

U3A Moraira-Teulada

NEWSLETTER no. 18, January 2010

Message from the President

Hello everyone,

First, a very big thank you to all of you who have renewed your Membership! The Committee, and several other volunteers, all worked really hard getting an effective system in place for the renewals to happen, and from your comments it seems that we got it about right.

The one complaint I heard most was that some of you had been asked to renew their membership by friends, but that we did not allow you to do this because you did not have their membership cards. The fact that membership cards were ESSENTIAL for membership renewal was in all the newspapers, it was announced at the meeting in December and on 4 January, and mentioned also in the last Newsletter. The payment of the membership fees was recognised by the addition of a sticker on the back of the membership card, and having a current sticker on the back of your membership card is the only way anyone can tell that you are a fully paid up member of the U3A. For Group Leaders too it's essential, so that they can check that everyone attending their group is a paid up member.

For anyone who thought they could do a favour for a friend, but then found they couldn't, I'm sorry. We will however continue to insist on having members cards in order to attach the sticker for the current year.

We've had a total of 618 renewals and new members joining since the December General Meeting, so hopefully we still have some renewals to do.

There have been no suggestions in the Suggestion Box for a couple of months now, so nothing for me to answer, but I do hope you will continue to use this as a way of telling us what we're doing wrong, or of course what we're doing right!

You may recall that at the General Meeting on 2 November we were privileged to have the Consul Janine Lamont and Martyn Standing from the DWP answering questions for us. Janine mentioned that the law concerning the requirement for a medical test to support your driving license was changing on 8 December. The Consul said that although it wasn't really her area, she would keep us informed. I have written to Janine since her visit asking for an update, but sadly she isn't able to give us any more information. Two of our Members, Don and Margaret Roberts, have recently had the medical examination, and Margaret has written a very full and informative article on what happened. It's in this Newsletter, BUT please remember this is just what the Roberts's found, and what happened to them, we have all probably been in Spain long enough to know that things can change very quickly!

A reminder that the guest for the meeting on 1 February is Mauricio Sandini, an expert on backs – he will no doubt give us some very important points on what we should, and perhaps more importantly what we shouldn't do to our backs!

As a little teaser for March, we will have more readings from the Drama Group. They're back by popular demand as many of you enjoyed their readings at Christmas time, and I'm sure we'll have the same level of entertainment this time.

Don't forget that if any of you know of someone who would be willing to come along

and give us a 20 minutes chat on pretty well anything, we'd love to hear from you. The only two criteria are that the speaker should not be trying to sell us something, and that they should be entertaining! Please click on Don Roberts picture if you can help, or if you don't have a computer call Don on 966495105.

I hope to see lots of you on 1 February, especially those of you who haven't renewed your membership yet! Best wishes,
Ann Colclough



Next general U3A meeting

This will be on **1 February 2010**, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

Information regarding Driving Licences By Margaret And Don Roberts

I know there has been a lot of concern among U3A members about the medical certificate/driving license issue. This is what we did, and why, and I thought it might help others.

On 15 January, Don and I began the change over to Spanish licences, as we had heard of an English couple (driving on an English Licence) being fined for not possessing a medical certificate, which is a requirement of ALL Spanish national drivers.

We obtained our medical certificates in Benissa, but they do not do the actual change over of licences. Once a Spanish licence is obtained they will deal with the renewals every 5 years. The office is situated near the Cathedral, but is not the old office near the Consum supermarket. You need to register that you are going as these certificates are only issued between 5.00 – 6.30 pm on Thursdays. They don't make an appointment so early attendance is advised, even as early as 4.45pm. We arrived at 5pm and were fifth in the queue. You need to take one photo.

The "medical" consists of taking a reaction test, then a simple eye test, and then a visit to the doctor where he asks, if your hearing is good, are you currently seeing a doctor for anything, have you any prosthetics and then he takes your blood pressure. He speaks good English, but the other staff do not, though with signs etc I think you could manage without Spanish, they are all very friendly. The cost of the certificates is between 40 and 50 euros. The whole thing took just over an hour. Once the certificates have been obtained we went off to El Traffico in Alicante, for the next step.

The things you need to take to El Traffico are:

- Passport,
- UK Driving licence (both parts),
- NIE document (or card),
- Padron Registration,
- Medical certificate, 2 photos (one signed on the back), and also include two copies of each thing (including the back of the UK plastic licence).

