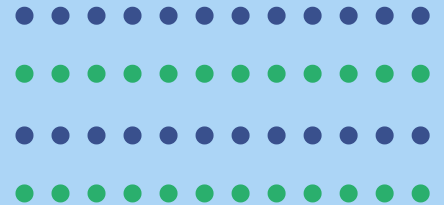


# PICAL TERM 4 PROGRAM



## Pantry Garden Open Day - Sat 31<sup>st</sup> October

Our Blue Gum Pantry Garden is once again organising an Open Day on the Saturday of the Cup Weekend. The event goes from 9.00am to 1.00pm and includes garden tours, workshops, bbq, plant and preserve sales.



### CONTACT US



[reception@pical.org.au](mailto:reception@pical.org.au)  
5952 1131



### WEBSITE

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



### OUR LOCATIONS

**PICAL Warley**, 16 Warley Ave,  
Cowes

**PICAL Blue Gum Reserve**,  
119 Settlement Road, Cowes

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



**SOCIAL AND COMMUNITY GROUPS**

**COMMUNITY COURSES**

**VOLUNTEERING**



# TERM BASED COMMUNITY COURSES

## Girls on Tools

The Girls on Tools course is a term based course designed to give women the know-how 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.



**LOCATION: PICAL Blue Gum Reserve**  
**Every Wed 7<sup>th</sup> Oct - 2<sup>nd</sup> Dec**  
**9.30am - 12.00pm or 6.30pm - 9.00pm**  
**Full Fee: \$80, Members/Concession \$60**  
**Register at [Pical.org.au](http://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 Warley**  
**Mon and Wed 1.30pm - 2.30pm, Starting Mon 5<sup>th</sup> Oct & Wed 7<sup>th</sup>**  
**Full Fee: \$15 per class, No Bookings required**

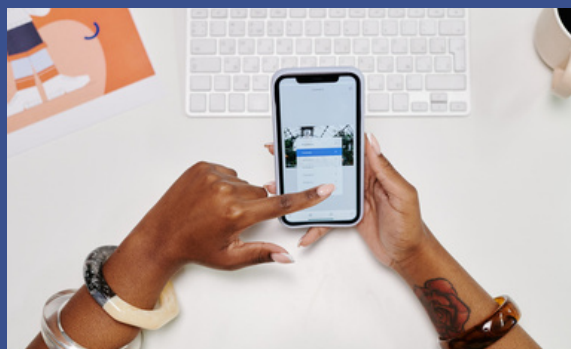


## Digital Essentials Level 1

Digital basics is a 7 week hands on course designed to help you build confidence using technology in everyday life. The focus is on practical skills using smart phones, tablets and computers.



**LOCATION: PICAL Warley**  
**7 weeks starting Mon 12<sup>th</sup> Oct 9.00am - 1.00pm**  
**Full Fee: \$35**  
**Contact & Bookings: [pical.org.au](http://pical.org.au)**



## Digital Essentials Level 2



Digital Essentials Level 2 builds on the skills covered in Level 1, but you do not need to have completed Level 1 to join. The course introduces participants to a wider range of everyday digital skills, including email, managing files and folders, searching for information online, staying safe online, and using programs such as Microsoft Word, Excel, PowerPoint and Canva.



**LOCATION: PICAL Warley**  
**7 weeks starting Mon 12<sup>th</sup> Oct, 1.30pm - 5.00pm**  
**Full Fee: \$35**  
**Contact & Bookings: [pical.org.au](http://pical.org.au)**



## BOOK and PAY:

**ONLINE: [www.pical.org.au](http://www.pical.org.au)**  
**IN PERSON: 16 Warley Ave, COWES**  
**Office Hours: Mon - Fri 9.00am - 3.00pm**



# TERM BASED COMMUNITY COURSES



## Care and Support Industry Training

Get ready for the care and support industry. This is more than a job, it's a career where you make a real difference. Every day you'll provide the vital support that helps people stay independent, keep their dignity and live a better life.

**LOCATION: PICAL Warley**

**Every Wed and Fri starting Mon 14<sup>th</sup> and Wed 16<sup>th</sup> Oct  
9.00am - 2.30pm. 10 sessions in total.**

**Full Fee: \$240, inc Accredited First Aid in a Care Setting  
Details and Register at [Pical.org.au](https://Pical.org.au)**



## Green Room Concept Music Studios

Music lessons available for voice, piano, guitar/bass, drums, and ukulele, offering both shared (group) and individual sessions, with options to form bands for ensemble practice and performance. Suitable for all ages and skill levels, from beginners to advanced.

