

# Connect. Learn Grow



## PICAL PROGRAM TERM 4 2025

Connect with your local community by participating in our courses, social groups, and gatherings.

Information and Booking  
[pical.org.au](http://pical.org.au)



**SOCIAL AND  
COMMUNITY  
GROUPS**



**JOB READY  
COURSES**



**COMMUNITY  
COURSES**

*Volunteer  
Opportunities*

16 Warley Ave  
and Blue Gum Reserve,  
117 Settlement Road, Cowes

Ph: 5952 1131

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

# Connect. Learn Grow

## 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.

Day and Evening Sessions

Sold Out - waitlist available

Location: PICAL Workshop  
6 weeks starting  
Thurs 16th Oct  
10.00am - 12.00pm or  
Wed 15th Oct  
7.00pm - 9.00pm

Contact:  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)  
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.

Via invitation only after completion  
of Beginners Girls on Tools

Location: PICAL Workshop  
8 weeks starting  
Wed 15th Oct  
9.30am - 12.30pm  
Contact:  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)

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 Kylie on  
0419 304 599 or book  
directly via the website:

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

### Meditation



Would you like a different approach to deal with day to day stress? Mindfulness meditation is evidence based, both science and personal experience demonstrate its positive benefits for our health, happiness and relationships.

Location: PICAL  
Every Wed 8th Oct - 19th Nov  
(no class melb cup week)  
10.30am - 11.45am

Full fee: \$180  
Bookings and enquiries to  
Allison Trevena on  
0418 595 667 or  
[allisontrevena@gmail.com](mailto:allisontrevena@gmail.com)

### Cheesemaking Workshops

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

Location: PICAL  
Sat 8th Nov - Day session  
For further details, bookings  
and to register your interest  
email Barry the Beeman at  
[cheesewithbarry@gmail.com](mailto:cheesewithbarry@gmail.com)

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## COMMUNITY COURSES

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

### Chair Yoga with Melanie

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  
Mon and Wed  
1.30 pm - 2.30pm during  
School Term starting  
Mon 6th Oct

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

No booking required

### Cooking with Tony

#### Modern Australian with multicultural influences

Join Tony through this trip of culinary delights as he demonstrates how to cook modern Australian with multicultural influences over the next 4 weeks, plans for the following:

- Australian / Asian Australian /
- Indian Australian / Greek
- Australian / Vietnamese / French
- 

All classes will enjoy 3 courses, entree, main and dessert.

Location: PICAL  
Tues 14th, 21st 28th Oct and  
11th Nov , 10.00am -2.00pm

Full fee: \$120  
PICAL Members: \$100  
PICAL Volunteers: \$80

inc 4 x 3 course meals

#### Hand Made Pasta

Join Tony as he demonstrates how to make fresh pasta over the next 4 weeks, plans for the following:

- Lasagna, Beef & Vegetables
- Ravioli and tortellini, chicken/vege/seafood
- Ribbon style, hand and machine made
- Gnocci, lamb ragout/cheese sauce/tomato

All classes will enjoy 3 courses, entree, main and dessert.

Location: PICAL  
Tues 18th 25th Nov and 2nd  
9th Dec , 10.00am -2.00pm

Full fee: \$120  
PICAL Members: \$100  
PICAL Volunteers: \$80

inc 4 x 3 course meals

#### Course bookings, cancellations & refunds

- Bookings can be made online or face to face at pical reception
- For online bookings, click on 'book now' under the course in the term guide or visit <https://www.pical.org.au/>
- To book face to face, visit our friendly staff 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 & full refunds will be distributed.
- Course cancellations are accepted 7 days prior to course commencement with full refunds provided.
- Refunds for cancellations that occur after this time, will be considered under special circumstances
- For cancellations, please ensure you email [picalroomhire@gmail.com](mailto:picalroomhire@gmail.com)

# Connect. Learn Grow

## 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  
2nd and 4th Thurs each month  
10.00am - 2.00pm

Contact: Robyn 0429 700 492

No booking required



### Embroidery/Craft Group

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

Location: PICAL  
3rd Friday of each month  
10.00am - 2.00pm

Contact: Josie 0409 955 109

No booking required



### Spanish Group

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

Waitlist Available

Location: PICAL  
Every 2nd Thursday  
Starting 9th Oct  
10am - 11.30am

Enquiries and waitlist bookings:  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)



### The Applique Guild

Come Learn themanymethods of applique with like-minded ladies. Needle turn, raw edge, reverse appliqué, back basting, pre turned, applifix, blanket stitch, just to name a few. Come in for a cuppa and a chat and bring in your current project and stitch with us.

Location: PICAL  
2nd Sat of every month  
10am - 3.00pm

Contact: Eva 0423 813 070

No booking required



### Island Craft Group

**Come join thisgroup 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.

Location:PICAL

Every second Wed (Fortnightly)  
10.00am - 2.00pm  
15th, 29th Oct and so on.

