

U3A Strathalbyn offers a wide range of courses and activities that are both educational and entertaining. These courses can be divided into six broad categories:

Art and media

- Art Classes (Mixed Media)
- Computer Skills
- Digital Photography
- First Wednesday Book Club
- Social Art

Fun and games

- Mahjong
- Pétanque

Health and wellbeing

- Flower Essences
- Meditation & Humming
- Walk Aerobics

History & Genealogy

- Genealogy
- History Talks

Languages

- Conversational French
- Italian
- Japanese for Busy People
- Spanish for Fun

Lifestyle

- Philosophy at the Vic
- Walking for Fun
- Wine Appreciation

2026 courses & activities

strathalbynu3a.com





Art Classes - Mixed Media

A relaxed and creative class suitable for both beginners and experienced artists.

Learn and apply the principles of design, tone and colour, while exploring a variety of media.

These include pastels, watercolours, acrylic, pencil and charcoal (excluding oils). Adrian brings over sixty years of artistic experience and inspiring students to express their unique style.

When First and third Thursday of each month during school terms,
5/2/26 to 19/11/26 - 10:00am to 12:30pm

Where Red Hen Railway Carriage,
Strathalbyn Railway Station

Leader Adrian Lose

Details 0419 951 101



Computer Skills

Join a friendly computing group with Ann Fenton, a recently retired qualified secondary teacher, offering practical help with everyday computer skills.

Topics may include:

- Word processing
- Spreadsheets
- Understanding and analysing websites
- General software skills
- Help with everyday computer questions

No question is too small -
we learn together.

When First and third Thursday of each month during school terms,
commencing 9/4/26 - 10:00am to 12:00 noon

Where Red Hen Railway Carriage,
Strathalbyn Railway Station

Leader Ann Fenton

Details 0432 822 414



First Wednesday Book Club

Every month we enjoy a light-hearted meeting that springs from a love of literature.

Opinions on the book of the month always spark an interesting discussion. Our reading list comes together from a combination of novels, classics, short stories and biographies by established authors and new voices.

Join us to share your favourites and make discoveries in the wonderful world of books and reading.

When First Wednesday of each month,
4/2/26 to 2/12/26 - 2:00pm

Where Private premises (on rotation)
or at the Strathalbyn Library

Leader Jasmine Hunt

Details 0423 138 311



Flower Essences

This ten-week course explores the history, ideas and emotional language behind Flower Essences.

It focuses on education and discussion - not diagnosis or treatment, but questions on the traditional manufacture of essences are welcome.

Participants are always encouraged, however, to consult their preferred medical professional for any personal health decisions.



French

This course is suited to anyone keen to brush up on their school room French or to maintain their linguistic skills.

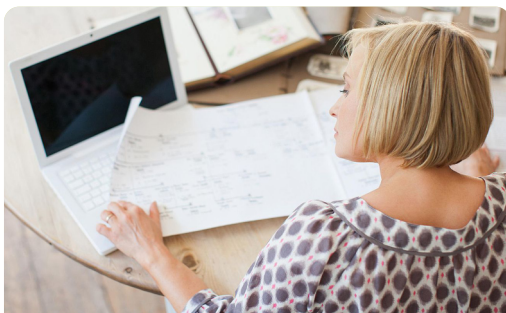
Beginners are welcome to join.

When First and third Friday of each month during school terms, 6/2/26 to 4/12/26 - 10:30am to 12:00 noon

Where Private premises - you will be advised on enrolment

Leader Pat Eglinton

Details 0418 956 725



Genealogy

Join our enthusiastic group of family history sleuths and share your ideas and problems, progress and achievements while you trace your family history.

Find out about researching online, genealogy resources, methods of preserving and sharing your family history for future generations and much more.

When Third Tuesday of each month, 17/2/26 to 17/11/26 - 10:00am to 12:00 noon

Where Angas Room, Strathalbyn Library

Leader Caroline Dennis

Details 0419 811 384



History Talks

This group explores interesting aspects of early Australian history.

Talking points for this interesting series of talks will include the British Empire, convicts, invasion versus settlement, First Peoples and the law.

When Every second Monday, 2/3/26 to 15/6/26 (with the possibility of an extension), 10:00am to 11:30am

Where Red Hen Railway Carriage, Strathalbyn Railway Station

Leader Alan Atkinson

Details 0437 862 794



Italian

This course is designed to introduce you to the Italian language and culture through a variety of enjoyable listening, reading, writing and speaking exercises that cover essentials such as greetings, grammar and everyday interactions.

Learning a new language has many benefits including improving cognitive skills, cultural understanding and communication.

Join the fun while Doriana guides you through the intricacies of the language, while learning the many gestures that are used by Italians, and some interesting facts about Italy. Participate in Italian conversation, listening to and writing dictation.

When Second and fourth Wednesday of every month during school terms, 11/2/26 to 25/11/26, 10:00am to 1



Japanese for Busy People

Conversational Japanese taught using a simple method developed for teaching school students. Students learn the sentence structure, vocabulary and grammar used in common situations such as travelling, shopping and weekend activities.

Recognition and writing of Japanese characters is also encouraged, along with composing sentences, speaking, listening and responding to the group.

Beginners are welcome.