**LOCATION: PICAL Warley**

**Mondays and Tuesdays starting Mon 5<sup>th</sup> and Tues 6<sup>th</sup> Oct  
from 3.00pm**

**Full Fee: \$404 per term**

**Details and Register at <https://www.greenroomconceptstudios.com>**



## HER Network

Free network for women 18+ on and near Phillip Island. An adults-only space, made for learning, connection and time for you.

**LOCATION: PICAL Warley**

**Every Friday**

**10.00am - 12.00pm**

**Details Pical Reception 5952 1131**

### Upcoming Program

**9th Oct Declutter and Organise your Space**

**16th Oct Social get together**

**23rd Oct Social get together**

**27th Oct DV Alert Workshop\*\***

**30th Oct Social get together**

**6th Nov Author talk/guided journalling,  
Sarah Rosse**

**13th Nov Art Relaxation Workshop**

**20th Nov Walk against Family Violence\*\***

**24th Nov Womens Health**

**27th Nov Social get together**

**4th Dec Social get together**

**11th Dec Christmas Morning Tea**

**HER Network is proud to Support the 2026 Wellbeing Workshops.**

**\*\*Note, all are welcome to attend these two activities**

**OCT  
27**

### DV - alert

1 day Domestic and family violence response training

**9:00 AM - 4:30 PM**

**PICAL - 16 Warley Ave Cowes**

*Presented by Lifeline Gippsland*

**Register here**



**NOV  
20**

### Walk against Family Violence

Join the walk against family and domestic violence

**10:00 AM - 12:00 Noon**

**PICAL - 16 Warley Ave, Cowes**

*Followed by light refreshments at PICAL*

*Presented by PICAL*

**Register here**



**HER NETWORK IS PROUDLY SUPPORTED BY:**



**BARRYPLANT**

**Rotary**  
Phillip Island and San Remo



# SHORT COMMUNITY COURSES



## First Aid in an Education and Care Setting

This certification is officially approved by ACECQA to meet national regulations for educators working with infants, children, and adults.

**LOCATION: PICAL Warley**

**Friday 13th Nov, 9.30am - 2.30pm**

**All enquiries and bookings to Kylie on 0419 304 599 book directly via the website: [skillsforlifetraining.com.au](http://skillsforlifetraining.com.au)**



## First Aid and CPR

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

**1<sup>st</sup> Friday of every month**

**All enquiries to Kylie on 0419 304 599 or book directly via the website: [skillsforlifetraining.com.au](http://skillsforlifetraining.com.au)**

## Cheesemaking with Barry

Join us for our hands-on Cheesemaking Workshops and turn milk into magic. 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**

**Sun 18<sup>th</sup> Oct**

**For further details, bookings and to register your interest email Barry the Beeman at [cheesewithbarry@gmail.com](mailto:cheesewithbarry@gmail.com)**



## Seniors Month morning tea and Conversations for Carers

Celebrate Seniors Month with a special morning tea hosted by PICAL and Mecwacare, proudly sponsored by the Bass Coast Shire Council (BCSC). This is a warm and welcoming opportunity for senior carers to connect, share stories, and access helpful information—all over a cup of tea and some tasty treats.

**LOCATION: PICAL Warley**

**Tuesday 27th October 10.30am**

**Free with Booking: [Pical.org.au](http://Pical.org.au)**

## Kids @ Blue Gum

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

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

**Location: PICAL Blue Gum Reserve**  
**First Wed of every month**

**Contact and bookings: Kerry on 5952 1131 or [assistantmanager@pical.org](mailto:assistantmanager@pical.org)**



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

Email Kerry on: [assistantmanager@pical.org.au](mailto:assistantmanager@pical.org.au)



# SHORT COMMUNITY COURSES

## Composting and Household Jobs

In this practical workshop, we will explore the basics of successful home composting — what to add, what to avoid, how to get the balance right and what to do when your compost isn't quite behaving as expected. We will also look at a range of useful seasonal household and garden jobs, with ideas for making the most of what you already have, reducing waste and preparing your home and garden for the months ahead.

