

MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

MONDAY

Creche 9:30am-1.30pm
for children 6mths—5 yrs.

**Recycling Information
Session** presented by
FRWA **Mon 14th** 2pm,
MOSHCC. Afternoon tea
8537 0687 No cost

Let's Get Quizzical!
21st Oct 2-4pm @ACE
Space MOSHCC. A fun
afternoon of quiz & a
twist of trivia. Fun facts,
multiple choice & more.
Come & join us. \$2.50
All welcome, bookings
8537 0687

Monday Movie Matinee
28th Oct 2pm @ ACE
Space MOSHCC, watch a
movie together. \$2.50 cost
for afternoon tea, movie
name is on MOSHCC
noticeboard.

Ukulele 5:30—6:30pm
during school term @
Milang Institute \$5

TUESDAY

Milang Community Gdn
9am-12pm @ cnr Coxe &
Rvrs St

Fibre Art 10:30am—3pm
Bring along your textile
project to work on, meet
up with other crafters
@Milang Institute Supper
Room \$3 per session

Stepping On - 10-11am @
ACE Space MOSHCC \$2

Cards - 1-4pm @ACE
Space MOSHCC \$2.50

Yoga -5:30pm @ ACE
Space MOSHCC, \$2

Line Dancing 1—2:30pm
@Milang Institute Hall \$5

Sticky Beaks Men's Trip
Tuesday 15th Oct. Tour of
SA Aviation Museum, Pt
Adelaide. Tour cost
pensioners \$10:50 + \$15 bus
cost. Lunch to be decided on
the day. Leaves MOSHCC
9am. Book in, don't miss out,
8537 0687

WEDNESDAY

Creche 9:30am-1.30pm
for children 6mths to 5
years. Email Britt
for more info,
britteny@moshcc.com.au

Tai Chi with Jen 1pm
@Milang Institute Supper
Room \$10 Jens approach
focuses on getting back in
touch with yourself
through gentle breathing
& movements. The
principles of Tai Chi will
help you discover & play
with posture, balance,
gentle movements &
stillness.



Food Relief Wed each
week from 10:30am on
the ACE Space verandah,
donated food is available,
take what you need.
Food varies each time.

THURSDAY

Over 50's Keep Fit
10-11am @ Milang Institute
\$2 Keep active & enjoy a
cuppa together afterwards.

Working Bees
Thursday mornings @Milang
Lakeside Butter Factory.
Need to be a registered
volunteer. Various jobs.

Drumming Workshops
Drumming for fun, starts
Thursday 10th Oct 4-5pm
\$20 session, check with
MOSHCC for other dates
Book 8537 0687

WOW Women's Group
Thursday 10th Oct. The
Pottery Place, \$55 includes
bus, clay, 2hrs on pottery
wheel, 2 pieces fired, tea,
coffee & cake. Lunch @
Imperial Chopsticks extra
cost. Bus departs MOSHCC
9am. Limited places.
Bookings essential 8537 0687

Computing 1-1
(during school term) - \$5 per
session, book 8537 0687

FRIDAY

Women's Circle
Fridays 10-11am @ACE
Space MOSHCC Chat &
cuppa, a non-judgmental
space for women to be
together, connect & chat
Facilitated by Kathryn
from AKOM counselling
0447 144 119 *Bookings
not necessary.*

Friday Feast is returning...
12:30pm @ACE Space
MOSHCC, Main course &
dessert for \$12. Bookings
essential 8537 0687

Friday Youth Hangout
4:30-6pm @Milang Youth
Hub, Paddlesteamer Dve
18th Back at the Hub
25th Kayaking

Matinee Performance
Goolwa 18th Oct @2pm
PTO details & costs
Bookings essential
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.

Bookings: Ph. 08 8537 0687 Email: reception@moshcc.com.au MOSHCC is open 9am—5pm Monday to Friday

October 2024

MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

Dare to Dream

A 6 week wellbeing program for women.

Are you ready to develop new skills & have the confidence to reach your personal goals? Join

experienced counsellor, Kathryn from AKOM Counselling for a series of workshops around *great communication *positive thinking *self care *reaching goals *assertiveness skills *& more. *Group needs & interests will be accommodated.*

**Thursdays 10am-12pm
17th, 24th, 31st October
& 7th, 14th & 21st
November**

@ ACE Space, MOSHCC
\$30 total cost for the workshop program (if cost is a barrier, please contact us). Bookings essential, MOSHCC **8537 0687**

Pain

Anger

Management

Survival

PAMS is a semi-structured support group for women who are survivors of childhood sexual abuse. The focus of the group is on the impacts & consequences of abuse, effective ways of coping, improving well-being, & to **celebrate survival.**

**Fridays 4th, 11th &
18th October.**

**Facilitated by Kathryn
from AKOM
Counselling**

Milang Inst Supper Room,
23 Coxe St, Milang
Contact Kathryn if you
have any questions & to
book in. No cost.

0447144119

Carers

Support Group

*Are you a carer?
Would you like to be part
of a Carers Support
Group?*

*A great opportunity to
meet with other carers to
share, get ideas,
information & support.
Facilitated by Kathryn
from Akom Counselling,
the group will support
carers. Group needs can
be addressed including
self care, coping skills &
managing stress.*

*4th Friday of the month,
starts*

**25th October,
2-4pm ACE Space @
Milang Old School House
Community Centre,
23-24 Daranda Tce,
Milang Book in**

8537 0687

(No cost)

WEEKENDS

Already Read Books

(Butter Factory)

Open Sat & Sun

10am –3pm

5th, 6th & 7th

(October long weekend)

19th & 20th Oct

Books, puzzles,

DVDs & CDs.

All funds raised go to the
Butter Factory restoration



Matinee Performance

Centenary Hall, Goolwa

Friday 18th October, 2pm

is **The Band of SA Police.**

They have an enormous following throughout South Australia & have a number of ensembles formed within their ranks that can cater for various musical events.



If you are interested in joining in the fun....please book in at MOSHCC 8537 0687 & pay before 14th October. \$20 (plus the bus cost of \$15) Bus leaves MOSHCC at 1pm.

All programs and classes require a booking/registration. Please book at MOSHCC on 8537 0687, call in and have a chat or send us an email. reception@moshcc.com.au
If you've got some ideas of activities, outings or events you'd like to see happening, let us know.

October 2024