



TERM 2 PROGRAM 2026

20 April - 26 June



This term's program is
supported by Barry Plant
Real Estate



- ✓ SOCIAL AND COMMUNITY GROUPS
- ✓ COMMUNITY COURSES
- ✓ JOB READY COURSES
- ✓ VOLUNTEERING

Phone: 5952 1131 Website:

www.pical.org.au

Our Locations:

PICAL @ Warley 16 Warley Ave, Cowes

PICAL @ Blue Gum Reserve
119 Settlement Rd, Cowes



Policies, Enrolments & Locations

- Bookings can be made online or in person at pical reception
- For online bookings and payment visit <https://www.pical.org.au/>
- To book in person, visit our friendly staff at pical reception during office hours Mon - Fri 9.00am - 3.00pm.
- 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 only be considered under special circumstances
- For cancellations, and enquiries please email roomhire@pical.org.au

BOOK and PAY:

ONLINE: www.pical.org.au

IN PERSON: 16 Warley Ave, COWES
Office Hours: Mon - Fri 9.00am - 3.00pm

OUR LOCATIONS:

16 Warley Ave, COWES
Blue Gum Reserve, 119 Settlement Rd, COWES

Join our Community, Connect, Learn, Grow



Term Based Community Courses



Girls on Tools Beginners The Girls on Tools course is designed to give women the skills and confidence to handle tools like a pro. Diving into practical skills for woodworking projects of your choice including an introduction to tiling, plastering, and even a bit of plumbing.

SOLD OUT

Location: Blue Gum Reserve PICAL Workshop

Wed 9.30am - 12.00pm or Wed 6.30pm - 9.00pm

**Full fee: \$80 Members/Concession: \$60
Register Interest at pical.org.au**

Chair Yoga

Get moving, feel good, and enjoy the calm of yoga without ever leaving your chair! Chair yoga makes yoga accessible to everyone, combining gentle stretches and mindful movement to boost flexibility, strength, and balance.

Location: PICAL @ 16 Warley Ave

Mon 1.30pm - 2.30pm

Wed 1.30pm 2.30pm

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

No Bookings required

Belly Dancing with Justine

Justine is teaching a Balady, earthy, grounded style of belly dance along with somatic (mind/body) movements, specially designed for more mature bodies. Safe, slow and gentle to start, gradually building strength, confidence and improved confidence, posture and co-ordination.

Location: PICAL @ 16 Warley Ave

Mon 11.00am - 12.00pm (Level 1)

Sat 11.00am - 12.00pm (Level 2) starting 2/5/26

**Full fee: \$180 Members/Concession: \$120 Volunteers: \$90
Contact and bookings: Justine - brainybodies@outlook.com**

Empower me within - Tween Girls (ages 8 - 12)

A weekly program designed for girls 8 - 12 to help them develop emotional resilience, self confidence and coping skills.

Location: PICAL @ 16 Warley Ave

Mon, 4.00pm - 5.15pm, 20th Apr - 15th June

Full fee: \$240

Contact and bookings: Sarah - visitsarah@gmail.com

Share your ideas for social groups and courses with us. What would you like to see at your Community Centre?

Email Kerryn: assistantmanager@pical.org.au



Short Courses

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 assessments. 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

Cheesemaking Workshops

Come together, share a laugh, and enjoy a relaxed social atmosphere where everyone learns from each other while creating some delicious cheeses.

Location: PICAL @ 16 Warley Ave
Sun 5th July, Sun 18th Oct - all day sessions

For further details, bookings and to register your interest email Barry the Beeman at cheesewithbarry@gmail.com

Pasta Making with Tony and Cindi

A four week course where you will learn to make ribbon, shaped and filled pastas and gnocci, paired with some tasty sauces for a delicious lunch.

Location: PICAL @ 16 Warley Ave

4 week course starting Tues 28th April - 19th May, 10.00am - 2.00pm

Full fee: \$120 Pical Member: \$100 Pical Vol: \$80 Bookings: pical.org.au

Kids @ Blue Gum

Discover the magic of nature at PICAL Community Garden! Children will learn about plants, insects, and the environment through interactive play and fun garden activities.

Location: Blue Gum Reserve PICAL Pantry Garden
First Wed of every month

Contact and bookings: Kerryn 5952 1131 or assistantmanager@pical.org.au

****For Schools, Kinders and Long Day Care Bookings only****



BCAL

Job Ready courses: Barista Basics, Food Safety Level 1 and RSA

Enrolment and enquiries through BCAL website

<https://bcal.vic.edu.au/courses>



Short Community Courses

Intro to Home Batteries

As part of the Bass Coast Living Lightly program, PICAL invites you to an engaging workshop where you'll discover how home batteries can power a more sustainable lifestyle.

Location: Blue Gum Reserve PICAL Pantry Garden

Sat 4th July 10.00am to 11.30am

FREE No bookings required

Living at Home for Longer

The main aim of this session is to give older community members and their families the knowledge and confidence to make informed choices about their care.

