



Community Garden

A community garden for everyone. Its purpose is to grow fresh fruit and vegetables for the PICAL Food Relief Pantry.

PICAL volunteer status required to participate.
To join as a volunteer go to www.pical.org.au or 5952 1131
Garden Open 9.30am to 12.30pm most mornings
Donations welcome direct to garden volunteers or via our website.

PICAL TERM 1 COURSE GUIDE 2026

CONNECT. LEARN. GROW

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

Information and Bookings PICAL.org.au

**ENROL
NOW**

www.pical.org.au



JOB READY COURSES



**SOCIAL & COMMUNITY
GROUPS**



COMMUNITY COURSES



**VOLUNTEERING
OPPORTUNITIES**



5952 1131



www.pical.org.au



16 Warley Ave Cowes

**Our
Locations**

PICAL Warley - 16 Warley Ave Cowes

PICAL Blue Gum Reserve - 119 Settlement Rd, Cowes



Connect. Learn Grow

COMMUNITY COURSES

Book online at pical.org.au



Girls on Tools Beginners

Day and Evening Sessions

Ready to roll up your sleeves and take charge of your next DIY project? The Girls on Tools course is a 10-week adventure designed to give women the skills and confidence to handle tools like a pro. Every week brings a new challenge — from mastering safe tool use to diving into practical skills like painting, tiling, plastering, and even a bit of plumbing.

Location: PICAL Blue Gum Reserve
119 Settlement Rd, Cowes
10 weeks starting
Wed 28th Jan 2026
9.30am - 12.00pm or
Wed 28th Jan 2026
6.30pm - 9.00pm
Contact: roomhire@pical.org.au

Full fee: \$60
Vol/Members/Concession: \$40
Bookings: www.pical.org.au

Chair Yoga with Melanie

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. Perfect for those with limited mobility or anyone who prefers a relaxed, low-impact session. You'll leave each class feeling looser, lighter, and ready to take on the day—one deep breath at a time.

Location: PICAL Warley
Mon 1.30 pm - 2.30pm
and Wed. 1.30am - 2.30pm
during School Term starting
Mon 2nd Feb, 2026
Full fee: \$15 per class
PICAL Vol: \$5 per class

No booking required



Meditation- Mindful Self Compassion

Discover the art of slowing down and reconnecting with yourself through Mindful Self-Compassion Meditation. This gentle and supportive course invites you to cultivate kindness toward yourself, reduce stress, and build emotional resilience through guided meditation and reflective practices.

Location: PICAL Warley
Every Wed for 4 weeks
9.30 - 10.45am
starting 28th Jan, 2026
Full fee: \$160
Bookings and enquiries to
Allison Trevena on
0418 595 667 or
allisontrevena@gmail.com



Foundations of Stillness

Foundations of stillness is a gentle accessible introduction to mindfulness based meditation designed to help you pause, reduce stress and reconnect with a sense of calm and focus beneath everyday business. Across four guided classes you'll be introduced to simple seated meditation practices that support relaxation, present moment awareness and stillness.

Location: PICAL Warley
Every Wed for 4 weeks
starting 4th Feb, 2026
6.00pm or
Every Thurs for 4 weeks
starting 5th Feb, 2026 at
9.30am.
Full fee: \$80 for 4
Classes or \$25 casual
Bookings and enquiries to
Allison Trevena on
0418 595 667 or
allisontrevena@gmail.com



Connect. Learn Grow

COMMUNITY COURSES

Book online at pical.org.au

Barbeque Masterclass - Fire, Smoke and Feast

Cooking with Tony and Cindi

Turn up the heat and fire up your flavour skills in this hands-on BBQ Masterclass. Over four delicious weeks, you'll learn to master the art of open-flame cooking—from the slow and smoky Asado grill to the secrets of perfect dry rubs, low-and- slow smoking, and traditional spit roasting. Each class ends the best way possible: by sitting down together to eat what you've cooked. Whether you're a backyard enthusiast or the designated family grill boss, you'll leave with smoky fingers, a full stomach, and serious barbecue bragging rights.

Location: PICAL Warley

Tues 3rd 10th 17th 24th Feb ,
10.00am -2.00pm
with Tony Godlett

Full fee: \$120

PICAL Members: \$100

PICAL Volunteers: \$80

inc 4 x 2 course meals

Bookings: www.pical.org.au

Cooking for Family Gatherings

Cooking with Tony and Cindi

Discover one of life's tastiest pleasures: bringing people together over food! In this four-week Cooking for Family Gatherings course, you'll explore how to whip up crowd- pleasing Breakfasts, Brunches, Lunches, and Dinners that everyone will love. The best part? Every session ends with everyone gathering around to share the meal you've made together. Start new traditions, swap stories, and leave with recipes (and confidence) to host your next family feast with ease and joy.

