

### Adult Community Education Programs



Our FREE ACE courses run throughout the year to build your confidence, networks and skills to identify opportunities for work or study. Learn in a safe and flexible environment where you participate in lots of fun, hands-on activities to improve your language, numeracy and employability skills. Enquire now, this is your call to try something new! For more information and enrolment details: **T: 8406 8482** **E: [ace@morella.org.au](mailto:ace@morella.org.au)**  
**W: [morella.org.au/adult-community-education](http://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). Free creche (child minding) available for children of course participants.

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

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



#### Short (non-accredited) Courses

Our 10-week non-accredited courses will encourage you to explore various learning and work opportunities through interesting topics. These courses also have free creche (child minding) available for some of the courses available for children of course participants.

- Intro to Beauty Services Industry
- Baking and Cooking Skills
- Intro to the Retail and Customer Service
- Laptop Skills
- Intermediate Communication Skills
- English Language Skills
- Starting Your Own Small Business
- Intro to Nursing and Allied Industries
- Resume Help

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

### Community



#### Nature Play

Drop by the Community Garden for some self-guided nature-based play activities or simply grab a book and relax. Activities may vary depending upon the weather. Dress accordingly, things may get messy!

**Tuesdays, 10am to 12pm (during school term)**

**AGE: Up to 5 years**

**No bookings required.**

#### Community Connections Program

Social connection and belonging are critical for our health and wellbeing.

Community Connections 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.

**T: 8406 8484**

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

### 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.

**Second Tuesday of the month,  
9.30am**

#### Pizza Day @ 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.  
9.30am**

#### Discover Sewing

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

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

#### Social English

Pre-beginner and beginner level.

**Thursdays, 9.30am to 11.30am**

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

#### Community Lunches

Everyone welcome, bring a plate of food to share.

**Thursdays (fortnightly),  
commencing 17 Oct, 12pm**

**COST: FREE**

**No bookings required.**

#### Blokes Brunch

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

**Second and fourth Tuesday of  
the month, commencing 22 Oct,  
10.30am to 12pm  
Bookings essential.**

**T: 8406 8484**

#### Friends of the Garden



General gardening activities, native plants and garden craft.

**Thursdays, 9.30am to 11.30am  
COST: \$2 per session**

#### Gentle Exercise

**Tuesdays, 9.30am to 10.30am  
Thursdays, 9.30am to 10.30am  
COST: \$5 per class**

### Health, Wellbeing and Fitness



#### Heart Foundation Walking Group

**Wednesdays, 9am to 10am  
COST: FREE**

#### Intercultural Women Fitness - Strength For Life

**Thursdays, 11.30am to 12.30pm  
T: 8406 8484  
E: [communities@morella.org.au](mailto:communities@morella.org.au)**

### Community

#### 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.

#### For more information, contact us

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

**T:** 8406 8484

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

**w:** [mprella.org.au](http://mprella.org.au)