



# TERM 2 2025

# COURSES

Unlock new opportunities for friendships, growth, and meaningful connections. Our extensive courses and social groups are crafted to foster learning and community involvement.

All [Bookings at pical.org.au](http://pical.org.au)



**JOB READY  
COURSES**



**COMMUNITY  
COURSES**



**SOCIAL &  
COMMUNITY  
GROUPS**

**PHILLIP ISLAND COMMUNITY AND  
LEARNING CENTRE  
16 WARLEY AVE COWES**



Phone  
**5952 1131**



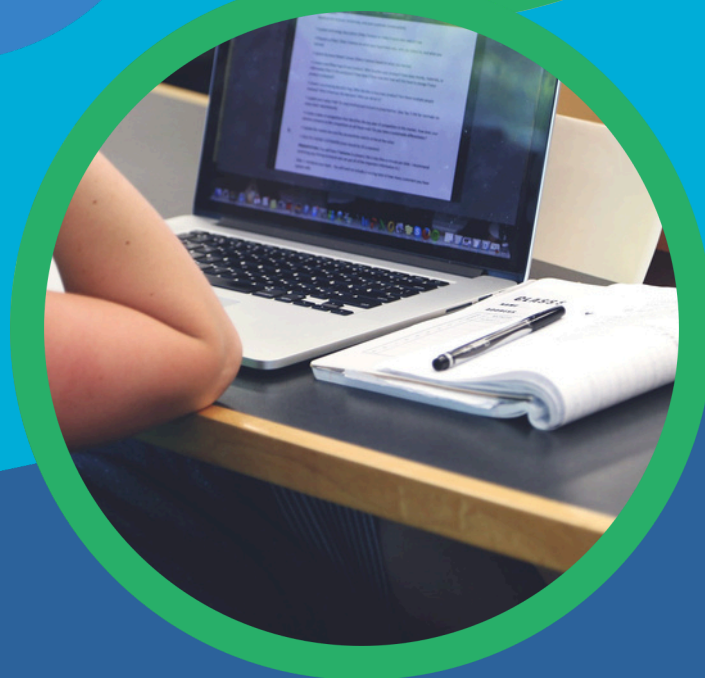
Email  
**[reception@pical.org.au](mailto:reception@pical.org.au)**



Website  
**[www.pical.org.au](http://www.pical.org.au)**



**New Courses and  
Social Groups  
See back pages for  
details**





# JOB READY COURSES

Book online at [pical.org.au](http://pical.org.au)



## Barista Basics

An excellent starting point for the budding barista. Using a full size commercial machine, you will learn how to:

- Consistently extract a great espresso
- Correctly adjust coffee grinders
- Steam milk to perfection
- Correctly clean and maintain the machine

**Location: PICAL**  
**MON 5th May**  
**10.00am - 3.00pm**  
**with Alana**  
**Full fee: \$80**  
**Members/Concession: \$70**



## Food Safety Level 1

Accredited program for everyone handling food for public consumption - cafes, clubs, school canteens, milk bars. Includes practical exercises.

Course Code SITXFSA005

**Location: PICAL**  
**TUES 24th June**  
**9.30am - 2.30pm**  
**with Diana**  
**Full fee: \$130**  
**Members/Concession: \$120**



## Responsible Service of Alcohol

(RSA) program giving participants the knowledge and skills to work in a safe and enjoyable environment in licensed premises.

Course Code SITHFAB021

**Location: PICAL**  
**THURS 5th June**  
**9.30am - 3.30pm**  
**with Angie**  
**Full fee: \$105**  
**Members/Concession: \$95**



## Intro to Canva

Canva is a fun, free and easy to use online graphic design tool. Best for those who need to create printed and online communications such as flyers, brochures, posters, newsletters, social media posts and more. Learn how to use Canva in a fun workshop environment. Participants are welcome to bring along any projects they are working on.