Location: PICAL Warley

Tues 10th 17th 24th 31st March
10.00am -2.00pm

Full fee: \$120

PICAL Members: \$100

PICAL Volunteers: \$80

inc 4 x 2 course meals

Bookings: www.pical.org.au

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

Course bookings, cancellations & refunds

Cheesemaking Workshops

Join us for our hands-on Cheesemaking Workshops and turn milk into magic. Come together, share a laugh, and enjoy a relaxed, social atmosphere where everyone learns from each other while creating something delicious. You will make a range of tasty cheeses to take home, with easy-to-follow notes and recipes all included so you can keep the cheesy fun going in your own kitchen.

Location: PICAL Warley

Sat 17th Jan, Sun 22nd Mar,
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



How to write a book and self publish

This creative writing adventure guides you through crafting your own book from first idea to final page, then shows you how to bring it into the world with self-publishing. Whether you're dreaming of novels, memoirs or collections of stories, this course makes writing fun, manageable, and rewarding. Get ready to tell your tale and hold your very own published book in your hands!

POSTPONED

Location: PICAL Warley

6 weeks starting

Tues 20th Jan 2026

6.00pm - 8.00pm

with Bryan Whelan

Contact: roomhire@pical.org.au

Fee: \$100

Bookings: www.pical.org.au

Over 50's Belly Dance with Justine

Justine was a belly dance performer and teacher 25 years ago, dancing in a troupe, solo and collaborating with other artists in Cabaret and Balady styles. Many years later, with the influence of her mind/body massage therapy, Justine is teaching a Balady, earthy, grounded style of belly dance along with somatic (mind/body) movements, specially designed for more mature bodies.

It's safe, slow, and gentle to start, gradually building strength, confidence, improved posture and co-ordination. Suits absolute beginners over 50. Dance is uplifting, healing and fun for everyone.

Location: PICAL Warley

9 weeks starting Sat

31st Jan 2026 11.00am -

12.00pm

Contact Justine Inifer:

brainybodies@outlook.com

Full fee: \$180

Volunteers: \$90 **Bookings:**

www.pical.org.au

1000 Hearts Project

FREE

1000 Hearts is a global kindness project that spreads love, hope, and comfort through handmade pocket-sized fabric hearts. Founded in 2016, the initiative began with a simple idea: sewing and giving away thousands of hearts to people who need a little courage or kindness in their lives.

Come along and sew your own little heart of love and hope! All materials will be provided—felt, thread, stuffing, and needles—so you just bring your creativity and kindness.

Making these pocket-sized hearts is a simple, soothing sewing activity that spreads warmth and connection to those who need it most. Whether you're a sewing pro or a first-timer, you'll find joy in crafting something meaningful to give away. It's a wonderful way to unwind, meet kindred spirits, and make a real difference—one heart at a time!

Location: PICAL Warley

Sat 28th Feb 2026

11.00am - 2.00pm

with Aleta Groves and Kerryn Ladell

Contact:

roomhire@pical.org.au

FREE

Bookings @ pical.org.au





Connect. Learn Grow

COMMUNITY COURSES

Book online at pical.org.au

Fantastic Friendships - Tween Girls (ages 8 - 12)

Fantastic Friendships for Tween Girls (ages 8–12) is a fun and supportive friendship group designed to help girls build resilience and confidence as they navigate the ups and downs of growing friendships. Through creative activities and meaningful discussions, girls learn how to make and keep strong, positive friendships while developing compassion, empathy, and a deeper understanding of what it means to be a great friend.

Location: PICAL Warley
4 weeks starting Mon
9th Feb 2026 4.00pm - 5.00pm

Contact and Bookings:
Sarah:
visitsarah@gmail.com
Fee: \$15

FREE

Kids@Blue Gum

Discover the magic of nature at the Pical Community Garden! Children will enjoy hands-on experiences through interactive play, fun garden activities, and guided tours of the garden's vibrant spaces. They'll learn about plants, insects, and the environment while exploring how food grows and how to care for our planet. It's a joyful, educational adventure that inspires curiosity and a love of nature.