**LOCATION: PICAL Blue Gum Reserve**

**Saturday 14<sup>th</sup> Nov 10.00am - 11.30am**

**Cost: Free**

**Bookings: <https://events.humanitix.com/compost-and-household-jobs>**



## Seniors Memoirs - Creative writing your own story

Learn how to capture, shape, and preserve seniors' memories in a meaningful book. These workshops will guide participants through writing, editing, and publishing or printing their stories. Every life has a story, let's tell yours.

**LOCATION: PICAL Warley**

**6 weeks starting Mon 19<sup>th</sup> Oct, 3.30pm - 5.30pm**

**Cost: \$90**

**Bookings: [Pical.org.au](http://Pical.org.au)**



## Cosmology Discussion Group

Have you questioned how the Universe came into existence, how stars are born, or what happens inside a black hole? Come along and enjoy our discussion group — bring your curiosity, your questions, and an open mind as we explore the cosmos together.

**LOCATION: PICAL Warley**

**Saturday 28<sup>th</sup> Nov 1.45pm - 4.00pm**

**Full Fee: \$5**

**Bookings: [Pical.org.au](http://Pical.org.au)**



## In Conversation with Sarah Rosse

In Conversation with Sarah Rosse is a relaxed and engaging community evening exploring the stories that shape us, the roles that define us and what happens when life invites us to reconsider who we are.

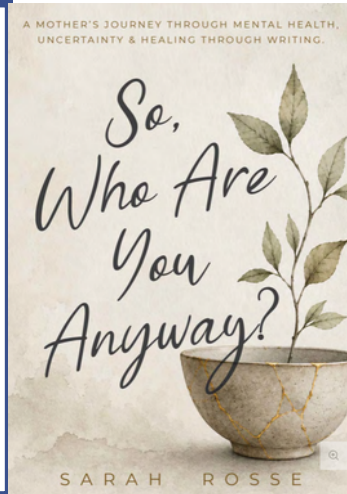
Gippsland author Sarah Rosse will join a local host for an intimate conversation about her recently published memoir, *So, Who Are You Anyway?*, her unexpected journey into becoming an author, and the experiences that led her to begin asking a much bigger question - *So, Who Are You Anyway?*

