Colac Otway
Learn Laugh Live

Phone: 5231-4435
Email: u3acolaco@gmail.com
Website: u3acolacotway.org.au
Facebook: U3A Colac Otway

Members of U3A Colac Otway can also access and participate in programs offered by –
Apollo Bay U3A -https://www.apollobay.vic.au
Corangamite U3A - https://u3acorangamite.org.au

The INFORMER
September 2026

School holidays – 21st Sept.-2nd Oct.

President's Report

Rosemary would like members to read this item – it's important.

THE AGE- FRIENDLY AGREEMENT

Earlier this year Colac-Otway Shire Council joined 48 of the 79 Victorian Councils by committing to an Age-Friendly Agreement. This is a vital initiative for our Shire where nearly a quarter of all residents are aged over 60.

By signing the agreement, Council commits to formally considering the needs of older people in planning, services, infrastructure and decision-making, which means:

Safer, easier mobility: better pedestrian crossings, safer streets/parking, more accessible transport stops and routes.

Homes and public spaces that work for everyone: improved universal design in buildings, footpaths, libraries, parks and community venues.

Health and support near where people live: clearer pathways to primary care, health, and community services.

More social connection: programs and events that reduce isolation and support intergenerational participation.

Better access to information and services: clearer signage, simpler service processes, and assistance for people with sensory/cognitive needs.

Stronger community coordination: shared priorities across council, services and local organisations so age-friendly improvements get delivered.

Age-friendly initiatives have developed from international recognition of population aging, through the World Health Organization's (WHO) Age-Friendly Cities Framework (2007), to local implementation in Victoria, where the Municipal Association of Victoria (MAV) has supported councils to create more inclusive, accessible communities for older people.

In April 2016, the Minister for Housing, Disability and Aging, Martin Foley MP and MAV President Cr Bill McArthur signed the Age-Friendly Declaration. The declaration provides a commitment for both levels of government to work together to create-age-friendly communities.

Our neighbours, Corangamite, Warrnambool, Surf Coast and Golden Plains, have previously signed the agreement. Follow this link to see what other communities are doing globally: WHO Age Friendly World

U3A Colac Otway, with the support of U3A Apollo Bay, advocated for the inclusion of the Age -Friendly Agreement in the Colac Otway Council's Municipal Health and Wellbeing Plan2025-2029, and we were delighted when this commitment was included. **The Age-Friendly Agreement will be formally signed on the 9th of October 2026**, marking an important milestone for our community.

Thank you, Council, for supporting the Age-Friendly Agreement. It recognises the positive work already happening in our Shire, and helps build a welcoming, connected community where people of all ages feel valued, included and supported.



GERMAN – new language

We have a talented German lady who is very happy to teach German to any interested participants; beginners or advanced. First get together is Monday 31st August followed by twice monthly in September. Please phone the Office to add your name.

Monday 10.30-12 at Kanyana. 31st Aug. then 7th & 21st Sept.

SCRABBLE – new

The classic board game "Scrabble" will now be played twice a week along with our popular social card games. All are welcome: from beginners to more experienced word smiths. Come and join the fun! Tuesday & Thursday weekly. 10am-12noon at Kanyana.

UKULELE WORKSHOP

Learn to play the uke in relaxed space.
Starting at basic to no skill levels.
All levels welcome to join in.
Bring along your uke, but we have a few spares to try to get you started.
Aimed at a fun, no stress, learning get together.
First and Third Thursday of the month,
(September 3rd and 17th) from 3pm – 4pm.
Kanyana front room. For those that can, tune up before we start to save some time … We will be running through some of our steps from the previous get-togethers and maybe add some new moves when we are ready. Remember, 5 minutes of plucking a day keeps the sore fingers away…. See you all there ...



LET'S HAVE DINNER

Our next Dinner is booked at the Colac East Pub, Dalton St on the fourth Wednesday of the month, at 6pm. Phone Jacqui on 0411 296 617 to book by Friday 18th September if you would like to join this group for companionship, laughter and a really good feed.
Colac East Pub, Wednesday, 23rd September, 6pm

LIFE AFTER FARMING

Visit the Convent at Koroit, 55 Anzac Avenue Koroit, 3282 All Welcome
Morning tea on arrival ahead of a guided tour of the convent which contains many unusual and historically significant features, including Gothic architecture, stained glass windows, heritage detailing, restored interiors, and extensive gardens.
$30 per person, payable on arrival.
RSVP to the U3A Office or Rosemary, 0407 095 724 by Friday 4th September
Car-pooling for travel – notify the office if you require this.
Koroit Convent, Friday 11th September 2026, 10:30 am

