

Activities for 2026



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

2026 Activities Brochure

U3A Colac Otway Inc. is pleased to present a comprehensive list of our Activities for your consideration on Enrolment Day for 2026. 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 **Inform**er 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 2026.

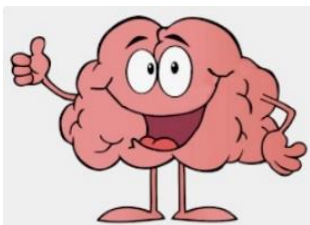
ARTS & CRAFTS

Embroidery PLUS	The aim of the embroidery plus group, including knitting and hand sewing 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 members' 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.
Watercolour	Come and join us in a series of watercolour workshops whereby we will work on creating simple landscapes, each time utilizing a different technique. An enjoyable activity as well as being an opportunity to share with other artists. Wednesday 10-11:30. Starting March 11th.
Eco-printing	Have you ever tried printing on paper or fabric using botanicals from your garden? An easy and fun activity. There will be two sessions, the second where we will create your own concertina book ready to display your printed works. Limit 10 people, with the possibility of another class later on. Friday 13th & 27th March. 2 - 4:30 (Back room).



LANGUAGES

Conversation	This group is for people who already have some facility in speaking and understanding French. Members have the opportunity to practise the language at their own level in a friendly and inclusive atmosphere. Reading material from France is made available without charge to members.
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BRAIN FOOD

THURSDAY Book Club 1	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. The group meets in the Kanyana front room on the second Thursday, 2 – 4pm .
TUESDAY Book Club 2	TUESDAY book club will meet on the second Tuesday of the month at 2PM , starting February 10th , at the NEW VENUE Babil Restaurant 43 Gellibrand Street Colac
Bridge Beginners & Experienced	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!
Chess	Come and learn the strategies of this challenging game. All levels of skill welcome. Starting soon. Watch the INFORMER.
Colac Writer's Guild	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.
Cryptic Crosswords	Learn tips & hints that will help you decipher cryptic crossword clues as well as engaging and exercising your "grey matter."
Social Cards	An informal group that welcomes players to play old and new card games including 500. New members welcome at any time for fun, cards and laughs.
Mahjong	A Chinese, tile-based game, developed in the 19th century, and played each Wednesday afternoon at Kanyana
The LAW behind the NEWS	A group that meets with Charles Reichman to talk about the law behind the news, breaking down the legal side of current events. Charles explains how laws come into play in the stories making headlines, giving everyone a clearer understanding of what's really going on behind the scenes. 1st & 3rd Thursday 10.30 NEW VENUE Now at Babil 43 Gellibrand Street Colac.
Curious about Science	Learn about scientific theories by doing experiments. This five-session course, conducted in a supportive and fun environment fosters curiosity about science and how it relates to everyday life. The discoveries made are great for sharing with grandchildren. Dates will be in the INFORMER
First Nations	As stated in the December Informer, a major issue for First Nations is The Treaty, signed into Law late last year in Victoria. It will be a Law that many many people will have views about. Term one this year will look at it over five weeks. It is an opportunity to become familiar with the detail and to have a chance to form an educated view of the Treaty. All viewpoints are welcomed, the key element is to become informed as it will provoke many discussions in our lives. We are all beginners in this matter, so we will learn together. Some of the background material was looked at last year but we will be viewing and discussing it now with focussed eyes and ears. The first meeting will be Tuesday 17th February at 10am . Sessions will be for one and a half hours. Look forward to seeing you.
Backgammon	Backgammon is a two-player board game involving luck and skill. Join us on Wednesdays at 10am, and if you don't know how to play we will teach you.
Trivia with a Twist	Are you ready for some brain-busting fun... with a little extra flair? This group is all about exercising our memories and brains in Trivia Sessions like no other. There are wacky challenges, unexpected twists, and plenty of fun along the way. No teams needed. Just come along and put your knowledge to the test (or just pretend you know stuff.)



HEALTH AND WELLBEING

Bushwalking	2 nd and 4 th Wednesday each month. At various locations. Check at Office for details
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	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." Tai Chi and Qigong are ancient Chinese exercises used to promote self-healing and wellbeing. No matter what your level, there is a group for you!
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	Come along and enjoy the many benefits of dancing, including improving fitness of the body and mind while socialising. All sessions include lessons and dance practice. All levels welcome
Line Dancing	Line Dancing ... Meet new friends, learn to stomp the floorboards, kick and clap, have some fun, and laugh together. Smile "It's Only A Dance".
Western Partner Dancing	Country/Western partner dancing is a combination of different styles of dance done either in a circle or lines to popular country music and has many benefits such as exercising while having fun. Also, a great way to make new friends.
Table Tennis	Table tennis is held Friday afternoons using our 2 competition level tables. Come along and enjoy the benefits of exercise and enjoy the company of other players. All levels of players are welcomed.
8 Ball NEW	Come along and play 8 ball (similar to Pool). Players meet on Tuesday afternoons for some light exercise and socialisation. Players of all levels welcome or you may like to learn how to play.
Indoor Bowls	Why not come along to indoor bowls? It's great exercise, it's fun, and if you've never played before, it's the perfect chance to try something new. If you find bending over difficult, don't let that put you off. Come and explore the other options. Tuesdays 1pm Kanyana back room



MUSIC

Classical Music Evening Group 1 & 2	A wonderful evening of classical music held once a month. This activity has proved so popular that a second group was needed Put your name down if interested
Occasional Opera	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. These outings are in addition to our own experience of opera on various Sunday afternoons through the year.
Exploring Popular Music	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.
Celticana Music	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.



TECHNOLOGY – Looking for Computer help

Computers (IT) Information Technology	Wednesday 10 - 12 Computers, tablets, phones. Q & A as required. BYO devices. 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. Help with understanding Facebook is available.



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.
Bonsai Club NEW	Bonsai Club - share your passion -all skill levels welcome. Dates to be determined.
Gardeners	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. Fyansford Paper Mill, Bee Keeping, Barwon Water. At all of these, people were amazed at how things were done. Be informed by The Informer.
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. This activity is open to ALL.
Sunday Sessions	Some of our 2025 topics included Travels to Nepal - Margaret Evans Colac History -Judy Billing & Robyn Currie Music - Doug Kirkman & Garry Richardson The Orkney Isles - Karen Redlich These sessions showcase a wonderful variety - always new and surprising. Come and see what we discover in 2026

**As you can see Colac Otway U3A offers a great range of activities.
Join a group today!**

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Hours 10 – 12 Monday – Friday

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