Contact: PICAL Reception  
5952 1131

No bookings required

# Connect. Learn Grow

## 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 Fri during school terms  
starting Fri 17th October - 5th Dec  
9.30am - 12.30pm

**Contact:**  
roomhire@pical.org.au

Via invitation only after  
completion of Adv Girls on Tools



### Tech Support - Tuesdays

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

**Location:** PICAL  
Every Tues  
12.30 - 2.00pm with Jackson

**Book at PICAL reception**  
5952 1131



### 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  
3rd Thurs of every month 10am

**Contact:**  
Patsy Scales 0409 506 461  
Pepi Mortimer 0476 549 749

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



# Information & Bookings:

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

16 Warley Ave Cowes 5952 1131

## Term 4 Program

## Connect, Learn, Grow

	Week 1 6th Oct- 12th Oct	Week 2 13th Oct - 19th Oct	Week 3 20th Oct - 26th Oct	Week 4 27th Oct - 2nd Nov	Week 5 3rd Nov - 9th Nov
<b>MONDAY</b>	<b>6th Oct</b> 9.30 Gardening* 1.30 Chair Yoga	<b>13th Oct</b> 9.30 Gardening* 1.30 Chair Yoga	<b>20th Oct</b> 9.30 Gardening* 1.30 Chair Yoga	<b>27th Oct</b> 9.30 Gardening* 1.30 Chair Yoga	<b>3rd Nov</b> 9.30 Gardening* 1.30 Chair Yoga
<b>TUESDAY</b>	<b>7th Oct</b> 9.30 Gardening* 12.30 Tech Support	<b>14th Oct</b> 9.30 Gardening* 10.00 Modern Aus Cooking 12.30 Tech Support	<b>21st Oct</b> 9.30 Gardening* 9.30 Canva 10.00 Modern Aus Cooking 12.30 Tech Support	<b>28th Oct</b> 9.30 Gardening* 9.30 Canva 10.00 Modern Aus Cooking 12.30 Tech Support	<b>4th Nov</b> Melbourne Cup Day
<b>WEDNESDAY</b>	<b>8th Oct</b> 8.30 Cooking 9.30 Gardening* 10.00 Island Craft 10.00 Stroke Support 10.30 Meditation 1.30 Chair Yoga	<b>15th Oct</b> 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Craft 10.30 Meditation 1.30 Chair Yoga 7.00 Girls on Tools*	<b>22nd Oct</b> 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Island Craft 10.00 Stroke Support 10.30 Meditation 1.30 Chair Yoga 7.00 Girls on Tools*	<b>29th Oct</b> 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Craft 10.30 Meditation 1.30 Chair Yoga 7.00 Girls on Tools*	<b>5th Nov</b> 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Island Craft 10.00 Stroke Support 11.00 Carers Support 1.30 Chair Yoga 7.00 Girls on Tools*
<b>THURSDAY</b>	<b>9th Oct</b> 8.30 Preserves 9.30 Gardening* 10.00 Spanish 10.00 Spinning	<b>16th Oct</b> 8.30 Preserves 9.30 Gardening* 10.00 Girls on Tools* 10.00 Walking Group^	<b>23rd Oct</b> 8.30 Preserves 9.30 Gardening* 10.00 Spinning 10.00 Spanish 10.00 Girls on Tools*	<b>30th Oct</b> 8.30 Preserves 9.30 Gardening* 10.00 Girls on Tools*	<b>6th Nov</b> 8.30 Preserves 9.30 Gardening* 10.00 Spanish 10.00 Girls on Tools* 10.00 Walking Group^
<b>FRIDAY</b>	<b>10th Oct</b> 9.30 Cooking	<b>17th Oct</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft	<b>24th Oct</b> 9.30 Cooking 9.30 Girls Tools Shed* 9.30 Girls Tools Shed*	<b>31st Oct</b> 9.30 Cooking 9.30 Girls Tools Shed*	<b>7th Nov</b> 9.30 Cooking 9.30 Girls Tools Shed*
<b>SATURDAY</b>	<b>11th Oct</b> 10.00 Applique	<b>18th Oct</b>	<b>25th Oct</b>	<b>1st Nov</b>	<b>8th Nov</b> 10.00 Applique Cheesemaking

