### What's on Guide



### Morella Community Centre

### July to September 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.

### Short (Non-Accredited) Courses

10-week courses to explore learning and work opportunities.

- 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
- Intro to Nursing and Allied Industries
- Intro to the Retail and Customer Services Industries
- Resume Help



#### **Accredited Courses**

15-week courses with practical and online learning in a fully supported environment. Delivered and assessed by Interskills (RTO 6653).

- Commercial Kitchen Practices
- Pathway to the Horticultural Industry
- Pathway to Children's Services Industry

### **Community programs**

# Community Connections Program

Social connection and belonging are critical for health and wellbeing. This program supports people not eligible for NDIS or My Aged Care to connect with community services and meaningful social networks.

E: communityconnections@ morella.org.au P: 8406 8484

# The Food Centre's Pop-Up Social Supermarket

Affordable groceries, Easy Feast meal packs, and giveaways.

First Tuesday of the month, llam to lpm

# Health and wellbeing Zumba Gold



Low-impact dance class for active older adults and beginners.

Tuesdays, 9.30am to 10.30am (commencing 22 July)
Cost: \$5 per class

# Heart Foundation Walking Group

A one-hour walk around the area.

Wednesdays, 9am to 10am Cost: Free

#### **Gentle Exercise**

Low-impact exercise with music to improve strength, flexibility, and wellbeing.

Thursdays, 9.30am to 10.30am (commencing 24 July)
Cost: \$5 per class

### Strength For Life

Fitness class designed to help older adults stay strong, active, and connected.

Thursdays, 10.30am to 11.30am (commencing 24 July)
Cost: \$5 per class

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### Social activities

### Community Cooking and Connections

Enjoy our Outdoor Cultural Kitchen with tandoor oven, pizza oven, and charcoal grill. A great opportunity to share food and conversation.

Second Tuesday of the month, 9.30am to 12pm (commencing 12 August)

### Pizza Day



Enjoy making and tasting wood oven pizza in our Outdoor Cultural Kitchen.

Last Tuesday of the month from 9.30am (commencing 29 July)

### **Discover Sewing**

Learn basic sewing skills including mending and clothing repair.

Thursdays, 12pm to 2.30pm (commencing 24 July, during school term)

#### **Blokes Brunch**

Brunch for men of all ages, backgrounds, and abilities.

Second and fourth Tuesday of the month, 10.30am to 12pm (commencing 22 July)

### **Loneliness Awareness Week**

Activities will be run throughout the week to build and strengthen social connections.

Monday 4 to Sunday 10 August

## Talk, Listen, Connect Training

Talk Listen Connect (TLC) will help to build skills and confidence in making a difference in your community, workplace and neighbourhood to tackle loneliness and improve connections.

Age: 18+ Cost: Free

E: communityconnections@

morella.org.au

### Community Lunches

Everyone welcome — bring a plate to share.

Thursdays fortnightly, 12pm (commencing 31 July)

Cost: Free

#### Friends of the Garden

General gardening, native plant care, and garden crafts.

Thursdays, 9.30am to 11.30am (commencing 24 July)
Cost: \$2 per session

### Neighbours Meet and Greet

Join us to meet others, discover what's happening in the area, and enjoy some light refreshments.

Last Tuesday of the month, 9.30am to 10.30am (commencing 29 July)

### Social English

Improve your reading and writing in a social setting. Pre-beginner and beginner level.

Thursdays, 9.30am to 11.30am (commencing 24 July)

### **Digital**

### Computing

Need help with basic computer needs? Our friendly volunteer can assist.

Tuesdays, 12pm to 3pm

#### **Robot Builders**

Ready to level up your robotics game? Join us to build, code, and race real robots! Learn real-world skills in coding, engineering, and problem-solving
—all while having fun.

Fridays, 3.45pm to 5pm (commencing 5 September for 3 weeks)

Cost: \$5 (all sessions included)

Age: 8 to 13 years

W: robotbuildersmorella term32025.eventbrite.com.au

### For more information, contact us

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- **&** 8406 8484
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- morella.org.au
- **I** @morellacommunitycentre