

Morella Community Centre

January to March 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 and learning components in a fully supported environment. The accredited unit of competency 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 supports people who are not eligible for mainstream programs such as NDIS and My Aged Care to be more active in their community and connect to support networks and services. Each person is supported to establish and maintain meaningful social connections with community and supportive social networks.

P: 8406 8484

E: communityconnections@morella.org.au

Short courses (non-accredited)

Our 10-week non-accredited courses will encourage you to explore various 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



Health and wellbeing

Zumba Gold



Come dance, move, and groove at our Zumba Gold class.

Thursdays 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

Strength For Life

Womens only exercise group.

Thursdays 11.30am to 12.30pm
Cost: \$5 per class

Social activities

Community cooking and connections

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

Second Tuesday of the month,
9.30am to 12pm
(commencing 11 February)
Cost: Gold coin

Pizza Day

Taste the delicious pizzas and other treats made by the team in the outdoor cultural kitchen.

Last Tuesday of the month,
9.30am to 12pm
(commencing 25 February)
Cost: Gold coin

Discover Sewing

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

Thursdays, 12pm to 2pm
(during school term, commencing 6 February)
Cost: Free
Registrations required
P: 8406 8484

Community Lunches

Join us for lunch and meet new people. Everyone is welcome, bring a plate of food to share.

Thursdays 12pm to 1pm
(fortnightly, commencing 6 February)
Cost: Free

Blokes Brunch

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

Second and fourth Tuesdays monthly, 10.30am to 12pm
(commencing 11 February)
Cost: Free
Registrations required
E: communityconnections@morella.org.au

Friends of the Garden

Join us for general gardening activities, including community initiative garden projects and from garden to plate cooking.

Thursdays 9.30am to 11.30am
(commencing 6 February)
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.

Thursdays 9.30am to 11.30am
Cost: Free

English for Communication and Social Settings

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

Thursdays 9.30am to 11.30am
Cost: Free
Registration required
E: communityconnections@morella.org.au
P: 8406 8484

Neighbours Meet and Greet

Come along to a neighbours meet and greet where you can meet others, find out about what's happening in the area and enjoy some light refreshments in a relaxed environment. If you love the sound of this but can't make it to a centre, contact us to arrange a Neighbours Meet and Greet on your street.

Last Tuesday of the month
9.30am to 10.30am
Cost: Free

The Food Centre's Pop-Up Social Supermarket

Come in to grab low cost and affordable groceries, Easy Feast meals packs and giveaways.

Tuesday 4 February and 4 March, 11am to 1pm

Digital support

Computing 1 on 1

Need basic computer or phone help? Visit our friendly volunteer!

Tuesdays 12pm to 3pm
Bookings required
P: 8406 8484

For more information, contact us

 90 Kings Road, Parafield Gardnes
 8406 8484
 reception@morella.org.au
 morella.org.au
 @morellacommunitycentre