\*PICAL Garden and Workshop, 117 Settlement Rd ^Various Locations

# Term 4 Program

# Connect, Learn, Grow

	Week 6 10th Nov - 16th Nov	Week 7 17th Nov - 23rd Nov	Week 8 24th Nov - 30th Nov	Week 9 1st Dec - 7th Dec	Week 10 8th Dec - 14th Dec
MONDAY	10th Nov 9.30 Gardening* 1.30 Chair Yoga	17th Nov 9.30 Gardening* 1.30 Chair Yoga	24th Nov 9.30 Gardening* 1.30 Chair Yoga	1st Dec 9.30 Gardening* 1.30 Chair Yoga	8th Dec 9.30 Gardening* 1.30 Chair Yoga
TUESDAY	11th Nov 9.30 Gardening* 9.30 Canva 10.00 Modern Aus Cooking 12.30 Tech Support	18th Nov 9.30 Gardening* 9.30 Canva 10.00 Hand Made Pasta 12.30 Tech Support	25th Nov 9.30 Gardening* 10.00 Hand Made Pasta 12.30 Tech Support	2nd Dec 9.30 Gardening* 10.00 Hand Made Pasta 12.30 Tech Support	9th Dec 9.30 Gardening* 10.00 Hand Made Pasta 12.30 Tech Support
WEDNESDAY	12th Nov 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Craft 10.30 Meditation 1.30 Chair Yoga 7.00 Girls on Tools*	19th Nov 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Island Craft 10.00 Stroke Support 10.30 Meditation 1.30 Chair Yoga 7.00 Girls on Tools*	26th Nov 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Craft 1.30 Chair Yoga	3rd Dec 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools adv* 10.00 Island Craft 10.00 Stroke Support 11.00 Carers Support 1.30 Chair Yoga	10th Dec 9.30 Gardening* 10.00 Craft 1.30 Chair Yoga
THURSDAY	13th Nov 8.30 Preserves 9.30 Gardening* 10.00 Girls on Tools* 10.00 Spinning	20th Nov 8.30 Preserves 9.30 Gardening* 10.00 Spanish 10.00 Girls on Tools* 10.00 Walking Group^	27th Nov 8.30 Preserves 9.30 Gardening* 10.00 Spinning	4th Dec 8.30 Preserves 9.30 Gardening* 10.00 Spanish 10.00 Walking Group^	11th Dec 8.30 Preserves 9.30 Gardening* 10.00 Walking Group^ 10.00 Spinning
FRIDAY	14th Nov 9.30 Cooking 9.30 Girls Tools Shed*	21st Nov 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft	28th Nov 9.30 Cooking 9.30 Girls Tools Shed*	5th Dec 9.30 Cooking 9.30 Girls Tools Shed*	12th Dec 9.30 Cooking
SATURDAY	15th Nov	22nd Nov	29th Nov	6th Dec	13th Dec 10.00 Applique

\*PICAL Garden and Workshop, 117 Settlement Rd

^Various Locations

# Connect. Learn Grow

## SOCIAL AND COMMUNITY GROUPS

**FREE**



### VIEW Club

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

**Location: PICAL**  
**Every 3rd Monday**  
**1.30 pm - 3.30pm**

**Contact: Selby Witteveen**  
**Ph: 0480 258 357**  
**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**  
**Every 2nd Wednesday 8th, 22nd Oct, etc**  
**8.30 am - 12.00pm**  
**Every Fri 9.30**  
**Contact: PICAL Reception 5952 1131**

**PICAL Volunteer status to participate**



### Gardening Group

A gardening group contributing towards the food relief program

**Location: PICAL Community Garden**  
**Weekly - Mon, Tues, Wed, and Thurs**  
**9.30am - 12.30pm**  
**Fri and Sat starting soon**

**Contact: PICAL Reception 5952 1131**

**PICAL Volunteer status to participate**



### Preserves Group

A lively crew gathers to whip up a medley of scrumptious preserves. These delicious creations are then sold, all to drum up some funds for PICAL!

**Location: PICAL**  
**Every Thursday**  
**8.30am - 11.00pm**

**Contact: PICAL Reception 5952 1131**

**PICAL Volunteer status to participate**

**Room Hire information and enquiries at [pical.org.au](http://pical.org.au)**

# Connect. Learn Grow

## COMMUNITY COURSES AND GROUPS

**FREE**

### 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.

Our Carer Catch Up group will provide a safe space for carers to come together monthly, where you can talk about your caring role, or just catch up with like-minded people. Guest speakers are arranged for most meetings.



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.

**Location: PICAL**  
**First Wed of each month**  
**11.00am - 1.00pm**

**Contact: Iris Gaillard**  
**Ph: 0400 107 541**  
**Email: Iris.Gaillard@lchs.com.au**

**RSVP to above email for catering purposes**

### 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**  
**Every Second Wed**  
**10.00am - 12.00pm**

**15th, 29th Oct and so on.**

**No bookings required**

### Gippsland Women's Health and Wellbeing Panel and Discussion Event

This proposed program will provide safe environments for women to connect, support each other, learn from each other's lived experiences and have access to evidence based health information.

The program aims to:

- Improve women's understanding of evidence based management and treatment options
- Reduce adverse effects of health issues, for example, loneliness
- Create a safe space for sharing women's lived experience
- Minimise effects of any stigma women experience
- Empower women to make decisions about their own health

**Location: PICAL**  
**Proposed March 2026**

**Register at [pical.org.au](http://pical.org.au) or contact [roomhire@pical.org.au](mailto:roomhire@pical.org.au)**



# Connect. Learn Grow

## 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

Expressions of Interest  
Register your interest at  
[pical.org.au](http://pical.org.au) or PICAL  
Reception

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

### 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

Expressions of Interest  
Register your interest at  
[pical.org.au](http://pical.org.au) or PICAL  
Reception

Full fee: \$130  
Members/Concession: \$120

### Responsible Service of Alcohol



Accredited 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

Expressions of Interest  
Register your interest at  
[pical.org.au](http://pical.org.au) or PICAL  
Reception

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 21st 28th Oct  
Tues 11th 18th Nov  
9.30am - 1.30pm  
with Diana

Full fee: \$30  
Members/Conc: \$15