**Location: PICAL**  
**TUES 6, 13, 20, 27 May**  
**10.00am - 2.00pm**  
**with Diana**  
**Full fee: \$30**  
**Members/Concession: \$15**

### Course Bookings, Cancellations and Refunds

- Bookings can be made online at <https://www.socialplanet.com.au/at/phillip-island-community-learning-centre-inc> or face to face at PICAL Reception
- Courses may be cancelled if the required number of enrolments are not met for that course. Notice will be provided before the course commencement date and full refunds will be issued
- Course cancellations are accepted 7 days prior to course commencement with full refunds issued
- Refunds for cancellations that occur after this time will not be issued
- All cancellations must be in writing to [picalroomhire@gmail.com](mailto:picalroomhire@gmail.com)



# COMMUNITY COURSES

Book online at [pical.org.au](http://pical.org.au)



## Girls on Tools Beginners

Are you looking to build your confidence & knowledge working with tools? Or maybe you have a few DIY projects that you would like to tackle. Then come & join other like minded women with your trainers, in the Shed. This event is popular and books out quickly, so don't wait, book now.

Location: PICAL Workshop  
6 weeks starting THURS  
22nd May  
10.00am - 12.00pm  
Contact:  
[picalroomhire@gmail.com](mailto:picalroomhire@gmail.com)

Waitlist available

Full fee: \$50  
Members/Concession: \$30



## Girls on Tools Advanced

If you've completed the beginners Girls and Tools course, and are keen to further your knowledge and tackle some more advanced projects, come along to our advanced course with your Trainers in the Shed.

Location: PICAL Workshop  
8 weeks starting WED 30th  
April  
9.30am - 12.30pm  
Contact:  
[picalroomhire@gmail.com](mailto:picalroomhire@gmail.com)

Full fee: \$50  
Members/Concession: \$30



## First Aid and CPR

Enhanced online learning with short practical assessment. Choose from a variety of nationally accredited first aid courses online with face to face practical assessment. Training and Assessment delivered on behalf of Allens Training, RTO 90909.

All enquiries to  
Kasey Beattie on  
0417 111 600 or book  
directly via the  
website:

[skillsforlifetraining.com.au](http://skillsforlifetraining.com.au)



## Cheesemaking Workshops

Join us in Cheesemaking workshops. Come together and have fun whilst learning from each other. Make a variety of Cheeses. Take home over 1 kg of cheese. Notes and recipes all included.

Location: PICAL  
Dates every month

Booking and Register your Interest  
direct with Barry the Beeman at  
[cheesewithbarry@gmail.com](mailto:cheesewithbarry@gmail.com)

Memberships, Donations and Volunteer information at [pical.org.au](http://pical.org.au)



# SOCIAL AND COMMUNITY GROUPS

**Entry: \$5 per person**



## Woolshed Spinners

Come along and have a spin and a yarn with the wonderful Woolshed Spinners

**Location:** PICAL  
**Contact:** Robyn 0429 700 492  
2nd and 4th Thursday each month  
10.00am - 2.00pm

**NO BOOKING REQUIRED**



## Embroidery/Craft Group

Join the embroidery/craft group for some fun. They'll have you in stitches.

**Location:** PICAL  
**Contact:** Josie 0409 955 109  
3rd Friday of each month  
10.00am - 2.00pm

**NO BOOKING REQUIRED**



## Spanish Group

Boost your self confidence with this Language of Love. Learn Spanish. Who knows when it may come in handy. Si?

**Location:** PICAL  
**Contact:** picalroomhire@gmail.com  
Every 2nd Thursday  
10am - 11.30am

**WAITLIST AVAILABLE ONLINE**

## The Applique Guild

The Appliqué Guild of Australia Inc. is a non-profit organisation established in 2012 to support and encourage appliqué enthusiasts nationwide. Come Learn the many methods of applique with like-minded ladies. Needle turn, raw edge, reverse appliqué, back basting, pre turned, applifix, blanket stitch, just to name a few. You are welcome to join in if you are interested in learning, are a beginner or an expert in applique. Come in for a cuppa and a chat and bring in your current project and stitch with us.

**Location:** PICAL  
**Contact:** Eva 0423 813 070  
2nd Saturday of every month  
10am - 3.00pm

**NO BOOKING REQUIRED**





# SOCIAL AND COMMUNITY GROUPS

**FREE**



## Girls on Tools Shed

For those who have completed Girls on Tools Beginners and Advanced and want to continue working on their projects in a social and supportive setting.