**LOCATION: PICAL Warley**

**Wednesday 25<sup>th</sup> Nov 6.30pm - 8.00pm**

**Free with Booking**

**Bookings: [Pical.org.au](http://Pical.org.au)**



## OUR LOCATIONS:

**PICAL Warley:** 16 Warley Ave, COWES

**PICAL Blue Gum:** Blue Gum Reserve,  
119 Settlement Rd, COWES

# Term 4 Program

## Connect, Learn, Grow

|                             | Week 1<br>5 <sup>th</sup> Oct - 11 <sup>th</sup> Oct                                                                                                                            | Week 2<br>12 <sup>th</sup> Oct - 18 <sup>th</sup> Oct                                                                                                          | Week 3<br>19 <sup>th</sup> Oct - 25 <sup>th</sup> Oct                                                                                                                                      | Week 4<br>26 <sup>th</sup> Oct - 1 <sup>st</sup> Nov                                                                                                           | Week 5<br>2 <sup>nd</sup> Nov - 8 <sup>th</sup> Nov                                                                                                                                                               |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAY</b>               | <b>Sun 4<sup>th</sup> Oct</b><br>12.00 Fix it Cafe<br><b>5<sup>th</sup> Oct</b><br>9.30 Gardening*<br>1.30 Chair Yoga                                                           | <b>12<sup>th</sup> Oct</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2                                                         | <b>19<sup>th</sup> Oct</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>1.30 View Club<br>3.30 Seniors Memoirs                                           | <b>26<sup>th</sup> Oct</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>3.30 Seniors Memoirs                                 | <b>2<sup>nd</sup> Nov</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>3.30 Seniors memoirs                                                                                     |
| <b>TUESDAY</b>              | <b>6 Oct</b><br>9.30 Gardening*<br>2.00 Cancer Support                                                                                                                          | <b>13<sup>th</sup> Oct</b><br>9.30 Gardening*                                                                                                                  | <b>20<sup>th</sup> Oct</b><br>9.30 Gardening*                                                                                                                                              | <b>27<sup>th</sup> Oct</b><br>9.00 DV Alert Workshop<br>9.30 Gardening*<br>10.30 Seniors month Morning Tea                                                     | <b>3<sup>rd</sup> Nov</b><br>Melbourne Cup Day                                                                                                                                                                    |
| <b>WEDNESDAY</b>            | <b>7<sup>th</sup> Oct</b><br>8.30 Cooking<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>10.30 Stroke Support<br>11.00 Carers Support<br>1.30 Chair Yoga<br>6.30 Girls on Tools* | <b>14<sup>th</sup> Oct</b><br>9.00 Care and Support Training<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>1.30 Chair Yoga<br>6.30 Girls on Tools *            | <b>21<sup>st</sup> Oct</b><br>8.30 Cooking<br>9.00 Care and Support Training<br>9.30 Gardening*<br>10.30 Stroke Support<br>9.30 Girls on Tools*<br>1.30 Chair Yoga<br>6.30 Girls on Tools* | <b>28<sup>th</sup> Oct</b><br>9.00 Care and Support Training<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>1.30 Chair Yoga<br>6.30 Girls on Tools *            | <b>4<sup>th</sup> Nov</b><br>8.30 Cooking<br>9.00 Care and Support Training<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>10.30 Stroke Support<br>11.00 Carers Support<br>1.30 Chair Yoga<br>6.30 Girls on Tools* |
| <b>THURSDAY</b>             | <b>8<sup>th</sup> Oct</b><br>9.30 Gardening*<br>10.00 Woolshed Spinners                                                                                                         | <b>15<sup>th</sup> Oct</b><br>9.30 Gardening*                                                                                                                  | <b>22<sup>nd</sup> Oct</b><br>9.30 Gardening*<br>10.00 Woolshed Spinners                                                                                                                   | <b>29<sup>th</sup> Oct</b><br>9.30 Gardening*                                                                                                                  | <b>5<sup>th</sup> Nov</b><br>9.30 Gardening*                                                                                                                                                                      |
| <b>FRIDAY</b>               | <b>9<sup>th</sup> Oct</b><br>9.00 Cooking<br>9.30 GOT Shed*<br>9.30 Gardening*<br>10.00 Creative Craft<br>10.00 HER Network                                                     | <b>16<sup>th</sup> Oct</b><br>9.00 Cooking<br>9.00 Care and Support Training<br>9.30 GOT Shed*<br>9.30 Gardening*<br>10.00 Creative Craft<br>10.00 HER Network | <b>23<sup>rd</sup> Oct</b><br>9.00 Cooking<br>9.00 Care and Support Training<br>9.30 GOT Shed*<br>9.30 Gardening*<br>10.00 Creative Craft<br>10.00 Her Network                             | <b>30<sup>th</sup> Oct</b><br>9.00 Cooking<br>9.00 Care and Support Training<br>9.30 GOT Shed*<br>9.30 Gardening*<br>10.00 Creative Craft<br>10.00 Her Network | <b>6<sup>th</sup> Nov</b><br>9.00 Cooking<br>9.00 Care and Support Training<br>9.30 GOT Shed*<br>9.30 Gardening*<br>10.00 Creative Craft<br>10.00 HER Network                                                     |
| <b>SATURDAY/<br/>SUNDAY</b> | <b>Sat 10<sup>th</sup> Oct</b><br>9.30 Gardening*<br>10.00 Applique                                                                                                             | <b>Sat 17<sup>th</sup> Oct</b><br>9.30 Gardening*<br><br><b>Sun 18<sup>th</sup> Oct</b><br>Cheesemaking                                                        | <b>Sat 24<sup>th</sup> Oct</b><br>9.30 Gardening*                                                                                                                                          | <b>Sat 31<sup>st</sup> Oct</b><br>9.00 Pantry Garden Open Day*<br>9.30 Gardening*<br><b>Sun 1<sup>st</sup> Nov</b><br>12.00 Fix It Cafe*                       | <b>Sat 7<sup>th</sup> Nov</b><br>9.30 Gardening*                                                                                                                                                                  |