When First and fourth Thursday of each month during school terms, 5/2/26 to 3/12/26 - 10:30am to 12:00 noon

Where Private premises - you will be advised on enrolment

Leader Pat Eglinton

Details 0418 956 725



Mahjong

Mahjong is a game of strategy originating in China and is usually played in groups of four.

Enjoy the benefits of the game including improved memory, strategic thinking and problem solving. Make new friends and stay socially connected.

Beginners are welcome.

When Every Tuesday during school terms, 27/1/26 to 8/12/26, 12:30pm to 3:30pm

Where Aspen Lifestyle Strathalbyn

Leader Mandy Walker

Details 0403 126 386



Meditation and Humming

Take a gentle pause from the busyness of life through meditation and humming.

Through simple meditation and the healing vibration of humming you'll learn how to calm your mind, restore energy and bring harmony to body and spirit.

Even a few minutes of humming can ease stress, up lift mood, and bring clarity and peace.

When Second and fourth Wednesday of every month during school terms, 11/2/26 to 25/11/26, 12:30pm to 2:00pm

Where Red Hen Railway Carriage, Strathalbyn Railway Station

Leader Ingrid Johansson

Details 0404 765 753



Pétanque (Boules)

Come and put your skills to test against others as well as getting some gentle exercise without even knowing it!

The object is simple... pitch your two Pétanque balls to try and be closer to the jack than anyone else's. The competition is present - but very friendly - in this social game.



Philosophy at the Vic

Join lively discussions exploring a diverse range of topics and ideas.

“Why are we here?”, “How can I better my life?”, “What is Stoicism?” and much more.

If you’ve ever pondered the vagaries of life, this is the group for you!

Support our host venue - The Victoria Hotel - by ordering a coffee when you first arrive.

When Second and fourth Friday of every month, 8/5/26 to 30/10/26, 10:00am arrival for 10:30am start until 12:00 noon.

Where Conference Room, Victoria Hotel

Leader Peter Sutton & Ingrid Johansson

Details 0404 765 753



Digital Photography

Whether you are new to photography or an experienced hobbyist this course will be beneficial... John’s course will help everyone get the best from their camera.

Understand the basics of exposure, getting desired focus, learn the various settings and what makes good composition; the camera is a tool, we make the photograph.

The course will involve some theory and concepts, but the emphasis will be on getting out there and making photos.

You will also have an opportunity to submit a portfolio of photos from each field trip for John to critique before the following session.

When Third Friday of each month, 17/4/26 to 18/9/26, 10:00am to 11:30am

Where Red Hen Railway Carriage, Strathalbyn Railway Station

Leader John Keating

Details 0467 722 195



Social Art

This popular, long-standing group provides an opportunity to gather up your canvas and paint, or pencils and paper, to spend time doing your own art among congenial, creative people.

Take the opportunity to extend your skills and to explore new techniques using a variety of media.

Bring your own art materials and enjoy creating among like-minded people... anyone with an interest in art is welcome to join in.

When Every Thursday of the month, 29/1/26 to 17/12/26, 9:30am to 11:30am

Where Scout Hall, Milnes Road, Strathalbyn

Leader Rhonda McCarthy

Details 0473 111 516





Walk Aerobics

Enjoy the lighthearted fun with this popular group that meet (indoors) at the Lutheran Hall.

Participate in gentle exercises to music, designed to maintain flexibility, balance, aerobic health and wellbeing.

Also enjoy a social catch-up with coffee and cake, after the Friday session, at a local café.

When Every Tuesday and Friday,
8:00am to 9:00am

Where Lutheran Hall, North Parade,
Strathalbyn

Leader Bronwyn Holdsworth

Details 8536 2085



Walking for Fun

Enjoy monthly walks, focusing on friendship, fresh air and gentle fitness.

The group leaves for various destinations, all within a 65km drive of Strathalbyn.

Members are welcome to suggest a destination and to take a turn in organising a walk.

Carpooling is available for those without their own transport... just meet us at Colman Terrace.

When Third Wednesday of every
month, 18/3/26 to 18/11/26,
9:00am start - around a 1.5 hour
walk (plus travel and coffee time)

Where Meet at the Colman Terrace
car park

Leader Di Picard

Details 0478 391 304



Wine Appreciation

Do you enjoy a glass of wine but would like to know more about how to truly appreciate the colour, smell and taste. Would you like to find out more about what goes into your glass and some of the nuances of wine making?

Enjoy learning more about wine in a relaxed social setting.

We appreciate a \$10 donation per person, per session, to cover the cost of the wines consumed.

When First Friday of every month,
6/3/26 to 6/11/26, 5:30pm to
7:00pm

Where Uniting Church Hall, Alfred Place
(behind St Andrews Church)

Leader Colin Forbes

Details 0400 029 771

Beginning in 1999, U3A Strathalbyn is still flourishing after more than twenty-five years.

We remain proactive in seeking new membership and fresh ideas and look forward to expanding our activities to give an even broader community focus well into the future.

President	Ingrid Johansson
Vice President	Kim Greenwell
Secretary	Jasmine Hunt
Treasurer	Doriana Barone
Committee	Marilyn Henn Sue Flynn Sue Dowsett Lynda McDowall
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