What's on Guide



Morella Community Centre

April to June 2025

Adult Community Education (ACE)

Our free courses run throughout the year to build your confidence, networks and skills to identify opportunities for work or study. Creche is available for parents/caregivers attending some of our courses. For more information about eligibility and to register your interest visit morella.org.au/adult-community-education/

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
- Pathway to the Horticultural Industry
- Pathway to Children's Services Industry

Community Connections Program

Social connection and belonging are critical for our health and wellbeing. Community Connections • Intro To Nursing and Allied supports people who are not eligible for mainstream programs such as NDIS and My Aged Care to be more active in their community and to connect to support networks and services. Each person is supported to establish and maintain meaningful social connections with community and supportive social networks.

P: 84068484 E: communityconnections@

morella.org.au

Short (Non-Accredited) Courses

Our 10-week non-accredited courses will encourage you to explore various learning and work opportunities through interesting topics.

- Intro To Beauty Services Industry
- Intro to Podcasting
- **Baking And Cooking Skills**
- **Laptop Skills**
- Intermediate Communication Skills
- English Language Skills for Work and Study
- Starting Your Own Small Business — Micro Business 101
- **Industries**
- Intro To the Retail and Customer Services Industries
- Resume Help
- Program details



Health and wellbeing

Zumba Gold



Come dance, move, and groove at a lower-impact, easy-to-follow designed for active older adults and beginners.

Tuesdays commencing 29 April 9.30am to 10.30am Cost: \$5 per class

Heart Foundation Walking Group

One hour walking group around the area.

Wednesdays 9am to 10am Cost: Free

Gentle Exercise

A low-impact exercise class with great music to boost strength, flexibility, and well-being

Thursdays commencing 1 May 9.30am to 10.30am Cost: \$5 per class

Strength For Life

Strength for Life is a fitness class helping older South Australians stay strong, active, and connected.

Thursdays commencing 1 May 11 am to 12 pm Cost: \$5 per class

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Social activities

Community cooking and connections

Connect and learn through shared food and conversation in our outdoor cultural kitchen.

Second Tuesday of the month commencing 13 May 9.30am to 12pm, Cost: Gold coin

Pizza Day @ Morella

Enjoy making and taste the wood oven pizza together in the Outdoor Cultural Kitchen.

Last Tuesday of the month commencing 29 April 9.30am Cost: \$5 for pizza

Discover Sewing



Learn basic sewing skills including mending and repair clothes. No experience necessary.

Thursdays 12pm to 2.30pm (during school term, commencing 1 May) Cost: Free

Blokes Brunch

An inclusive brunch session for men of all ages, cultural backgrounds, and abilities to come and meet new people.

Second and fourth Tuesday
of the month commencing 13 May
10.30am to 12pm
Registrations required
E: communityconnections@
morella.org.au
P: 84068484

Community Lunches

Everyone welcome, bring a plate of food to share.

Thursdays (fortnightly) commencing 15 May 12pm Cost: Free

Friends of the Garden

General gardening activities, native plants and garden craft.

Thursday commencing 1 May 9.30am to 11:30am Cost: \$2 per session

Social English



Join us for a social English session to improve your reading and writing skills. Pre-beginner and beginner level.

Thursday commencing 1 May 9.30 am to 11.30 am

English for Communication and Social Settings

Boost your confidence and learn how to talk and meet with people in real-life scenarios.

Thursday 9.30am to 11.30am

Neighbours Meet and Greet

Join us at Morella for a meet and greet where you can find out about what's happening in the area and enjoy some light refreshments in a relaxed environment.

Last Tuesday of the month commencing 29 April 9:30am to 10:30am No Bookings Required

Digital Literacy

Computing 1 on 1



Need help with basic computer needs? Come see our friendly volunteer who may be able to help you out!

Tuesdays 12pm to 3pm (during school term)
Bookings required: 8406 8484

For more information, contact us

- 90 Kings Road, Parafield Gardens
- **%** 8406 8484
- □ reception@morella.org.au
- morella.org.au
- 1 @morellacommunitycentre