



TERM 3 PROGRAM 2026

13th July - 18th September



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



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

Email Kerry: assistantmanager@pical.org.au

Term Based Community Courses

Digital Basics

Digital Basics is a hands-on course designed to help you build confidence using technology in everyday life.



Location: PICAL Warley
7 weeks starting Mon 20th July
10.00am - 2.00pm

Contact and bookings: pical.org.au Fee \$35.00

Girls on Tools

The Girls on Tools course is a term based course designed to give women the tools and confidence to handle tools like a pro. Diving in to 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

Runs 15th July - 9th Sept
Wed 9.30am - 12.00pm or Wed 6.30pm - 9.00pm

**SOLD OUT
Term 3**

Full fee: \$80 Members/Concession \$60
Register your interest for term 4 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 1.30pm - 2.30pm Starts 13th July
Wed 1.30pm - 2.30pm Starts 15th July

Full fee: \$15 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 Warley

Mon 11.00am - 12.00pm Starts 13th July

Fee: \$180, 9 week term
Contact and bookings: Justine Inifer at 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 Warley
Mon, 4.00pm - 5.30pm,
6 weeks starting Mon 20th July
and a second course
starting Thursday Sept 13th August
Full fee: \$240
Contact and bookings: Sarah - visitsarah@gmail.com

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

**** Must have completed GOT beginners course**



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

Term 3 Program

Connect, Learn, Grow

	Week 1 13 th Jul - 19 th Jul	Week 2 20 th Jul - 26 th Jul	Week 3 27 th Jul - 2 nd Aug	Week 4 3 rd Aug - 9 th Aug	Week 5 10 th Aug - 16 th Aug
MONDAY	13 th July 9.30 Gardening* 11.00 Belly Dancing 1.30 Chair Yoga	20 th July 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 July 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	3 rd Aug 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	10 th Aug 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls
TUESDAY	14 th July 9.30 Gardening*	21 st July 9.30 Gardening* 10.00 Chinese Cooking	28 th July 9.30 Gardening* 10.00 Chinese Cooking	4 th Aug 9.30 Gardening* 10.00 Chinese Cooking	11 th Aug 9.30 Gardening* 10.00 Chinese Cooking
WEDNESDAY	15 th July 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.30 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	22 nd July 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	29 th July 8.30 Cooking 9.30 Gardening* 10.30 Stroke Support 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	5 th Aug 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	12 th Aug 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.30 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	16 th July 9.30 Gardening*	23 rd July 9.30 Gardening* 10.00 Woolshed Spinners	30 th July 9.30 Gardening*	6 th Aug 9.30 Gardening*	13 th Aug 9.30 Gardening* 10.00 Woolshed Spinners
FRIDAY	17 th July 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network	24 th July 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network 10.00 Cancer Support 1.00 Chill 'n' Grill	31 st July 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 Her Network 1.00 Chill 'n' Grill	7 th Aug 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network 1.00 Chill 'n' Grill	14 th Aug 9.00 Cooking 9.30 GOT Shed* 9.30 Gardening* 10.00 Creative Craft 10.00 HER Network 10.00 Cancer Support 1.00 Chill 'n' Grill
SATURDAY/ SUNDAY	18 th July 9.30 Gardening*	25 th July 9.30 Gardening* 10.00 Applique	1 st Aug 9.30 Gardening* Sunday 2nd August 12.00 Fix It Cafe*	SAT 8 th Aug 9.30 Gardening* 10.00 Applique	15 th Aug 9.30 Gardening*

*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 3 Program

Connect, Learn, Grow

	Week 6 17 th Aug - 23 rd Aug	Week 7 24 th Aug - 30 th Aug	Week 8 31 st Aug - 6 th Sept	Week 9 7 th Sept - 13 th Sept	Week 10 14 th Sept - 20 th Sept
MONDAY	17th Aug 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 1.30 View Club 4.00 Tween Girls	24th Aug 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga 4.00 Tween Girls	31st Aug 9.30 Gardening* 10.00 Digital Basics 11.00 Belly Dancing 1.30 Chair Yoga	7th Sept 9.30 Gardening* 11.00 Belly Dancing 1.30 Chair Yoga	14th Sept 9.30 Gardening* 11.00 Belly Dancing 1.30 Chair Yoga
TUESDAY	18th Aug 9.30 Gardening*^	25th Aug 9.30 Gardening*	1st Sept 9.30 Gardening* ^	8th Sept 9.30 Gardening*^	15th Sept 9.30 Gardening*^
WEDNESDAY	19th Aug 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	26th Aug 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.30 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	2nd Sept 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	9th Sept 8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.30 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	16th Sept 8.30 Cooking 9.30 Gardening* 1.30 Chair Yoga
THURSDAY	20th Aug 9.30 Gardening*	27th Aug 9.30 Gardening* 10.00 Woolshed Spinners	3rd Sept 9.30 Gardening*	10th Sept 9.30 Gardening* 10.00 Woolshed Spinners	17th Sept 9.30 Gardening*
FRIDAY	21st Aug 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 10.00 HER Network	28th Aug 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 10.00 HER Network 10.00 Cancer Support	4th Sept 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 10.00 HER Network	11th Sept 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 10.00 HER Network 10.00 Cancer Support	18th Sept 9.00 Cooking 9.30 Gardening* 9.30 GOT Shed* 10.00 Creative Craft 10.00 HER Network
SATURDAY/ SUNDAY	22nd Aug 9.30 Gardening*	29th Aug 9.30 Gardening*	5th Sept 9.30 Gardening* Sunday 6th Sept 12.00 Fix It Cafe*	SAT 12th Sept 9.30 Gardening* 10.00 Applique	19th Sept 9.30 Gardening*

*PICAL Blue Gum Reserve, 119 Settlement Rd

^Various Locations



Short Community Courses

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



Enrolment and enquiries through BCAL Website:

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

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

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 Warley
Sun 18th Oct - all day sessions

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



Cooking Chinese with Tony & Cindi

Embark on a 4-week culinary journey, exploring Chinese cuisine. Learn hands-on techniques from our expert chef as you chop, stir, steam, and season authentic dishes — then enjoy every delicious creation you make!

Location: PICAL Warley
4 week course starting Tues 21st July
10.00am - 2.00pm
Full fee: \$120 Pical Member/Concession: \$100
Pical Vol: \$80
Bookings: pical.org.au

Kids @ Blue Gum For Schools, Kinder and Long Day Care Bookings only

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: PICAL Blue Gum Reserve
First Wed of every month

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



Chill 'n ' Grill

For 13-15 who want to hang out, learn some cool cooking skills, and actually have a good time. Think good food, new mates, and a respectful, zero-pressure space—just chill vibes and hands-on fun. Come cook, connect, respect each other, and make it your space.

Location: PICAL Warley
1.00pm - 3.00pm
Four weeks starting Fri 24th July
Fee: \$40

Register Expressions of Interest under bookings at pical.org.au or email jasminekeogh86@msn.com

**SOLD OUT
Term 3**

**\$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 Warley
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 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 Warley and offsite

**Expression of interests for the course open now.
Please go direct to program information and
bookings on our website pical.org.au to let us know
of your interest in the group.**

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

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**

Contact: Pical Reception 5952 1131



Social and Community Groups



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
2nd and 4th Friday of the month
10.00am to 11.30am
Further information pical.org.au or ring Pam on 0431 225 561

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 Wednesday and the other every Friday.

Location: PICAL Warley
Every Wed 8.30am - 12.00pm, Fri 9.00am - 12.00pm

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
10.30am - 12.30pm

Contact: 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