GARDENERS



Hopefully as the weather improves in Spring, we can commence garden visits again.
In September, we will be visiting Paul Kennedy's Australian Native Garden featuring Hakea and Banksia, including more unusual varieties.
Meet at Paul's garden which is the gravel part between Armstrong and Hart Streets.
210, Airey St, Wednesday 30th September at 10:30

GALLOPING GOURMETS

In September, we are staying in Colac and visiting Dar Teta at 136 Murray St. Dar Teta serves Mediterranean meals with authentic recipes passed by mothers and grandmothers to this generation. The food is casual, colourful and fresh, using lots of local products and includes local wines, beers and liquors. Ely says her cafe is more than just a place to eat -it's a taste of heritage. She loves sharing her passion for food, stories and culture with every plate she serves. Please book by contacting Sandra on 0428 284 084 by Saturday 26th September if you would like to attend.
Dar Teta, Tuesday 29th September at 12 noon

ZITHERS

The small but enthusiastic and experienced zither group – pictured below, continue to meet on the 2nd Thursday of each month at 1.00pm to enjoy some relaxed playing together.
Thursday 10th September at 1pm Kanyana B



SUNDAY SESSIONS

Spiritualism in Victorian England with Heather Barker Why was spiritualism so popular in Victorian England?



The answer to this apparently simple question has many aspects – from philosophy and religion all the way to illusion and trickery. Come and explore the many elements that made spiritualism so attractive to 19th century members of English, European and American society.

Kanyana, 20th September, 2-3pm

LEARN ABOUT U3A - All welcome.

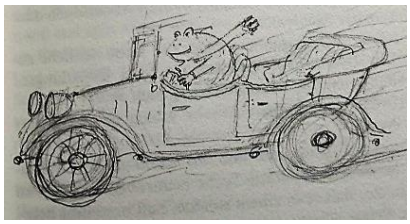
Come and chat with an experienced member over a cuppa and see what happens at U3A.

Monthly - days and time will vary.

Wednesday. 23rd September at 12-1pm.

BORROWERS BOOK EXCHANGE

The Book Exchange has been gifted a very special edition of "Den Weiden" (The Wind In The Willows). The text is in German, and the book is filled with charming sketches and delightful watercolours. This is sure to be of interest to lovers of the childhood classic and be a source of artistic inspiration for our drawers and painters.



Enjoy! Check in the office.

ITALIAN

Apologies to those members for the cancelled class in August. Italian will go ahead on

Friday 18th September. 10-11am. Kanyana (F)

PHOTOGRAPHY

As our tutor will be travelling overseas, there will be no more sessions for this year. If there is interest, it may continue next year**.**

CLASSICAL MUSIC GROUP 2 - report

Music has the amazing ability to recover memories from our brains that you thought were long ago forgotten. Coming along has awoken some for me from Sydney town hall, Leeds and even the Royal Albert hall. It's rarer for it to work for a more recent event but that is what happened this time. While in Munich a few weeks ago, Helene and I chanced upon a concert by a choir from a mid-western US university in a local church and were introduced to an American composer we had never heard of. I promptly forgot his name, so imagine how surprised I was when our group was treated to a complete program devoted to Morten Lauridsen and his choral works curated by a new member of our group (thank you so much Cath).

If like me you haven't come across him before I suggest you search on Youtube and be prepared to be blown away by the ethereal, spiritual beauty of his works. It's not all church music, but much is and in Latin (a modern take on Gregorian chant), but his secular piece 'Shining Light" (this was the encore for us in Munich) defies any description from me. The choir were just so enthusiastic singing this that it stood out as how expressive and versatile the human voice can be. It's just pure joy. *Chris Bell*



Classic music 2 group enjoyed a choral evening

BRIDGE NEWS

Recently we had a visitor come to Kanyana making some enquires….for which we were very thankful. Our visitor was Hanna who is the new owner of the old Laneway Cafe. Hannah is in the middle of renovating the space to turn it into a warm and relaxed space to enjoy a meal and will open it later in the year once the space is transformed.

cont……

Hannah made the generous offer of the smaller tables from the café for the use of the Bridge club. They are flexible enough to be used by other U3A groups who may use them also. The tables are solid with a firm and rigid base and are 80cms square. Our old tables have served us well, but despite careful use they were getting to the stage of being dangerous. Especially when some of us oldies leaned heavily to assist standing up.

We thank Hannah for her generosity and also Wayne from A2Z who helped bring them down to Kanyana.

The tables were used on the next Bridge day and were much appreciated….it was even better the following week when we had our weekly Bridge session using 6 tables to accommodate 24 players in the back room. It was a perfect afternoon to be able to play as we did with all the equipment, tables, computer and Bridgemates, to assist with scoring and table movement. It made a real difference to the way we play. We all appreciated how everything fit together to enhance our afternoon. Bridge, in the end, was the winner once more because of how its various mysteries unfold.