Location: PICAL @ 16 Warley Ave

Fri 24th April, 11.00 am - 11.45am

FREE

For further details and bookings pical.org.au

Healthy Women, Healthy Relationships Gippsland Womens Health, collaborating with PICAL present an important community event that will build awareness, skills and confidence to support healthy, respectful and safe relationships. Guest speakers, practical discussions.

Location: PICAL @ 16 Warley Ave

Wed 22nd April, 5.15pm - 8.00pm

FREE Register www.gwhealth.asn.au/events/ or call 1800 805 448 (Mon - Thurs)

Chill 'n' Grill Chill 'n' Grill is an exciting program that introduces teens to the joy of cooking while teaching essential skills from expert chefs. In a safe and supportive environment, your teen can reconnect socially with hands on skills.

Location: PICAL @ 16 Warley Ave

4 week course Fridays 1.00pm - 3.00pm

Expressions of Interest Cost: \$20 Enquiries and Bookings: [Jasmine Jasminekeogh86@msn.com](mailto:Jasmine.Jasminekeogh86@msn.com)





Info and Bookings:
www.pical.org.au
 Phone: 5952 1131
 16 Warley Ave Cowes

Term 2 Program

Connect, Learn, Grow

	<small>Week 1</small> 20 th Apr - 26 th Apr	<small>Week 2</small> 27 th Apr - 3 rd May	<small>Week 3</small> 4 th May - 10 th May	<small>Week 4</small> 11 th May - 17 th May	<small>Week 5</small> 18 th May - 24 th May
MONDAY	20 th Apr 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 1.30 View Club 4.00 Tween Girls	27 th Apr 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	4 th May 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	11 th May 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	18 th May 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 1.30 View Club 4.00 Tween Girls
TUESDAY	21 st Apr 9.30 Gardening* 10.00 Games Galore	28 th Apr 9.30 Gardening* 10.00 Pasta Making 10.00 Games Galore	5 th May 9.30 Gardening* 10.00 Pasta Making 10.00 Games Galore	12 th May 9.30 Gardening* 10.00 Pasta making 10.00 Games Galore	19 th May 9.30 Gardening* 10.00 Pasta Making 10.00 Games Galore
WEDNESDAY	22 nd Apr 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 5.15 Healthy Women 6.30 Girls on Tools*	29 th Apr 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	6 th May 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	13 th May 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	20 th May 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	23 rd Apr 9.30 Gardening* 10.00 Woolshed Spinners	30 th April 9.30 Gardening*	7 th May 9.30 Gardening*	14 th May 9.30 Gardening* 10.00 Woolshed Spinners	21 st May 9.30 Gardening* 10.00 Walking Group^
FRIDAY	24 th Apr 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 11.00 Living at Home for Longer	1 st May 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft	8 th May 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network launch	15 th May 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	22 nd May 9.00 Cooking 9.30 Girls Tools Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network
SATURDAY	25 th Apr 9.30 Gardening *	2 nd May Sunday 3rd 12.00 Fix it Cafe* 9.30 Gardening* 11.00 Belly Dancing	9 th May 9.30 Gardening * 10.00 Applique 11.00 Belly Dancing	16 th May 9.30 Gardening* 11.00 Belly Dancing	23 rd May 9.30 Gardening 11.00 Belly Dancing

*PICAL Blue Gum Garden Reserve, 119 Settlement Rd

^Various Locations



Info and Bookings:
www.pical.org.au
 Phone: 5952 1131
 16 Warley Ave Cowes

Term 2 Program

Connect, Learn, Grow

	Week 6 25 th May - 31 st May	Week 7 1 st June - 7 th June	Week 8 8 th June - 14 th June	Week 9 15 th June - 21 st June	Week 10 22 nd June - 28 th June
MONDAY	25th May 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	1st June 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	8th June Kings Birthday Holiday	15th June 9.30 Gardening* 11.00 Belly Dancing 1.30 Chair Yoga 1.30 View Club 4.00 Tween Girls	22nd June 9.30 Gardening* 11.00 Belly Dancing 1.30 Chair Yoga
TUESDAY	26th May 9.30 Gardening* 10.00 Games Galore	2nd June 9.30 Gardening* 10.00 Games Galore	9th June 9.30 Gardening* 10.00 Games Galore	16th June 9.30 Gardening* 10.00 Games Galore	23rd June 9.30 Gardening* 10.00 Games Galore
WEDNESDAY	27th May 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	3rd June 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	10th June 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	17th June 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	24th June 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	28th May 9.30 Gardening* 10.00 Woolshed Spinners	4th June 9.30 Gardening*	11th June 9.30 Gardening* 10.00 Woolshed Spinners	18th June 9.30 Gardening* 10.00 Walking Group [^]	25th June 9.30 Gardening*
FRIDAY	29th May 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	5th June 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	12th June 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	19th June 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	26th June 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network
SATURDAY	30th May 9.30 Gardening* 11.00 Belly Dancing	6th June Sunday 7 th 12.00 Fix it Cafe* 9.30 Gardening* 11.00 Belly Dancing	13th June 9.30 Gardening* 10.00 Applique 11.00 Belly Dancing	20th June 9.30 Gardening* 11.00 Belly Dancing	27th June 9.30 Gardening* 11.00 Belly Dancing

*PICAL Blue Gum Reserve, 119 Settlement Rd

[^]Various Locations

**\$5 per person, No bookings
required**



Social and Community Groups

Woolshed Spinners

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

**Location: PICAL @ 16 Warley Ave
2nd and 4th Thurs each month 10.00am - 2.00pm**

Contact: Robyn 0429 700 492

Creative Crafters Group

Come join this friendly community craft group every Friday in a relaxed space to create, connect and enjoy time together. BYO crafting project.