**Location: PICAL Workshop**  
**Every Friday during school terms**  
**starting FRI 2nd May**  
**9.30am - 12.30pm**  
**Contact: [picalroomhire@gmail.com](mailto:picalroomhire@gmail.com)**

**Via invitation only**



## Tech Support - Tuesdays

If you're needing help with any of your digital devices, phone, tablet or laptop, come in and speak to Diana or Jackson, who will attempt to not only resolve your issue, but you may learn something along the way.

**Tuesday from 6th May 12.30 - 2.00pm with Jackson**

**FREE Book online or at Pical reception**



## Tech Support - Thursdays

If you're needing help with any of your digital devices, phone, tablet or laptop, come in and speak to Diana or Jackson, who will attempt to not only resolve your issue, but you may learn something along the way.

**Thursday from 1st May 10.00-11.30am with Diana**

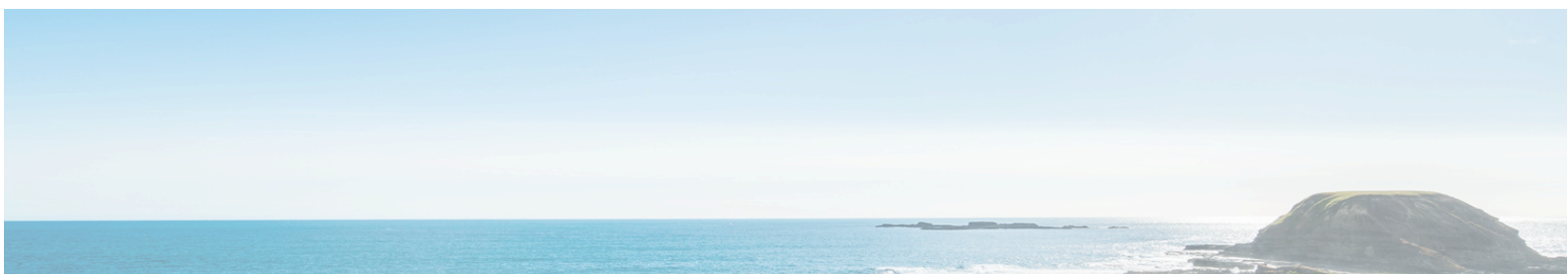
**Book online or at Pical reception**



## Women Connect Walking Group

Walk, talk and take in beautiful sceneries with this lovely bunch of keen walking ladies. Usually finished with lunch, wine and chatter.

**Location: Various**  
**Contact: Patsy Scales 0409 506 461**  
**Pepi Mortimer 0476 549 749**  
**3rd Thursday of every month 10am**





# SOCIAL AND COMMUNITY GROUPS

## FREE



### VIEW Club

Voices, Interest and Education of Women.  
Bringing women together in fun and  
friendship and making a difference.

**Contact: Chris Sproson**  
**Ph: 0406 469 824**  
**Email: phillipislandview1@gmail.com**



### Cooking Groups

Two separate cooking groups contributing  
towards the food relief program. One  
program runs every 2nd Wednesday and the  
other every Friday.

**Location: PICAL**  
**Contact: PICAL Reception 5952 1131**

**PICAL Volunteer status to participate**



### Gardening Group

A gardening group contributing towards the  
food relief program

**Location: Blue Gum PICAL Community  
Garden**  
**Contact: PICAL Reception 5952 1131**  
**Weekly - Monday, Tuesday, Wednesday  
and Thursday 9.30am - 12.30pm**

**PICAL Volunteer status to participate**



### Fix It Cafe

This is a new initiative led by PICAL volunteers  
and supported by the Phillip Island Bicycle  
Users Group. Items fixed include furniture,  
crocery, toys, sports equipment and items  
needing sewing. It's an on the spot service  
where you may wish to join in the fix and  
develop your handyperson skills.

Parts required to be purchased at owners cost.

Donations are welcome for work completed.

**Location: PICAL Workshop, (PICAL  
COMMUNITY GARDEN)**  
**117 Settlement Rd Cowes**  
**Blue Gum Reserve (behind the Creative  
Arts Station)**

**Every Friday during School term  
starting 2nd May**  
**10.00am - 12.00pm**  
**Contact: PICAL Reception 5952 1131 for  
further information or just drop in**



**NEW**

# COMMUNITY COURSES AND GROUPS

## Carers Support Group

### ARE YOU A CARER?

A carer is a person who looks after a friend or family member who has a disability, mental illness, long-term illness or who is frail and elderly. A carer is usually unpaid for their work.

