



Term 3
2016

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

**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 & Marie-Claire)

* Recognised ACE funded course

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



Women's Support Group

Register your interest
Call MOSHCC 08 8537 0687

Struggling with parenting issues, depression or anxiety? Just want some company and a chat? Register your interest. Give us a call, or have a chat with Jodie Call 08 8537 0687

Connecting the Dots

Tuesdays 1pm - 3pm
At the Good Shepherd Hall.
1 Chapel St Strathalbyn

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.

iPads *

Thursday 10:00am - 12:00pm
From 4th August for 8 weeks
Cost: \$5 per week
Where: ACE Space @ MOSHCC

New to iPads? Swipe your way to success with this short course, your iPad or ours. Learn skills to explore iTunes, the App Store, eBooks, maps, photos & more.



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.

Computing 1 to 1

Tuesday mornings by
appointment During School Term
Cost: \$5 / 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

Writers Group “Lakeliners” *

Mondays fortnights 7pm
8th, 22nd August, 5th, 19th Sept
etc.

Cost: \$2

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

Writing Poetry * for Pleasure & Publication with Jude Aquilina

Wednesdays fortnights 1.30–
3.30pm 10th, 24th Aug etc.

Cost: \$5 / session

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.

Community Cruiser

First Wednesday of the month

3rd Aug Meningie Cheese Factory

7th Sept St. Peter's Cathedral

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

Bus trips open to Community Care recipients & support persons (a partner, family member, friend or care worker) Gain new experiences and explore new places together. Book early to avoid disappointment.



Sticky Beak Tours *

Every third Tuesday of the month

Cost: \$10 donation for bus plus cost of entries, meals etc.

Where: Bus leaves MOSHCC 9am

"Sticky Beak' men's group has monthly outings every third Tuesday of the month. Please pick up a program at MOSHCC for the 2nd Semester 2016.

WOW outings *

Every third Thursday 9.30am

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

A Women's group with a difference! It's about coming together to learn through monthly bus outings of interest to women of all ages. Interested? Please pick up a program at MOSHCC

Table Tennis

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute

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

Mah Jong

Wednesday 1.30pm

Cost: \$2

Where: MOSHCC

Learn to play this mentally stimulating Chinese game of skill.

Utilities Literacy

Wednesday 17th August

10am-12noon

Where: MOSHCC ACE Space

Presented by Uniting Communities

Free community information session about electricity, gas and water. Understand your bills, tips on using less energy and water, concessions, contracts and more!
Bookings 08 8537 0687



Volunteering Opportunities

Volunteering is a great way to meet people, learn new skills and stay involved in the community. Milang & District Community Association has volunteering opportunities. If you are keen to get involved Contact 08 85370687

Hand Up Mentoring

Hand Up - Get Together

11th Aug 1:30-3:00pm

Been through some tough times in your life and learned to turn the corner? Do you feel you would like to support someone who is going through some difficult patch at the moment? Why not give us a call on 0488465043 so we can have a chat.

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.



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.

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.

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

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.

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.

Community Garden

Tuesdays 1st and 3rd of the month

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.



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**

Expression of Interest

Call MOSHCC to your interest in these suggested upcoming courses!
08 8537 0687 or email reception@moshcc.com.au

We are also interested to hear from potential tutors.

Meditation
Ukulele
Singing
Dancing
Drumming

Intro to Waterwise Gardening & Landscaping
Intro to Heritage Restoration
Intro to Tourism
Intro to Hospitality
Digital Storytelling
Intro to Microsoft Office

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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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