**Location: PICAL @ 16 Warley Ave
Every Friday 10am - 2.00pm**

Enquiries: roomhire@pical.org.au

The Applique Guild Come learn the many methods of applique with like minded ladies. Needle turn, raw edge, reverse appliqué, back basting, pre turned, applifix, blanket stitch, to name a few.

**Location: PICAL @ 16 Warley Ave
2nd Saturday every month 10am - 3.00pm**

Enquiries: roomhire@pical.org.au

NEW!

Games Galore

Bring your friends, lunch and board games and join the local community for a few hours of fun and games. Games could include Mahjong, card games, or any board games. Tea and Coffee supplied. All ages welcome.

**Location: PICAL @ 16 Warley Ave
Every Tuesday 10am - 2.00pm
Starting 21st of April**

Enquiries : roomhire@pical.org.au

NEW

*Join our Girls on Tools Shed Membership
Yearly \$50 (Jan - Dec)
½ Yearly \$35 (Jul - Dec)*

Girls on Tools Shed Designed for graduates of the **Girls on Tools** course, this is a relaxed, social space to keep working on your projects, swap ideas, get tips, and feel supported by a like-minded crew while you tinker, build and bring your creations to life.

**Location: Blue Gum Reserve PICAL Workshop
Every Friday 9.30am - 12.30pm**

**Enquiries : roomhire@pical.org.au
Must have completed GOT beginners course**

FREE, No Bookings required



Social and Community Groups

Women Connect walking Group Walk, talk and take in the beautiful scenery with this lovely bunch of keen walking ladies. Usually finished with lunch and chatter.

Location: Various
3rd Thurs each month 10.00am
Contact: Patsy Scales 0409 506 461
Pepi Mortimer 0476 549 749

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

Location: PICAL @ 16 Warley Ave
3rd Monday each month 1.30pm - 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 Wednesday and the other every Friday.

Location: PICAL @ 16 Warley Ave
Every Wed 8.30am - 12.00pm, Fri 9.00am - 12.00pm
Enquiries : Pical Reception 5952 1131
PICAL VOLUNTEER STATUS TO PARTICIPATE

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 @ 16 Warley Ave
Every 2nd Wed 10.00am - 12.00pm
Contact: roomhire@pical.org.au

Gardening Group Help our team grow fresh produce, and help support our local food relief program. It's a fun, feel good way to connect with others, learn new skills, and give back to the community—one garden bed at a time!

Location: Blue Gum Reserve PICAL Pantry Garden
Monday - Saturday 9.30am - 12.30pm
Enquiries : Pical Reception 5952 1131
PICAL VOLUNTEER STATUS TO PARTICIPATE

Carers Support Group ARE YOU A CARER? 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.

Location: PICAL @ 16 Warley Ave
First Wed every month 11.00am - 1.00pm
Contact: Iris Gaillard Ph: 0400 107 541
Email: iris.gaillard@lchs.com.au RSVP to Iris for catering purposes



Other Courses and activities

Digital Basics Digital Basics is a hands-on course designed to help you build confidence using technology in everyday life. You'll learn practical skills such as navigating the internet, sending emails, using smartphones and tablets, and staying safe online.

Contact and bookings: www.pical.org.au

Location: PICAL @ 16 Warley Ave
7 weeks starting Mon 20th April
10.00am - 2.00pm

Fee \$35



HER Network Launch and Information Session

Come along for a morning tea and a welcoming community where women connect to provide:

- Skill development and training
- Mentoring and support
- Pathways to employment & leadership
- Social connection and health and wellbeing

Location: PICAL @ 16 Warley Ave

Launch date: Friday 8th May.
Then every Friday there after
10am to 12 midday



Fix it Cafe will run on the First Sunday of the Month from 12 midday to 3pm. No need to book, just turn up.

Our fixers can repair - Small electrical items - Sewing - Bikes - Other items? We'll give it a go.
Parts required at owners expense. Donations welcome for repairs.

Located: Blue Gum Reserve PICAL Workshop

Upcoming dates:

April 5th, May 3rd, June 7th, July 5th
12 noon to 3pm

Bass Coast Volunteer Expo **Wednesday 20 May 2026 Berninnet, Cowes**

Bass Coast community groups will come together under the one roof to showcase their organisations and attract local volunteers who want to learn new skills and make a difference where they live.

The Expo will run from 9.00 am to 12.00 pm, followed by a professional development workshop for participating community groups from 1.30 pm to 3.30 pm.

Community groups wishing to take part in the Expo are invited to express their interest by emailing volunteerexpo@pical.org.au

Groups interested in attending the professional development workshop can register via TryBooking: <https://www.trybooking.com/DITJL>