



Colac Otway
Learn Laugh Live

Activity Information February 2024



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

2024 Activities Brochure

U3A Colac Otway is pleased to present a comprehensive list of our Activities for your consideration on Enrolment Day for 2024. The list includes the regular offerings on a weekly, fortnightly, 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 2024.

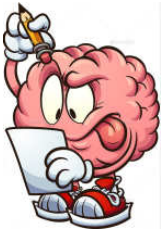
ARTS & CRAFTS

Embroidery	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.
Patchwork and Quilting	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. Members supply all their own equipment and fabric, e.g, sewing machines, pins, scissors etc.
Knitting / Crochet Group	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.
Social Machine Embroidery	A friendship group that shares ideas while enjoying working on projects. Bring your machine and lunch.
Drawing Class	An opportunity to learn some drawing tips while being guided by our Activities leader. There will be different subjects each month as well as sharing in the friendly company of others.



LANGUAGES

French Conversation	Members have varying ability levels in speaking and understanding French and are given the opportunity to practice the language at their own level in a friendly and inclusive atmosphere. Reading material from France is made available without charge to members.
Beginner French	A shared learning of basic French as we explore the book " Easy French Reader" produced by McGraw Hill learning. We add a little grammar, pronunciation, and extras. We welcome you to the friendly group.



BRAIN FOOD

Book Club	<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 & we'll be in touch.</p>
Bridge Beginners & Experienced	<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>
Chess Club COMING BACK	<p>Come and learn the strategies of this challenging game. All levels of skill welcome. Set to restart in Autumn. Watch the INFORMER.</p>
Colac Writer's Guild	<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>
Cryptic Crosswords	<p>Learn tips & hints that will help you decipher cryptic crossword clues as well as engaging and exercising your "grey matter."</p>
Puzzles	<p>Each week participants are exposed to a variety of word or maths puzzles.</p>
Social Cards	<p>An informal group that welcomes players to play old and new card games Including 500.</p> <p>New members welcome at any time for fun, cards and laughs.</p>
Mahjong	<p>A Chinese, tile-based game, developed in the 19th century, and played each Wednesday afternoon at Kanyana</p>
News: With a Twist	<p>Do you have an interest in current affairs: but are wearied by the predictability and slant of the mainstream media?</p> <p>Using our brains and discovering various multi media from alternate news sources; together, let's look behind the news stories of science, politics and current affairs.</p> <p>A selection of local, national and international news reports will be selected to enliven our discussions</p>
First Nations	<p>Reflecting on last year's First Nations course, and the question as to how we should approach First Nations issues in 2024. We aim to focus on the positive whilst not ignoring the hard issues.</p> <p>At our initial 2024 gathering we will discuss how the year will go. You do not need to have attended last year. In fact, new voices and ears are essential if we are to continue to learn from each other.</p>



HEALTH AND WELLBEING

Bushwalking	2 nd and 4 th Wednesday each month. At various locations, see Office.
Cycling - SLICS	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.
Tai Chi Qigong	<p>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."</p> <p>Tai Chi and Qigong are ancient Chinese exercises used to promote self-healing and wellbeing.</p> <p>No matter what your level there is a group for you!</p>
Walking	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. Come along it's time to get moving!
Dancing Old Time & New Vogue	<p>Come along and enjoy the many benefits of dancing, including improving fitness of the body and mind while socialising. The sessions include lessons and dance practice.</p> <p>All levels welcome</p>



MUSIC

Classical Music Evening	A wonderful evening of classical music held once a month.
Occasional Opera	<p>If you have an interest in Opera and wish to experience a performance by The Met in New York, why not join other music lovers for occasional visits to the Sun Theatre in Yarraville to watch in HD on a big screen.</p> <p>These outings are in addition to our own experience of opera on various Sunday afternoons through the year.</p>
Exploring Popular Music NEW	A journey into popular music throughout the decades. Each session will be based on a theme. For examples, one-hit-wonders, musicals, swing, novelty songs and a whole lot more.
Celtic Music NEW	Celtic music encompasses jigs, reels, polkas, waltzes, and songs. We encourage classically trained musicians (violins, flutes etc) to take up this new style of music. Playing in a group can be fun and joyful.



SOCIAL INVOLVEMENT

Galloping Gourmets	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.
Gardeners – Potting Shed	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.
Let's Have Dinner	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.
Industry Tours	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 The Informer.
Mingle and Munch NEW	Bring your own lunch. Cuppa available. Enjoy the company.
Life After Farming	Farmers are you thinking about retirement, already made the move or not sure what to think about it all? The life after farming group aims to connect retiring farmers to a range of community services, programs, and social activities to support a positive transition into retirement. Join this group of retired farming men and women who meet monthly for a cuppa and chat.



TECHNOLOGY – Looking for Computer help

Computers (IT) Information Technology	Wednesday 10 - 12 Computers, tablets, phones. Tutorial segment is for Windows based devices. Q & A as required. BYO devices. Thursday 1:30 - 3:30 All devices. Apple computers, iPads, iPhones get priority. Tutorial segments on any IT arranged by demand.
Individual help for iPads Tablets and Smart Phones	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!