Location: PICAL Blue Gum Reserve
119 Settlement Rd, Cowes

1st Wed of every month starting
March 2026

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

FREE

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

- 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 roomhire@pical.org.au

Room Hire information and enquiries at www.pical.org.au or email: roomhire@pical.org.au

Term 1 Program

Connect, Learn, Grow

	Week 1 27th Jan- 1st Feb	Week 2 2nd Feb - 8th Feb	Week 3 9th Feb - 15th Feb	Week 4 16th Feb - 22nd Feb	Week 5 23rd Feb - 1st Mar
MONDAY		2nd Feb 9.30 Gardening* 1.30 Chair Yoga	9th Feb 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	16th Feb 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	23rd Feb 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships
TUESDAY	27th Jan 9.30 Gardening* 6.00 Write a book & self publish	3rd Feb 9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	10th Feb 9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	17th Feb 9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	24th Feb 9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish
WEDNESDAY	28th Jan 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 10.30 Meditation 6.00 Foundations of stillness 6.30 Girls on Tools*	4th Feb 9.30 Gardening* 9.30 Girls on Tools* 10.30 Meditation 11.00 Carers Support 1.30 Chair Yoga 6.00 Foundations of stillness 6.30 Girls on Tools*	11th Feb 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 10.30 Meditation 1.30 Chair Yoga 6.30 Girls on Tools*	18th Feb 9.30 Gardening* 9.30 Girls on Tools* 10.30 Meditation 1.30 Chair Yoga 6.30 Girls on Tools*	25th Feb 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	29th Jan 9.30 Gardening* 9.30 Foundations of stillness 10.00 Spanish	5th Feb 9.30 Gardening* 9.30 Foundations of stillness	12th Feb 9.30 Gardening* 10.00 Spinning 10.00 Spanish	19th Feb 9.30 Gardening* 10.00 Walking Group^	26th Feb 9.30 Gardening* 10.00 Spanish 10.00 Spinning
FRIDAY	30th Jan 9.30 Cooking 9.30 Girls on Tools Shed*	6th Feb 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	13th Feb 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	20th Feb 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft 10.00 Creative Craft	27th Feb 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft
SATURDAY	31st Jan 11.00 Belly Dancing	7th Feb 11.00 Belly Dancing	14th Feb 11.00 Belly Dancing 10.00 Applique	21st Feb 11.00 Belly Dancing	28th Feb 11.00 Belly Dancing 11.00 1000 Hearts Project

Term 1 Program

Connect, Learn, Grow

	Week 6 2 nMd ar-8 Mathr	Week 7 9 th Mar - 15 th Mar	Week 8 16 th Mar - 22 nd Mar	Week 9 23r dMar-29 Mthar	Week 10 30 thMar-5 Aphr
MONDAY	2nd Mar 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	9th Mar Labor Day	16th Mar 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga	23rd Mar 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga	30th Mar 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga
TUESDAY	3rd Mar 9.30 Gardening*	10th Mar 9.30 Gardening*9.30 Gardening* 10.00 Cooking Family10.00 Cooking Family Gatherings Gatherings	17th Mar 9.30 Gardening*9.30 Gardening* 10.00 Cooking Family10.00 Cooking Family Gatherings Gatherings	24th Mar 9.30 Gardening*9.30 Gardening* 10.00 Cooking Family10.00 Cooking Family Gatherings Gatherings	31st Mar 10.00 Cooking Family Gatherings
WEDNESDAY	4th Mar 9.30 Gardening* 9.30 Girls on Tools* 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	11th Mar 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	18th Mar 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	25th Mar 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	1st Apr 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	5th Mar 9.30 Gardening*	12th Mar 9.30 Gardening* 10.00 Spanish 10.00 Spinning	19th Mar 9.30 Gardening* 10.00 Walking Grou	26th Mar 9.30 Gardening* 10.00 Spanish 10.00 Spinning	2nd Apr 9.30 Gardening*
FRIDAY	6th Mar 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	13th Mar 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	20th Mar 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft 10.00 Creative Craft	27th Mar 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	3rd Apr GOOD FRIDAY
SATURDAY	7th Mar 11.00 Belly Dancing 9.30 Sustainability Festival*	14th Mar 10.00 Applique 11.00 Belly Dancing	21st Mar 11.00 Belly Dancing	28th Mar 11.00 Belly Dancing	4th Apr

*PICAL Blue Gum Reserve, 119 Settlement Rd

^Various Locations

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 Warley
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 Warley
3rd Friday of each month
10.00am - 2.00pm

Contact: Josie 0409 955 109

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 Warley
Every 2nd Thursday
10am - 11.30am

Enquiries :
roomhire@pical.org.au

No booking required



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, 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 Warley
2nd Sat of every month
10am - 3.00pm

Contact: Eva
enquiries@theappliqueguildofaus
tralia.org.au

No booking required



Creative Crafters

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

Finish one of your existing projects or why not start something new. Pop in for a chat and a cuppa and learn a new craft in a warm welcoming environment.

