



Term 3 2021 at PICAL

We have a range of Workplace Training and Learn Local classes to get you job ready, as well as some new and inspiring Leisure & Lifestyle choices. Beat the winter blues by joining a Group Activity or pop in for a warm cuppa, we'd love to see you.

All bookings can be made online at:
www.trybooking.com/eventlist/pical or PH 5952 1131 Mon-Fri between 9am -3pm

Become a PICAL member for \$10/yr & save on Leisure & Lifestyle courses.

You'll also receive discounts at selected participating local businesses. Head to our website www.pical.org.au to become a member today!

PICAL is a registered workplace for volunteering under the Job Seeker program.

Speak to our friendly reception staff about how you can meet your mutual obligations by volunteering with us!

LEARN LOCAL



Courses tagged with the 'Learn Local' logo are subsidised by government funding.

Eligible learners must complete the enrolment process to take advantage of the reduced tuition rates as follows unless stated otherwise:

Learn Local Fee \$60 If you are attending this course as a way to increase your business skills, return to study, or participate as a volunteer in our community.

Learn Local PICAL Member Fee \$50

COMPUTERS FOR BEGINNERS



with Lynne Hudson

This course will walk you through basic computer skills, email and the internet. Each week you will be guided through a new process & an opportunity for one-on-one tuition in order to build your confidence and skill set. Perfect for adults with little or no previous computer experience, or those wanting to expand their skills in a supportive environment. Pension/concession rate \$25pp

Starts Mon 12 Jul

Time: 1pm - 4pm

Duration: 7 consecutive Mondays

Bookings: www.trybooking.com/772615 or at reception

BEYOND BASICS: NEXT STEP COMPUTERS



with Ajanta Judd

Mastered the basics of computers? Get the support you need to take the next step in your online journey! Topics include: creating & sharing files, using internet browsers and search engines, what is a digital footprint & online safety plus social media basics. A combination of face-to-face and online sessions so participants can experience & become confident interacting in an online classroom. No device? No worries! We have some loan options available. Pension/concession rate \$25pp

Starts Friday 23 Jul.

Time: 9:30am - 12:30pm

Duration: 7 consecutive sessions, 3 face-to-face, 3

online via Zoom, last session face-to-face debrief

Bookings: www.trybooking.com/772621 or at reception

DIGITAL MATTERS: LIVE, LEARN & WORK IN THE DIGITAL WORLD



with Ajanta Judd

So many daily living activities are being taken online from internet banking to being ready for online learning. After initially meeting face-to-face to set up your device, the following 5 sessions are delivered online via Zoom. Perfect if you've never used Zoom or have had issues surrounding its setup & functions. Stay connected with the grandkids or loved ones overseas. Cost: free for concession card holders or \$25pp LL.

Starts Fri 13 Aug

Time: 1:30pm - 3:30pm

Duration: 6 consecutive Fridays

Bookings: www.trybooking.com/772629 or at reception

APPLIED CONSTRUCTION SKILLS: COMMUNITY CARAVAN



with Glen Farrugia

Learn practical construction skills to help in the renovation of the community caravan complete this important community project. Refine your construction skills under the guidance of a skilled builder. Topics include measuring, fitting and installing timber architraves as well as re-sealing the caravan roof.

Starts Wed 21 Jul

Time: 9:30am - 1:30pm

Duration: 5 consecutive Wednesdays

Cost: Free for Term 2 re-enrolment, new students per LL

Bookings: www.trybooking.com/773441 or at reception

WORKPLACE TRAINING

HLTAID011: PROVIDE FIRST AID



*Training & Assessment delivered on
behalf of National First Aid RTO.3981*

Learn the skills & knowledge required to provide first aid response, life support, management of casualty(s), the incident & other first aiders, until the arrival of medical or other assistance. Applies to all workers who may be required to provide a first aid response in a range of situations, including community & workplace settings. Includes CPR.

Date: Sat 31 Jul

Time: 9am - 4pm

Cost: \$185 pp

Bookings: www.trybooking.com/771797 or at reception

HLTAID009: PROVIDE CARDIOPULMONARY RESUSCITATION



*Training & Assessment delivered on
behalf of National First Aid RTO.3981*

Provides participants with the skills & knowledge required to respond to breathing & cardiac emergencies & to perform CPR in line with the Australian Resuscitation Council Guidelines. CPR at floor level on adult manikin is a mandatory requirement. Also suitable for anyone who has a current CPR certificate needing to do an annual update of skills & knowledge.