If you have an interest in learning to play, why not come and observe us….and stay for a good afternoon tea together with socialising at the end of the session. And don't forget…both women and men are more than welcome to join us.

Once again our thanks go out to Hannah and Wayne for their generosity in helping to make such a dream come to reality.

COURSES LIST

LANGUAGES

French Conversation – Mondays weekly 2-4pm at the Colac Library,

Italian: - 3rd Friday of the month.
Friday 18th September. 10-11am. Kanyana (F)
See Informer

German – Monday 10.30 at Kanyana, 31st Aug. 7 & 21st September. See Informer

TECHNOLOGY

Laptops, ipads & Phones or anything 'IT'– Wednesdays weekly at 10am.

MUSIC

Classic Music 1 – 3rd Mon. 21st Sept. 6.30pm.

Classic Music 2 – 3rd Mon. 21st Sept, at 4.30pm See Informer

Celticana Music – 1st Sunday, 6th Sept, 2-4pm at Kanyana. Welcome to any new musicians.

Exploring Popular Music – 1st Tuesday, 1st Sept, at 1pm. Kanyana - See Informer

Opera- none in September

Ukelele – Thursday 1st & 3rd, 3rd & 17th September, 3-4pm. at.Kanyana, See Informer

Zither – 2nd Thursday 10th September. at 1pm. at Kanyana Note change of time.

HEALTH & WELLBEING

Bushwalking – 2nd & 4th Wednesdays at 9am. 9th & 23rd Sept. Details at the Office or Chris.

Cycling – SLICS – Mondays weekly at 9am. Meet at Botanic Gardens BBQs.

Indoor Bowling – Tuesday weekly, 1-2.30pm at Kanyana All welcome

Line Dancing – 1st & 3rd Thursdays, 1.30–2.30 at Kanyana. 3rd & 17th Sept .

New Vogue & Old Time Dancing – weekly Tuesday 3-4.30pm. at Kanyana

Wednesday Nu Vogue – Wednesday weekly, at 7.30-10pm. at Kanyana.

Western Partner dancing – 2nd & 4th Thurs, at Kanyana. Not in September.

Table Tennis – Fridays weekly - 1pm. at Kanyana

Tai Chi/Qi Gong – Wednesday weekly, Kanyana Beginners 12.15 -1.15 Skill-builders 1.30-2.30. 9th & 16th September only.

Walking Group – Fridays weekly at 9am. Meet at Botanic Gardens main gate followed by a cuppa.

BRAIN FOOD

Backgammon – Wednesdays weekly, 10am-12 at Kanyana.

Book Club 1 – 2nd Thursday 2-4pm. at Kanyana front room 10th September - Reached capacity

Book Club 2 – 2nd Tuesday 2-4pm.at Babil 8th September - Reached capacity

Bridge – Monday, weekly 12-4pm Kanyana

Bridge teaching session – 4th Thursday, 24th September 12.30-2.30pm at Kanyana

Chess – 2nd & 4th Mondays, 1.30-3.30pm. at Kanyana. Beginners welcome. 14th & 28th Sept.

Colac Writers Guild – Tuesdays, weekly, 10-12 at the Library.

Cryptic Crosswords – Thursdays, weekly, 11am-12 at Kanyana.

Law behind the news – 1st & 3rd Thursdays, at 10.30am 3rd & 17th September, at Kanyana

Mahjong –Wednesdays weekly at 1.30-4pm at Kanyana.

Social Cards – Tues & Thurs, weekly 10am-12 at Kanyana. - Including Scrabble.

Trivia with a twist – 1st & 3rd Mondays 10-12 at Kanyana 7th & 21st September

SOCIAL INVOLVEMENT

Galloping Gourmets -Tuesday, 29th September 12noon at Dar Teta, Colac See Informer

Gardeners – Wednesday, 30th September at 10.30 at Paul's garden. See Informer.

Let's have Dinner – 4th Wednesday, 6pm. 23rd September at Colac East Pub See Informer

Life after Farming – Friday, 11th September at 10.30, at Koroit Convent See Informer

Sunday Sessions – 20th September, 2-3 KanyanaSee Informer

ARTS & CRAFTS

Embroidery + – Thursdays weekly, 10am at Colac Library

Knitting & Crochet – 4th Monday, 28th Sept. at 10am at Kanyana 28th September.

Patchwork + - Special 3 days, 25th, 26th & 27th September 10–4pm at Kanyana. Not on 11th Sept.