\*PICAL Blue Gum Garden Reserve, 119 Settlement Rd

^Various Locations

# Term 4 Program

# Connect, Learn, Grow

|                             | Week 6<br>9 <sup>th</sup> Nov - 15 <sup>th</sup> Nov                                                                                                              | Week 7<br>16 <sup>th</sup> Nov - 22 <sup>nd</sup> Nov                                                                                                    | Week 8<br>23 <sup>rd</sup> Nov - 29 <sup>th</sup> Nov                                                                                                      | Week 9<br>30 <sup>th</sup> Nov - 6 <sup>th</sup> Dec                                                                                                                            | Week 10<br>7 <sup>th</sup> Dec - 13 <sup>th</sup> Dec                                                                        |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAY</b>               | <b>9<sup>th</sup> Nov</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>3.30 Seniors Memoirs                                     | <b>16<sup>th</sup> Nov</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>1.30 View Club<br>3.30 Seniors Memoirs         | <b>23<sup>rd</sup> Nov</b><br>9.00 Digital L1<br>9.30 Gardening*<br>1.30 Chair Yoga<br>1.30 Digital L2<br>3.30 Seniors Memoirs                             | <b>30<sup>th</sup> Nov</b><br>9.30 Gardening*<br>1.30 Chair Yoga                                                                                                                | <b>7<sup>th</sup> Dec</b><br>9.30 Gardening*<br>1.30 Chair Yoga                                                              |
| <b>TUESDAY</b>              | <b>10<sup>th</sup> Nov</b><br>9.30 Gardening*                                                                                                                     | <b>17<sup>th</sup> Nov</b><br>9.30 Gardening*                                                                                                            | <b>24<sup>th</sup> Nov</b><br>9.30 Gardening*<br>10.00 Womens Health Workshop/ HER Network                                                                 | <b>1<sup>st</sup> Dec</b><br>9.30 Gardening*<br>2.00 Cancer Support                                                                                                             | <b>8<sup>th</sup> Dec</b><br>9.30 Gardening*                                                                                 |
| <b>WEDNESDAY</b>            | <b>11<sup>th</sup> Nov</b><br>9.00 Care and Support Training<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>1.30 Chair Yoga<br>6.30 Girls on Tools*                | <b>18<sup>th</sup> Nov</b><br>8.30 Cooking<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>10.30 Stroke Support<br>1.30 Chair Yoga<br>6.30 Girls on Tools* | <b>25<sup>th</sup> Nov</b><br>9.30 Gardening*<br>9.30 Girls on Tools*<br>1.30 Chair Yoga<br>6.30 Girls on Tools*<br>6.30 In conversations with Sarah Rosse | <b>2<sup>nd</sup> Dec</b><br>8.30 Cooking<br>9.30 Gardening*<br>9.30 Girls on Tools*<br>10.30 Stroke Support<br>11.00 Carers Support<br>1.30 Chair Yoga<br>6.30 Girls on Tools* | <b>9<sup>th</sup> Dec</b><br>9.30 Gardening*<br>1.30 Chair Yoga                                                              |
| <b>THURSDAY</b>             | <b>12<sup>th</sup> Nov</b><br>9.30 Gardening*<br>10.00 Woolshed Spinners                                                                                          | <b>19<sup>th</sup> Nov</b><br>9.30 Gardening*                                                                                                            | <b>26<sup>th</sup> Nov</b><br>9.30 Gardening*<br>10.00 Woolshed Spinners                                                                                   | <b>3<sup>rd</sup> Dec</b><br>9.30 Gardening*                                                                                                                                    | <b>10<sup>th</sup> Dec</b><br>9.30 Gardening*<br>10.00 Woolshed Spinners                                                     |
| <b>FRIDAY</b>               | <b>13<sup>th</sup> Nov</b><br>9.00 Cooking<br>9.30 Gardening*<br>9.30 GOT Shed*<br>9.30 First Aid (Education & Care)<br>10.00 Creative Craft<br>10.00 HER Network | <b>20<sup>th</sup> Nov</b><br>9.00 Cooking<br>9.30 Gardening*<br>9.30 GOT Shed*<br>10.00 Creative Craft<br>10.00 DV Walk                                 | <b>27<sup>th</sup> Nov</b><br>9.00 Cooking<br>9.30 Gardening*<br>9.30 GOT Shed*<br>10.00 Creative Craft<br>10.00 HER Network                               | <b>4<sup>th</sup> Dec</b><br>9.00 Cooking<br>9.30 Gardening*<br>9.30 GOT Shed*<br>10.00 Creative Craft<br>10.00 HER Network                                                     | <b>11<sup>th</sup> Dec</b><br>9.00 Cooking<br>9.30 Gardening*<br>9.30 GOT Shed*<br>10.00 Creative Craft<br>10.00 HER Network |
| <b>SATURDAY/<br/>SUNDAY</b> | <b>Sat 14<sup>th</sup> Nov</b><br>9.30 Gardening*<br>10.00 Applique<br>10.00 Composting workshop*                                                                 | <b>Sat 21<sup>st</sup> Nov</b><br>9.30 Gardening*                                                                                                        | <b>Sat 28<sup>th</sup> Nov</b><br>9.30 Gardening*<br>1.45 Cosmology                                                                                        | <b>Sat 5<sup>th</sup> Dec</b><br>9.30 Gardening*<br><b>Sun 6<sup>th</sup> Dec</b><br>12.00 Fix It Cafe*                                                                         | <b>Sat 12<sup>th</sup> Dec</b><br>9.30 Gardening*<br>10.00 Applique                                                          |