At El Traffico you go to the information queue first. Then you will be directed to the Caja queue. Licences cost about 26 euros. Having obtained your number, wait for it to

appear on the board, and go to the appropriate desk. Although there were hundreds of people there they do clear the queues quickly as a lot of people are there just to register the sale or purchase of a car. It's probably best to take a translator, unless your Spanish is good.

Our new licences will be ready in a couple of weeks and we will have to go back to collect them. Meanwhile we have a paper that says we have applied, and we have our UK licences back, while they ask DVLC about whether we have any points or are banned!

You now sign a declaration that you hold no other current licence, this is a new Law. It is voluntary to change from a current licence. But when it expires, then it is compulsory to change it to a Spanish one.

To drive legally with a UK licence you **MUST OBTAIN** a medical certificate, but **ALSO** you must **REGISTER** your UK licence with El Traffico.

These were the questions I asked while there. Note, this does not apply to non-residents, or drivers of hire cars (unless you are resident). Then the normal UK licence is OK.

Margaret Roberts

Travel/Outings

Payment for trips

After discussion with the Travel Group and the U3A Committee it has been decided that all monies under 25€ are to be paid for in cash. Any amounts over that sum, whether for deposits or final payment should be made by Cheque on a Spanish Bank Account. This method of payment is the most efficient way for all concerned and does not incur

unnecessary costs for the U3A. Payment direct into the U3A Bank Account will no longer be available to members. Therefore, if you are considering signing up for a Trip, you will need to take your cheque book to General Meetings.

It has also been decided that Deposits will be taken at the time of signing up for trips. This decision was taken in an effort to eliminate the possibility of members being disappointed in not getting on any particular trip. Cheques will not be cashed until the trip is full, when members will be notified that their cheques are about to be presented. This will ensure that the U3A are not involved in the cost of refunding money if for any reason a Trip has to be cancelled through lack of interest. In these circumstances your cheque will be returned to you at the next General Meeting.

Xativa

It is proposed to run a day trip to Xativa which will include a morning guided tour, in English, of the old town. There will then be an opportunity to have lunch before taking the tourist 'train' up to the castle. We will return in the same way to the tourist office by 16:30, in time to take our coach back to Moraira.

To summarise:

*When **Thursday 15 April***

Start time08:45

Pick up....Outside Wok Restaurant, opposite Moraira Car Park

Return time at Moraira....18:00 approx.

*Trip includes cost of ...Coach, local guide, tourist 'train' & castle entrance charge.
Trip does not include lunch
Trip cost.....€18 per person.*

If you wish to take part in this event please give your names and payment at the Travel Desk at the next Monthly Meeting

Leader – Pat Pruden

Salamanca, Avila, Segovia.....

Monday 18 October - Thursday 21 October (4 days, 3 nights). The details and price of this second trip are exactly the same as the September one. To secure a place, you have to pay a deposit of €60 per person using a Spanish cheque made payable to Gandia Tours SL which must be handed in at the Travel Desk at a General Meeting. Some deposits have already been paid and places will be allocated on a first-come first-served basis. This trip is being organised as a joint venture between Moraira-Teulada U3A and Jalon U3A. The cost per person will be about €225 depending on the number of people taking part. Single room supplement €120. Where possible, the Travel Group will try to find a suitable person for singles to share with. We have on our list for this trip a single Lady who is prepared to share a room with another single Lady.

Accommodation: 5* hotel. Half board, Breakfast & evening meals available at normal times. Guided tour of Salamanca will be included in cost.

DAY 1 Depart Moraira. Travel to Salamanca stopping for coffee breaks and lunch on route, arriving in Salamanca between 4 and 5pm.

DAY 2 Walking guided tour of Salamanca including the Plaza Mayor which is said to be one of the most beautiful in Spain, both the old and new Cathedrals, the Casas de las Conchas and the University with its museums and monuments. In the afternoon free time to see the City for yourselves.

DAY 3 Depart hotel after breakfast. Travel by our coach to Avila. On arrival free time to visit the City's famous walls, Cathedral and old quarter. Then on to Segovia, free time to visit the city's impressive roman aqueduct, Cathedral and the Alcazar. At the end of the afternoon Travel by coach to Torrejón. Arrival at a 4* hotel for dinner and overnight stay.

DAY 4 Depart hotel after breakfast. Travel by our coach to Alcala de Henares On arriving free time to visit the House where Cervantes was born, the medieval streets where the house is situated, the Cathedral and the attractive facade of the University. OR travel to Aranjuez with free time to visit the Romantic Gardens and Royal Palace. Return to Moraira to arrive between 18:00 to 19:00. *Leader - Carol Mantle*

Italy

It is planned to arrange this trip in conjunction with Javea and Jalon for May 2011.

