Mahjong
Friday Feast**

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](https://www.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, Wednesday and Thursday, during school term. Come and try something new while childcare is available.

With limited places, bookings are essential
—Ring MOSHCC 08 8537 0687



Working in the Community

**CAAEA, Identify Rights & Responsibilities at Work

Times and dates TBA

Cost: TBA

Where: TBA



Get a head start! Join us to learn more about effective communication, cultural awareness, and much, much more. This course will get you skilled and ready to work with others. Bookings MOSHCC 85370687

Set Up For Success

**VBQU169 Complete a project with support

Times: 9:30am-12:30pm

Dates: 20th May, 3rd and 10th June and other dates TBA

Cost: TBA

Where: MOSHCC ACE Space



Turn your hobby or idea into a small business-find your own pathway to work. Join us to explore micro businesses in the area, talk to others to develop and research your ideas. Turn your idea into an earner.

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

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

Make the Most of Facebook

**CAADE Interact Online

Tuesday 9:30am-12:30pm
28th April, 5th, 12th, 19th, 26th May
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

Your Computer, Get Sorted!

**CAADF Use technology to undertake a project

Wednesdays 9.30am-12.30pm
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

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.

Enquiries John 0410 340 071

Table Tennis

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute



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

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.

Tai Chi with Jen

Wednesdays 1pm

Begins 29th April

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

Yoga

5:30pm

Tuesdays

Cost: Gold Coin

Where: MOSHCC: ACE Space



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

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

My Eye Health

1:30 - 2:30pm, Friday 22nd May

Cost: Free

Where: MOSHCC



Please join us for a presentation about eye health.

- Common causes of vision loss
- Tips for healthy eyes
- Demonstration of low vision equipment
- Help and services available

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. 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.

Writers' Group

7-9pm

Monday Fortnight, from May 4th.

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 by Wednesday, 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
Next screening 1st May 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!

Free Volunteer Movie Day

Friday 15th May
Any session from 10am-10pm.
Music and entertainment all day.
Where: Wallis Cinemas Mt Barker.



This event is open to ALL volunteers in the Alexandrina Council region. To claim your free movie voucher, fill in the online survey available at Alexandrina Council office or visit their website. If you need assistance with the survey, the friendly folk at MOSHCC can also assist. Bus transport will be available-more details at MOSHCC.

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

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 logo for tafeSA is located in a blue circular frame. It consists of the word 'tafeSA' in a red, lowercase, sans-serif font. Above the letters 'e' and 'S' are three red circles of varying sizes, arranged in a slight arc.

The logo for hacc is located in an orange circular frame. It features a stylized green graphic above the word 'hacc' in a dark purple, lowercase, sans-serif font. The graphic consists of two vertical lines and a curved line connecting them at the top, resembling a house or a person's arms raised.

The logo for Skills for All is located in a green circular frame. It features the text 'Initiative of Skills for All' in a black, sans-serif font. The word 'Initiative of' is smaller and positioned above 'Skills for All'.



Government of
South Australia