Date: Sat 31 Jul

Time: 9am - 11:30am

Cost: \$85pp

Bookings: www.trybooking.com/771880 or at reception

Conditions of Entry

To help us all stay safe you must follow staff directions. If you are unwell, even with the mildest of symptoms, please do not attend the centre & seek further medical advice.

You MUST provide your contact information each time you attend & sign in either by scanning the QR code or entering your details manually at reception.

Sanitise your hands on entry, exit & as required.

Maintain 1.5 meters between people.

Continue to maintain safe hygiene practices.



All courses under Workplace Training are delivered by Registered Training Organisations (RTO). All students enrolling in Workplace Training courses must register for a USI (Unique Student Identifier). Go to www.usi.gov.au to create a USI.



HLTAID012: PROVIDE AN EMERGENCY FIRST AID RESPONSE IN AN EDUCATION & CARE SETTING



*Training & Assessment delivered on
behalf of National First Aid RTO.3981*

Gain the skills and knowledge required to provide first aid response to infants, children, & adults. Applies to educators & support staff working within an education & care setting who are required to respond to a first aid emergency, including asthmatic & anaphylactic emergencies. Includes CPR.

Date: Sat 31 Jul

Time: 9am - 4:00pm

Cost: \$200 pp

Bookings: www.trybooking.com/771858 or at reception

RESPONSIBLE SERVING OF ALCOHOL (RSA) ONLINE

with CFT International RTO.21120

All people serving alcohol in Victoria need this certificate approved by the Director of Liquor Licensing Victoria. Covers a range of topics including: problems associated with excessive consumption of alcohol & the law; who is responsible for RSA; facts about alcohol; improving the atmosphere of your premises & handling difficult customers.

Anytime online.

Cost: \$49 pp

Direct booking [link](#) or contact reception for face-to-face delivery options

FOOD SAFETY LEVEL 1 ONLINE

with CFT International RTO. 21120

Use hygienic practices for Food Safety.

Nationally recognised by the hospitality/retail industries.

Anytime online

Cost: \$95pp

Direct booking [link](#) or contact reception for face-to-face delivery options

LEISURE & LIFESTYLE OPTIONS



SCRIPTWRITING FOR THEATRE

with Nic Velissaris

Explore the key elements that are required to write a short script for theatre including dialogue, scenes, structure, stage directions, characters & plot. Each week will be focused on a different element of scriptwriting with the overall goal to create a short script that explores all that you have learnt. The course will conclude with a reading of the scripts created.

Starts Tues 20 Jul

Time: 10am - 12pm

Duration: 8 consecutive Tuesdays

Cost: \$110 pp PICAL Members (\$125 Non-members)

Bookings: www.trybooking.com/772694 or at reception

EASY PALLET PROJECTS

with Rowan Visser

Working with pallets is a fun way to build something that looks great without having to get everything perfect. Build your confidence with power tools & develop basic handy skills under the guidance of an experienced qualified tutor. No previous skills required, students will get to take home their own planter box, coffee table, chair or something else entirely of your own creation!

Date: Thurs 22 Jul

Time: 10am - 12pm

Duration: 6 consecutive Thursdays

Cost: \$100 pp PICAL Members (\$115 Non-Members)

Bookings: www.trybooking.com/772886 or at reception

MACRAME PLANT HANGERS

with Lynne Hudson

Over 2 consecutive Saturdays, learn a number of different knots used to create stunning macrame pieces including; larks knot, wrap knot, half square knot, square knot & crown knots. All materials supplied including a small pot for your project.

BYO Tools: Scissors, small ruler & 5m tape measure.

Date: Sat 7 & 14 Aug

Time: 10am - 1pm

Cost: \$60 pp PICAL Members (\$75 Non-members)

Bookings: www.trybooking.com/772834 or at reception

DRIFTWOOD CREATIONS

with Marcella Ziogos

Calling all beachcombers! Be inspired to create your very own table centerpiece or wall hanging combining driftwood and native plants and flowers. Marcella, a qualified florist, will support you in your creation to make something truly individualised and unique.

BYO piece of driftwood, all other materials supplied.

