

# Course & Activity Guide 2023



Check our Monthly newsletter  
**“The INFORMER”**  
for dates, days and times.

## 2023 Courses & Activities Brochure

U3A Colac Otway is pleased to present a comprehensive list of our Activities for your consideration on Enrolment Day for 2023. The list includes the regular offerings on a weekly or monthly schedule.



There will be other new Activities offered during the year. Make sure you read *The Informer* each month for up to date scheduling of all Activities, including the new ones currently being planned. We hope you enjoy our varied offerings in 2023.

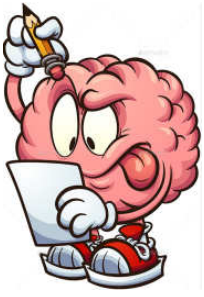
### ARTS & CRAFTS

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| <p><b>Embroidery</b></p>                | <p>The aim of the embroidery group is not only to learn new skills and techniques but to help each other with problems or questions about their work.</p>  |
| <p><b>Patchwork and Quilting</b></p>    | <p>Members work at varying levels of patchwork ability and bring whatever they are working on at the present time. Beginners are welcome with classes run at member's request.</p> <p>Members supply all their own equipment and fabric, e.g, sewing machines, pins, scissors etc.</p> |
| <p><b>Knitting / Crochet Group</b></p>  | <p>An enjoyable social group where you can knit, crochet or just enjoy the company. We meet at various cafes in Colac. Cuppa and morning tea is at your own expense.</p>   |
| <p><b>Social Machine Embroidery</b></p> | <p>A friendship group that shares ideas while enjoying working on projects. Bring your machine and lunch.</p>  |



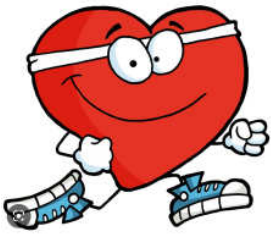
### LANGUAGES

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|-----------------------------------|---|
| <p><b>French Conversation</b></p> | <p>Members have varying ability levels in speaking French and are given the opportunity to practice the language at their own level in a friendly and inclusive atmosphere.</p> <p>Reading material from France is made available without charge to members, as well as audio recordings.</p> |
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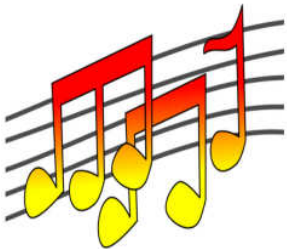
## BRAIN FOOD

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|-----------------------------|--|
| <b>Book Club</b>            | <p>Are you interested in a book club held during the day? Perhaps in a local country pub?</p> <p>Book clubs are a great way to share your thoughts about the book you've all just read and the wider issues raised by the book or just the joy of reading that particular novel.</p> <p>If you are interested put your name on the list &amp; we'll be in touch.</p> |
| <b>Bridge</b>               | <p>If you enjoy having fun, working with a partner, being smarter than the opposition and socializing over Afternoon Tea, then this is the activity for you!</p>   |
| <b>Chess Club</b>           | <p>Come and learn the strategies of this challenging game.</p> <p>All levels of skill welcome.</p>   |
| <b>Colac Writer's Guild</b> | <p>Join a group of aspiring writers and share your skills in poetry, prose or novels. Experienced writers can both encourage and offer help if needed.</p>   |
| <b>Cryptic Crosswords</b>   | <p>Learn tips &amp; hints that will help you decipher cryptic crossword clues as well as engaging and exercising your "grey matter."</p>   |
| <b>Puzzles</b>              | <p>Each week participants are exposed to a variety of word or maths puzzles.</p>   |
| <b>Shakespeare</b>          | <p>As a class we look at Shakespeare's relevance today, an overview of his works, language and times. We do this through handouts and general discussion. Using film and extracts, the group will study selected plays in more detail. Interested? Come along for more details.</p>  |
| <b>Social Cards</b>         | <p>An informal group that welcomes players to play old and new card games.</p> <p>New members welcome at any time for fun, cards and laughs.</p>   |
| <b>Mahjong</b>              | <p>A Chinese, tile based game developed in the 19<sup>th</sup> century, and played each Wednesday afternoon at Kanyana</p>   |
| <b>What's in the News?</b>  | <p>A lively group discussion, initiated by selected news items, concerning politics, the economy, the environment etc. News from both domestic and international events will be examined.</p>  |



