

### Adult Community Education Programs

#### I Want to Work

Are you new to Adelaide or have recently started job searching? This 6-week course will equip learners with tools to search for job and study opportunities around them. **Topics covered:**

- Identify jobs that may suit you and your life circumstance
- Create your own resumes and cover letters
- Job search techniques
- Identifying your skills and abilities
- Job interview techniques
- Explore new study pathways

**Mondays, commencing 6 November, 10am to 12.30pm**

**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 available)
- Baking skills
- Intro to the Retail Industry
- Laptop Skills (creche available)
- English skills for Employment (creche available)
- Reading and Numeracy (creche available)



#### Accredited Courses (commencing February 2024)

Practical learning components along with a taster of online learning in a fully supported environment. Accredited unit of competency for the below courses is delivered and assessed by Interskills (RTO 6653).

- Commercial Kitchen Practices (creche available)
- Pathway to the Horticultural Industry
- Pathway to Children's Services Industry (creche available)

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

**Creche (child minding) available**

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#### Social Activities

##### Morella's Cultural Kitchen Activation Team

Join our exciting new outdoor cultural kitchen activation team. This fully functional outdoor kitchen includes a tandoor oven, pizza oven and charcoal grill. A unique space promoting learning and connections, through the sharing of food and conversation. What will the kitchen activation team do? Contribute to creating a culturally inclusive space.

**Tuesdays, 9.30am**

##### 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.

**Tuesdays fortnightly, commencing 24 October to 5 December, from 11am**

### Social Activities

#### Blokes Brunch

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

**Tuesdays, 2nd and 4th Tuesday of the month (commencing 24 October), 10am to 11.30am**

#### Community Lunches

Everyone welcome, bring a plate of food to share.

**Thursdays, fortnightly (commencing 19 October), 12pm**

**COST: FREE, no bookings required.**

#### Friends of the Garden

General gardening activities, native plants and garden craft.

**Thursdays, 9.30am to 11.30am**

**COST: \$2 per session**

### 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**

### NEW Programming and Workshops Coming

We are currently exploring a range of new programming opportunities in response to community suggestions. We are seeking expressions of interest for the following programs, with days and times still to be confirmed.

#### Women's Social Group

Weekly chat and 'come n try' activity. 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.

**Contact the centre for expression of interest.**



### General Interest

#### 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.

**Contact the centre for expression of interest.**

#### Morella Community Centre Annual General Meeting (AGM)

Want to hear more about the 2022-2023 year, understand the priorities for our next year or even explore involvement on the Management Committee of the Centre. Come along to the AGM.

**RSVP essential for catering purposes:**

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

#### Contact us

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

**T:** 8406 8484 **E:** [reception@morella.org.au](mailto:reception@morella.org.au)

**f** /morellacommunitycentre