Date: Wed Aug 18

Time: 6m - 9pm

Cost: \$50pp PICAL Members (\$65 Non-members)

Bookings: www.trybooking.com/773301 or at reception

TELLING YOUR OWN STORY - WRITING MONOLOGUES FOR MEN

with Nic Velissaris

Everyone has a story to tell. This course is designed for men to be able to explore their own histories and to tell stories that represent their experiences in the world. Learn how to write monologues then use performance and oral storytelling to record and capture these stories.

Starts Mon 19 Jul

Time: 6:30pm - 8:30pm

Duration: 8 consecutive Mondays

Cost: \$110 pp PICAL Members (\$125 Non-members)

Bookings: www.trybooking.com/772638 or at reception

MINDFUL MAKING POTTERY

with Emma Le-Mar

Create a unique piece of pottery while you learn and practice invaluable mindfulness skills. Every class begins with a guided pinch pot meditation before local Phillip Island potter Emma Le-Mar supports you to design, create and glaze your own piece. Socialise, create and meditate!

Date: Thur 5 Aug

Time: 1pm - 3pm

Duration: 6 consecutive Thursdays

Cost: \$100 pp PICAL Members (\$115 pp Non-members)

Bookings: www.trybooking.com/771900 or at reception

LEADLIGHTING FOR BEGINNERS

with Rod Widmer

Learn the process of creating leadlight pieces from pattern and glass selection to glass cutting, breaking, shaping, soldering and finishing. Students will be guided in the creation of their own take home leadlight panel.

All materials and use of workshop tools included.

Starts: Sat Aug 7

Time: 10am - 1pm

Duration: 4 consecutive Saturdays

Cost: \$140 pp PICAL Members (\$155 Non-members)

Bookings: www.trybooking.com/773480 or at reception

WOMEN'S SELF DEFENCE SERIES

with Jonathon Bouillir

Learn self-defence in a safe & empowering environment. For girls and women 15 yo and over. No minimum fitness required, learn practical awareness & techniques for safety and confidence. Your instructor has years of military, martial arts instruction & security guard experience.

Starts: Tues 20 Jul

Time: 6pm - 7:30pm

Duration: 6 consecutive Tuesdays

Cost: \$65pp PICAL Members (\$80 Non-members)

Bookings: www.trybooking.com/772651 or at reception



| GROUP | DAY / TIME | CONTACT |
|----------------------------------|--------------------------------------|--|
| Women Connect | Tues/Wed/Thurs 9am - 3pm | Wendy 0416 970 687 Walking/Gardening & Book Club groups www.womenconnectpi.org |
| Tech Club Fixit | Mon 9am - 12pm From Jul 12 | Ajanta 0430 104 447 Please book ahead, cost \$3pp |
| Computer Club | Fri 1pm - 4pm | Ajanta 0430 104 447 Runs between terms, contact for prices |
| Boomerang Bags | Mon/Wed 10:30am - 4pm | Kylie 0425 784 843 |
| Woolshed Spinners | 2nd & 4th Thurs/mth 10am - 2pm | Robyn 0429 700 492 Cost \$3pp |
| Embroiderers | 3rd Fri/mth 10am - 12pm | Josie 0409 955 109 Cost \$3pp |
| Mahjong | Mondays 2:30pm - 5:30pm | Glynis 0417 353 946 Cost \$3pp |
| Rainbow Connect Friendship | Wed fortnightly 7pm - 8:30pm | Linda 0431 693 313 For those identifying as LGBTIQ+ |
| Rainbow Collective Support Group | First Wed/mth 7pm - 8pm | Linda 0431 693 313 For LGBTIQ+ friends and family |
| Phillip Island Tai Chi | Tues & Thurs | Karen 0418 460 077 Please contact for prices |
| Spanish Classes | Every second Thurs 10am - 11:30am | Maria 5952 6247 Please contact for prices |
| Phillip Island Patchworkers | Last Tues each month 9am - 12pm | Gayle 0400 634 282 Cost \$3pp |
| ASPI Life Drawing | Last Wed/mth 1pm - 4pm | Ajanta 0430 104 447 Please contact for prices |
| ASPI Portraits | 2nd Monday/mth 10am - 1pm | Gay 0425 728 323 Cost \$3pp |
| ASPI Textile Artists | Two Saturdays/mth 10am - 1pm | Shirley 0410 584 025 Cost \$3pp |

Please contact group facilitators for bookings & further information