Location: PICAL Warley
Every Friday starting 6th Feb 2026
10am - 2.00pm

Enquiries: roomhire@pical.org.au

No booking required

FREE



Women Connect Walking Group

Walk, talk and take in beautiful scenery 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



VIEW Club

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

Location: PICAL Warley
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 Warley
Every 2nd Wednesday
8.30 am - 12.00pm
Every Fri 9.30
Contact: PICAL Reception 5952 1131

PICAL Volunteer status to participate



Girls on Tools Shed

Keep building, creating and having fun in our Girls on Tools Project Sessions. 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: PICAL Blue Gum Reserve
119 Settlement Rd, Cowes
Every Fri during school terms
starting Fri 30th Jan 2026
9.30am - 12.30pm

Contact:
roomhire@pical.org.au
Must have completed Girls on Tools Course

No Booking Required

Connect. Learn Grow

SOCIAL AND COMMUNITY GROUPS

FREE



Gardening Group

Join the gardening team at the Pical Community Garden and make a real difference! Get your hands in the soil, learn how to 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: PICAL Blue Gum Reserve
119 Settlement Rd, Cowes
Weekly - Mon, Tues, Wed, and Thurs
9.30am - 12.30pm

Contact: 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 Warley
First Wed of each month
starting 4th Feb
11.00am - 1.00pm

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

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.

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 Warley
Every Second Wed
10.00am - 12.00pm

No bookings required

Connect. Learn Grow

COMMUNITY WORKSHOPS

FREE

Gippsland Women's Health and Wellbeing Panel and Discussion Event

Gippsland Women's Health and PICAL are excited to announce that a community Women's Wellbeing Conversation Event will be held in Cowes in the first half of 2026.

Let's talk openly about what's needed for better support, connection and access to women's health information in Bass Coast.

Event highlights: Panel of expert speakers, community discussion, take-home resources and information, plus free light lunch/supper provided.

- ✓ Free to attend
- ✓ Light lunch/supper provided
- ✓ Women and Gender Diverse people welcome

**GIPPSLAND
WOMEN'S
HEALTH**

**Location: PICAL Warley
Proposed March 2026**

Watch for more information on the **pical** website: www.pical.org.au and on our social media



Coming to PICAL in 2026!

Sustainability Festival - March 2026

Get ready for a fun-filled day celebrating all things sustainable! 🌱 Supported by the Bass Coast Shire Council, the Sustainability Festival is a family-friendly event bursting with eco-inspiration, hands-on fun, and great community spirit. Discover clever ways to live lighter on the planet — from creative reuse and repair to local food, gardening, and green living ideas. As part of the event, PICAL will be launching its new **Fix It Café** — your local hub for mending, making, and learning practical repair skills that save both money and waste. Furthermore, our **pantry garden** will be open offering plant sales, garden tours and workshops. Bring the kids, bring your curiosity, and come ready to be inspired. It's fun for the whole family — with music, workshops, stalls, and a big dose of community connection! 🌿

**Location: PICAL Blue Gum Reserve
119 Settlement Rd, Cowes
7th March 2026
9.30 - 3.30
Free**

Watch for more information on the **pical** website: www.pical.org.au and on our social media

Sustainability



Connect. Learn Grow

JOB READY COURSES

Book online at 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

Enrolment through BCAL Website,
<https://bcal.vic.edu.au/courses>



Food Safety Level 1



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

Enrolment through BCAL Website,
<https://bcal.vic.edu.au/courses>



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.

Enrolment through BCAL Website,
<https://bcal.vic.edu.au/courses>



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. Whether you're new to computers or just want to brush up on the basics, this course will help you feel more connected, capable, and ready to explore the digital world.

Location: PICAL Warley
7 weeks starting Mon 9th Feb 2026
10.00am - 2.00pm

Contact:
roomhire@pical.org.au

Fee \$35
Bookings: www.pical.org.au