Carers often help with daily activities like dressing, lifting, showering, feeding, providing transport and managing the medication and appointments of the person they are looking after.

**Contact:** Iris Gaillard

**Ph:** 0400 107 541

**Email:** Iris.Gaillard@lchs.com.au

**Commencing** 4th June 2025

**First Wed of each month**

**11.00am - 1.00pm**

**Location:** PICAL

**FREE**

Latrobe Community Health Service Carer Catch-Up Groups aim to provide a positive, understanding and mindful atmosphere, with an emphasis on wellbeing and education.

Come and join us for morning tea and meet other carers in a supportive environment.

**NO BOOKING REQUIRED**



## Island Craft Group

Come join this group of crafty people. Everyone is welcome to bring along their craft project – knitting, crocheting, weaving, drawing, painting (by numbers or not) tapestry, sewing etc, and work on it in a warm welcoming environment Men and women most welcome. Tea and coffee are provided at no extra cost.

**Commencing** 30th April 2025

**Every second Wed (Fortnightly)**

**10.00am - 2.00pm**

**Location:** PICAL

**Contact:** PICAL Reception 5952 1131

**Entrance:** \$5 per person

**NO BOOKING REQUIRED**



## Bike Education for Adults

Topics covered include:

- Bike control skills such as Getting Moving, Braking and Balance;
- Using gears;
- Equipment you should carry;
- Caring for your bike;
- Developing bike fitness;
- Riding with a group;
- Best coffee stops

**Commencing** FRI 2nd May 2025

**FREE 4 Week workshop**

**9.30 am - 12.30 pm**

**Location:** PICAL Workshop, (PICAL COMMUNITY GARDEN)

**117 Settlement Rd Cowes**

**Blue Gum Reserve (behind the Creative Arts Station)**

**Contact:** Trevor 0408 574 360 for bookings

The Phillip Island Bicycle User Group (BUG) is running a Bike Ed program for adults. The program is specifically for adults who have never ridden before, or not for a long time, and who are wanting to get started. Older riders especially welcome. Ideally you will have your own bike and helmet, but to get started we can provide these.



**NEW**

# COMMUNITY COURSES AND GROUPS



## Peer Stroke Support Group

The Stroke Association of Victoria is a dedicated community-based support service for people re-entering their lives after having a stroke.

A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.

**Location: PICAL**  
Fortnightly starting **WED**  
**16th April**  
**10.00am - 12.00pm**

**Free**  
**NO BOOKINGS REQUIRED**



## French Cooking Secrets

Ever wanted to know tips and tricks of French cooking from a chef of 46 years? Join Tony Goodlet as he cooks with you four easy, scrumptious French meals over 4 weeks. You will cook quality food then eat together and discuss the meal.

**Location: PICAL 4**  
**weeks starting TUES**  
**3rd June 5.00pm -**  
**8.00pm Max: 6**

**Full fee: \$90**  
**Book online at [pical.org.au](http://pical.org.au)**



## Italian Cooking Secrets

Ever wanted to know tips and tricks of Italian cooking from a chef of 46 years? Join Tony Goodlet as he cooks with you four easy, scrumptious Italian meals over 4 weeks. You will cook quality food then eat together and discuss the meal.

**Location: PICAL**  
**4 Weeks starting**  
**TUES 29th April**  
**5.00pm - 8.00pm**  
**Max: 6**

**Full fee: \$90**  
**Book Online at [pical.org.au](http://pical.org.au)**



## Chair Yoga

Chair yoga is a modified yoga practice performed while seated, offering benefits like increased flexibility, strength, and balance, and can be beneficial for those with mobility limitations or anyone seeking a gentle approach to yoga.

**Location: PICAL**  
**Mondays during**  
**School Term starting**  
**MON 5th May**  
**1.30pm - 2.30pm**

**Full fee: \$15 per class**  
**PICAL Vol: \$5 per class**

**NO BOOKING REQUIRED**