

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.

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)

Stay up-to-date on our Facebook page:

[facebook.com/moshcc](https://www.facebook.com/moshcc)

## 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  
Call MOSHCC  
08 8537 0687



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

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

Thank you to:



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

# Program Guide Term 2 2016



Poetry workshops  
Keep Fit  
Tai-Chi  
Gardening  
Cycling  
... and more!

**Milang Old School House  
Community Centre**

## Computing One-to-One\*

Get started with using Windows, using the internet and email. Book a time with our friendly IT tutor to get you started. **Basics free for Seniors (50+) others \$5**

**Tues. mornings by appointment**

## Connecting the Dots

Growing Life Connections

An open and ongoing support group for men and women. Explore strategies for coping with depression, anxiety, and other related issues you might live with.

**1pm Tuesdays at the Good Shepherd Hall, 1 Chapel St Strathalbyn.**

## Women's Support Group

Growing Life Connections

Struggling with parenting issues, depression or anxiety? Just want some company and a chat? **Mondays 9:30am at the Good Shepherd Hall, 1 Chapel St Strathalbyn.**

## Men's Support Group

Growing Life Connections

This is a group program where men aged 18 yrs. and over will have the opportunity to discuss important issues effecting their lives. **If you are interested please ring MOSHCC 85370687**

## Sticky Beak Tours\*

"Sticky Beak' men's group has monthly outings every third Tuesday of the month. You can pick up a program at MOSHCC.

\* Recognised ACE funded course

## WOW outings\*

**A Women's group with a difference!** It's about coming together to learn through monthly bus outings of particular interest to women of all ages.

**Every 3rd Thurs** Interested? Please pick up a program at MOSHCC

## Fibre Art\*

Come and share skills and learn new techniques with different fibres. Bring along your projects. **Cost: Gold Coin**

**Tues. 9:30am - 1pm in the ACE Space**

## Table Tennis

Social Games: ALL WELCOME

**7:30pm Thurs. nights at the Milang Institute Cost: Gold Coin**

## Cards

A great afternoon, play an old favourite or learn something new! Come and enjoy a friendly game. **Cost: \$2.50**

**Tues. 1pm in the ACE Space**

## Mahjong

Interested in playing Mahjong? Learn how to play this mentally stimulating game of skill. **Cost: \$2**

**Wed 1.30pm in the ACE Space**

## Yoga

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

**Tues. 5:30pm in the ACE Space Cost: Gold Coin**

## Stepping On

Come and join us for an hour of gentle exercises in a fun and supported environment. Improve strength, balance, endurance and bone density. Especially beneficial to those who find it hard to keep active and motivated. **Cost: Gold Coin**

**Tues. 10am at the Milang Institute**

## Keep Fit

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 exercise. **Cost: Gold Coin**

**Thurs. 10am at the Milang Institute**

## Tai Chi with Jen

Come and try - **first session is free.** Tai Chi is like giving yourself a gift. A chance to relax, gently improve balance and flexibility and your inner health. **Wednesdays @ 1pm Milang Institute \$10 p/w or \$80 per term**

## Cycling

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**

**Fri. 7 - 8:30am, meet at MOSHCC**

## Hand Up Mentoring

Interested in becoming a Volunteer Mentor? **Free** training about mentoring and the roles & responsibilities it entails coming up. For further details ring 0488465043

## Writers Group\*

Lakeliners meet again once a fortnight on a Monday evening in an enjoyable and friendly group setting. Fiction, autobiography, poetry... All genres.

**Wed fortnights 7pm, May 4th, 18th etc. in the ACE Space**

## Writing Poetry for Pleasure & Publication \*

with Jude Aquilina

This course is for anyone who likes poetry and wants to learn new tips and tricks to create powerful poems and how to edit and publish their work. Everyone can write poetry!.. It's about playing with words – and there are so many opportunities for poets these days. **\$5/week**

**Wed fortnights 1.30—3.30pm starts May 18th, June 1st etc. over 8 sessions at the Milang Institute Supper room.**

## Friday Feast

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.

**Fri. 12:30pm in the ACE Space, \$7 Bookings Essential by Wed.**

## Community Garden

Join a group of keen volunteer gardeners who work together in our beautiful community garden. Share skills, learn together and enjoy the garden. **Group Gardening Days 1st & 3rd Tuesday of the month.**