

### Adult Community Education Programs

**Courses commence July 2024 and are available across various locations within the City of Salisbury. Bookings essential.**

#### Accredited Courses

15-week courses with practical learning components along with a taster of online learning in a fully supported environment. The accredited unit of competency for the below courses is delivered and assessed by Interskills (RTO 6653).

- **Commercial Kitchen Practices** - Creche (child minding) available for children of course participants
- **Pathway to the Horticultural Industry**
- **Pathway to Children's Services Industry** - Creche (child minding) available for children of course participants

**COST: Free (fully funded by the Department of Education to eligible participants)**

**Creche (child minding) available**

**For more information and enrolment details:**

**T: 8406 8482**

**E: [ace@morella.org.au](mailto:ace@morella.org.au)**

#### Short (non-accredited) Courses

Our 10-week non-accredited courses will encourage you to explore various learning and work opportunities through the following areas of interest:

- **Intro to Beauty Services Industry** - Creche (child minding) available for children of course participants

- **Baking and Cooking skills**
- **Intro to the Retail and Customer Service**
- **Laptop Skills** - Creche (child minding) available for children of course participants
- **Intermediate Communication skills for work and study** - Creche (child minding) available for children of course participants
- **Beginners English language skills** - Creche (child minding) available for children of course participants
- **Starting your own small business**
- **Intro to nursing and allied industries**
- **Resume help**

### Social Activities

#### Community Cooking and Connections

Taking place in our outdoor cultural kitchen, this activity provides a unique space to promote learning and connections through the sharing of food and conversation using a tandoor oven, pizza oven and charcoal grill.

**First Tuesday of the month commencing 7 May, 9.30am**

#### Blokes Brunch

An inclusive brunch session for men of all ages and cultural backgrounds.

**Second and Fourth Tuesday of the month commencing 14 May, 10.30am to 12 noon**



#### Pizza Day at Morella

Taste the delicious pizzas and other treats made by the team working in the outdoor cultural kitchen. Have a look at the kitchen, talk to the team and enjoy a coffee and feed.

**Last Tuesday of the month, commencing 30 April, 9.30am**

**Bookings essential.**

#### FREE Community Workshops

- **First Aid for Families**  
**Tuesday 21 May, 12.30pm to 2.30pm**
- **Reconciliation Week event**  
**Wednesday 29 May, 10am to 12 noon**
- **Bush Beads Jewellery with Winda Creations**  
**Wednesday 5 Jun, 10am to 12 noon**
- **Australian Citizenship Test (7 week course) Preparation Course**  
**Tuesdays commencing 7 May, 9.30am to 11.30am**

**Bookings essential:**

**E: [communityconnections@morella.org.au](mailto:communityconnections@morella.org.au)**



### Social Activities

#### Community Lunches

Everyone welcome, bring a plate of food to share.

**Thursdays, fortnightly,  
commencing 9 May, 12 noon**

**COST: FREE**

**No bookings required.**

#### Women's Social Group

These sessions will offer an opportunity to meet other local community members and learn how to do something new. As part of the group we will encourage and support attendees to share a skill or hobby they enjoy undertaking.

**Mondays commencing 29 April  
(during school term),  
12 noon to 2pm**

#### Friends of the Garden

General gardening activities, native plants and garden craft.

**Thursdays, 9.30am to 11.30am**

**COST: \$2 per session**

#### Social English

Pre-beginner and Beginner level.

**Thursdays, 9.30am to 11.30am**

**E: [communityconnections@morella.org.au](mailto:communityconnections@morella.org.au)**

#### Conversation Cafe Session

Are you interested in living a sustainable lifestyle, saving money, growing your own food or upcycling?

**Tuesday 7 May, 10am to 12 noon**

### Health, Wellbeing and Fitness

#### Gentle Exercise

**Tuesdays, 9.30am to 10.30am**

**Thursdays, 9.30am to 10.30am**

**COST: \$5 per class**

#### Heart Foundation Walking Group

**Wednesdays, 9am to 10am**

**COST: FREE**

#### Intercultural Women's Physical and Wellbeing Program

Strength for Life, is a popular way for older South Australians aged 50+ (40+ for Aboriginal or Torres Strait Islanders or from a refugee background) to keep active, maintain their physical and mental well-being and make friends in a supportive and fun environment.

Sessions will include morning/afternoon tea.

**Thursdays (during school term),  
11.30am to 12.30pm**

**E: [communityconnections@morella.org.au](mailto:communityconnections@morella.org.au)**

#### Discover Sewing

Come and learn basic sewing skills including mending and repair clothes. No experience necessary. Limited spaces available.

**Wednesdays (during school term)  
commencing 1 May,  
1pm to 2.30pm**

**COST: FREE**

### Program

#### Community Connection

Community Connections supports people who are not eligible for mainstream programs such as NDIS and My Aged Care to be more involved in their community and to connect to support networks and services. Each person is supported to establish and maintain meaningful social connections with community, supportive social networks and a sense of belonging. Email for more information.

**E: [communityconnections@morella.org.au](mailto:communityconnections@morella.org.au)**

#### Morella's 40th Birthday Celebrations

This year we turn 40 and want to celebrate! More info on events will be posted on our social media.

### Contact us

**A:** 90 Kings Road, Parafield Gardens

**T:** 8406 8484

**W:** [morella.org.au](http://morella.org.au)

**E:** [reception@morella.org.au](mailto:reception@morella.org.au)

**f** /morellacommunitycentre