## HEALTH AND WELLBEING

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| <b>Bushwalking</b>        | Enjoy our beautiful country while you walk at a pleasant pace. Plus it's an opportunity to socialize with good company along the way.  |
| <b>Cycling - SLICS</b>    | The cycle group is an all levels social group of riders who meet once a week for an hour's ride followed by a coffee. New riders are always welcome. People with electric bikes are welcome to participate also.   |
| <b>Tai Chi<br/>Qigong</b> | Tai Chi is performed as a slow and rhythmic series of movements which mime the postures of the Martial Arts and is often described as "meditation in motion."<br>Tai Chi and Qigong are ancient Chinese exercises used to promote self-healing and wellbeing.<br>No matter what your level there is a group for you! |
| <b>Walking</b>            | Rain, hail or shine this group steps out each week. Walkers choose their own pace and distance. There is also the option to socialise with 'a cuppa' after your walk.<br>Come along it's time to get moving!   |



## MUSIC

|                                |  |
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| <b>Classical Music Evening</b> | A wonderful evening of classical music held once a month.  |
| <b>Jazz</b>                    | Garry Richardson and friends will be providing music of Louis, Jelly, Sidney, amongst others, plus a bit of blues and boogies. Come along enjoy and tap your feet  |
| <b>Opera</b>                   | Have you tried it? Join other music lovers on occasional Sunday afternoons at Kanyana and enjoy an opera, afternoon tea and a chat   |
| <b>Great Composers</b>         | Life and times of the Great Composers, such as Mozart, Mahler, Handel - others at your request. Learn about their lives, Listen to some of their music.<br>If interested put your name down and we will contact, you.and |



## SOCIAL INVOLVEMENT

|                                 |   |
|---------------------------------|---|
| <b>Film / Movie Group</b>       | Specially chosen movies will be shown on the second Friday of the month at Kanyana.   |
| <b>Galloping Gourmets</b>       | Galloping Gourmets is a group of people who enjoy finding new and interesting places in our area to meet and eat together. We try venues in the local area and a little further afield. We welcome new members, ideas and suggestions.        |
| <b>Gardeners – Potting Shed</b> | Gardeners share an interest in gardening, gardens and getting their hands dirty. We enjoy visiting gardens and nurseries for Inspiration. In the colder weather we may meet at an indoor venue to learn something new to enhance your garden. |
| <b>Let's Have Dinner</b>        | An opportunity for U3A members to meet monthly for dinner, chat and/or just to catch up. A relaxed outing to meet new and old friends.  |
| <b>Industry Tours</b>           | We arrange visits to businesses/industries – e.g., Haymes Paints Ballarat, Bridgewater Solar, AKD Softwoods & Acciona. At all of these people were amazed at how things were done. Be informed by <b>The Informer</b> .                       |



## TECHNOLOGY – Looking for Computer help

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|---|--|
| <b>MacBooks<br/>iPad and iPhone Club</b>                          | Access different sessions depending on which device you are using.   |
| <b>Windows Laptops /<br/>Surface / Convertables</b>               | Separate sessions concentrate on different operating systems.  |
| <b>Individual help for iPads<br/>Tablets and<br/>Smart Phones</b> | One on one help is provided for beginners to problem solve difficulties that can't be addressed properly in a class situation. |

**As you can see Colac Otway U3A offers a great range of activities.**

**Join a group today!**