Social Machine Embroidery –3rd Sunday, 20th September, 10-4pm at Kanyana

Drawing – Monday 21st September, 1-2.30pm at Kanyana.

Photography – finished for 2026 . See Informer

Watercolour – 2nd & 4th Wednesdays 9th & 23rd September. 10-11.30am at Kanyana

Cycling/Walkers are travelling to Robe – We wish the adventurers on bikes and on foot a really great time in their "Touring the hard way"

Office - 55 Hesse Street, Colac VIC 3250
Open Mon-Friday - 10am-12noon
Phone: 5231 4435

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Website: u3acolacotway.org.au

U3A Colac Otway Inc is grateful for the ongoing support we receive from the Colac Otway Shire, the State Government of Victoria, Richard Riordan MP.

U3A Committee: Rosemary Richardson (Pres), Clare Short (Vice Pres.), Margaret Evans (Sec) Robyn Perrin (Treas), Judy Comley (Liaison Officer), Jenny Todorovic, Rod Morgan, Juli Farquhar, Jim Ryan, Cheryl Lang (social media), Janet Forbes (memberships) Rod Amos (website).

U3A Other Positions: Barbara Gower (Office manager), Carol Holmes (Kitchen Monitor) Vivienne Wheeler (Informer Editor)

U3A Colac Otway
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Victorian Seniors Festival Colac 2026

Celticana

Sunday 4th October 2 - 4pm
Kanyana 55 Hesse St Colac



A concert of Celtic music from the traditional music group, Celticana featuring different instruments and an invitation for the audience to join in well known songs.

Seniors Rights Victoria

Shelley Hosking

Wednesday 7th October 2 - 3.30pm Kanyana 55 Hesse St Colac

Seniors Rights Victoria Works with service providers, business and community organisations and councils to increase community knowledge about the importance of **planning ahead** to formalise your wishes while you are healthy.

Tin Shed Singers

The Sheddies have been singing together for over two decades. They sing sea shanties and many other songs which will get you tapping your feet.



Friday 9th October Ss. Johns Anglican Church Pollack St.Colac

2pm "The Tin Shed Singers" **3pm Colac Otway Shire signing Age Friendly Declaration**

Johnny Cash & June Carter Tribute Show

Tuesday 13th October 2 - 3.30pm COPACC 95-97 Gellibrand St Colac

Don't miss your chance to relive the magic of country's most famous couple.

Colac Otway SHIRE

Bookings at COPACC 5232 9418

Trivia with a Twist

Monday October 19th 10am - 12md
Kanyana 55 Hesse St Colac

Are you ready for some brain busting fun. Wacky challenges, unexpected twists, and plenty of fun along the way. No teams needed just come along and test your knowledge, or just pretend you know stuff.

Astronomy with Rodd Westwood



Sunday 25th October 2 - 3.30pm Kanyana

The enormity and beauty of the universe! General discussion on astronomy. Come with your questions.

Solar Eclipse, quick report and pictures of the recent Spanish Solar Eclipse

BOOKING ESSENTIAL for CATERING
as all events are followed by morning or afternoon tea
BOOK at the U3A office 55 Hesse St Colac 5231 4435

Classes by week days – some are single session*, others are weekly, twice monthly or monthly					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Sat/Sun.**
9.00 Cycling-Slics 10.00 Knitting & Crochet 10.30 Activities C'tee 10.00 Trivia with a twist 10.30 German 12.00 Bridge 1.00 Drawing 1.30 Chess 2.00 French Conversation 4.30 Classic Music 2 6.30 Classic Music 1	10.00 Social Cards 10.00 Committee Meeting 10.00 Colac Writers Guild 12.00 Galloping Gourmets 1.00 Indoor Bowls 1.00 Popular Music 2.00 Book Club #2 3.00 New Vogue/Old Time Dancing	9.00 Bushwalking 10.00 Backgammon 10.00 Computers/IT 10.00 Watercolour 10.30 Gardeners 12.15 Tai Chi - Beginners 1.30 Skill Builders. 1.30 Mahjong 6.00 Let's have dinner 7.30 Wed. Nu Vogue Dancing	10.00 Social Cards 10.00 Embroidery + 10.30 Law behind the News 11.00 Cryptic Xwords 12.30 Bridge teaching. 1.30 Line Dancing 2.00 Book Club #1 1.00 Zither 3.00 Ukulele	9.00 Walking 10.00 Patchwork + 10.30 Life after Farming 1.00 Table Tennis 10.00 Italian	**Saturday** 10.00 Patchwork+ **Sunday** 10.00 Patchwork+ 10.00 Social Machine Embroidery 2.00 Celticana 2.00 Sunday Session