\*PICAL Blue Gum Reserve, 119 Settlement Rd

^Various Locations



# SOCIAL & COMMUNITY GROUPS

**\$5 PER PERSON - NO BOOKINGS REQUIRED**

## 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**

## 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 Warley**  
**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 Warley**  
**2nd Saturday every month 10am - 3.00pm**

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

## Puddle Adventurers - Nature Play

Our program connects children aged 18 months to 3 years with nature through outdoor play and friendship. Once a month we meet at the PICAL Warley Garden in Cowes for mud kitchen and sensory garden activities. Other weeks include beach days, rock pool exploring, and visits to local nature reserves.

**Location: PICAL Blue Gum and offsite**  
**Proposed every Monday 9.30am - 11.30pm**

**Expression of Interest only**  
**Enquiries : Kerryn**  
**Email: assistantmanager@pical.org.au**

## Fix - It Cafe

Bring along your broken treasures and our friendly fixers will help you patch, mend and repair - join in and pick up some handy new DIY tips along the way.

**Location: PICAL Blue Gum Reserve**  
**1st Sunday each month 12.00pm - 2.00pm**

**Enquiries: Pical Reception 5952 1131**

## Membership for 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: PICAL Blue Gum Reserve**  
**Every Friday 9.30am - 12.30pm**

**Yearly \$50.00. ½ yearly \$35.00 (Jul to Dec)**

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

## Policies & Enrolments

- 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](mailto:roomhire@pical.org.au)



# SOCIAL & COMMUNITY GROUPS

## FREE - NO BOOKINGS REQUIRED

### Cancer Support Group

Casual, relaxed peer support group with occasional professional guest speakers. Feel free to share your thoughts, connect with others, and remember, you're not alone on this journey.

**Location: PICAL Warley**

**1st Tues each month**

**2.00pm - 4.00pm**

**Enquiries :**

**Pical reception 5952 1131**

### View Club

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

**Location: PICAL Warley**

**3rd Monday each month 1.30pm - 3.30pm**

**Contact: Selby Witteveen Ph: 0480 258 357**

**Email: phillipislandview1@gmail.com**

### Cooking Groups

#### PICAL Volunteer Status Required

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

**Location: PICAL Warley**

**Every second Wed starting 7th Oct,**

**8.30am - 12.00pm,**

**Every Fri 9.00am - 12.00pm starting 9th Oct**

**Enquiries : Pical Reception 5952 1131**

### 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 fortnight on Wednesdays**

**starting 7th Oct 10.30am - 12.30pm**

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

### Gardening Group

#### PICAL Volunteer Status Required

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: PICAL Blue Gum Reserve**

**Mon - Saturday 9.30am - 12.30pm**

**Enquiries : Pical Reception 5952 1131**

**or email volunteer@pical.org.au**

### 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 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**

### HER Network

HER Network on Phillip Island is a local women's connection and support network that focuses on bringing women together through community, business, and personal growth activities.

**Location: PICAL Warley**

**Every Friday 10.00am - 12.00pm**

**Enquiries: Pical Reception 5952 1131**



### Tech Support with Darryl

Tame your unruly tech without pulling your hair out—our friendly tech support person, Darryl, is here to rescue you from confusing passwords, mysterious updates, and WiFi woes.



**Call Pical Reception on 5952 1131 to make a time. Every Monday, 9.00, 9.30 or 10.00am**



**Gold Coin Entry**

# **PANTRY GARDEN OPEN DAY**

**Fix it Cafe information  
Stall & White Elephant  
Stall**

**SATURDAY 31<sup>ST</sup> OF  
OCTOBER**

**Sausage Sizzle,  
Plant and Preserve Sales**

**9am to 1pm**

*119 Settlement Rd, Cowes*

**Workshops, Garden  
Tours, Kids Activities**