The Travel Group is aware that many people were disappointed when the trip we had planned did not go ahead this year but now all of Norman Peterken's planning should not go to waste. *Leader - Norman Peterken*

Social events

Last chance to buy tickets for the JAVEA U3A ST. VALENTINE'S BALL! – Friday 12 February, at Salones Carrasco (35€).

The evening will commence with a cava reception between 7.30-8.15 p.m., followed by a 4-course dinner (main course: choice of duck, salmon, or vegetarian option), after which there will be music for dancing provided by *Paulette* and *John Curtis*. Dress: smart/evening wear. During the evening there will be a free raffle, drawn from ticket numbers. Solo bookings are welcome, as are those from couples or groups of friends who would like to make up their own table. Please email angelachantry@gmail.com for further information - payment will be required at the February meeting.

Karaoke Evening Report

On Saturday 16 January, 56 members of Moraira-Teulada U3A attended the first Karaoke evening at the Bar Med in Teulada.

A professional karaoke team was hired for the event which started at 8pm. There was an immediate rush to fill out the slips that people complete to enable the team to get the correct tracks onto the TV screen, so that people can "do their own thing" and sing along. All evening there was a procession of people making their way to the microphones, and the Karaoke team commented that they had never witnessed so many volunteers wanting to take part.

The standard of performers varied considerably from act to act, but everyone received rapturous applause, if only for the effort rather than the quality. After several numbers had been sung, people started to dance, and from then on it was like being at a party, without having either the expense or the clearing up!!

A new group was formed by members who had never met each other before, called The New Springfields. To avoid any confusion with the original group, this one had four members! They performed an average rendition of the old Springfields number *Silver Threads and Golden Needles*.

The performances, of varying qualities, continued until 11.30 to allow for the karaoke team to pack all their gear away. Some members were disappointed at this, and there were several requests to continue, so bring the evening to a close, a medley of old songs was put on and I walked around with the mike, and people were invited to sing a line.

Everyone seemed to thoroughly enjoy the evening, and we were asked by a number of members as to when the next one would be held. This includes a request from Luis, owner of Bar Med, who had had an excellent evening in the restaurant!

In summarising, we thought the evening was a huge success, and a profit of €32 euros was made, which will be given to a local charity.

Don Roberts

ACTIVITY GROUPS

One of our members would like to get together a monthly **Scrabble** group.

We also have a member wanting to start a **Badminton** group to play once a week in Teulada. Email or phone me if anyone interested in joining either group

There is still room on the **Spanish Lessons for Beginners**, and in the **Yoga** class.

Shirley Baehr – Groups Co-ordinator

Healthy walking

Our walks for 2010 started on Tuesday 19 January - 25 walkers turned up and the weather was really good for us during the hour we walked. We have two more walks arranged, one on Tuesday 26 January and the other on Thursday 4 February. Others will be announced shortly. If you wish to join us please contact Rona Hurst hurst100@yahoo.com I am looking for people who can show me some walks they like to go on. One hour only please.

Art Appreciation

The Art Appreciation meeting is on Thursday 18 February at 4pm in the Pensioners Centre in Benitachell. The subject is '*The Artist's view of War and Conflict*'. The presentation by Brian Nicholls will start with Francisco Goya and move, via the late Victorian period, through to the artists, many of whom were British, who were motivated by the horrors of World War 1 to portray poignant and sometimes controversial, images.

The Friday Reading Group

We have been meeting every month, including the summer, since November 2008. We have tackled books as diverse as Chimamanda Ngozi Adiche's harrowing tale of the Civil War in Nigeria, to the brilliant comedy of Alan Bennett who imagines the consequences that follow from the Queen's decision to join the Mobile Lending Library!! We have explored Spain with Laurie Lee in the 1930's and re-examined the 'American Dream' in '*The Great Gatsby*' and '*The House of Sand and Fog*'. And much more besides. To end a great year we had '*Poetry and Pies*' at Christmas and we all read some of our favourite poetry.

I would like to take this opportunity to thank everyone in the group for their hard work and commitment. I have loved listening to all the discussion, so many different perspectives, so many thought provoking comments and inspirational ideas. Above all thank you for helping to create such a friendly and enjoyable group. So Happy New Year to you all.

We have 13 members, the majority, having been in the group since the Group began. For people who would still like to join I believe Pam Milburn's group who meet monthly on Wednesdays still has some places available.

For further information please e-mail me gabriellemauger@yahoo.co.uk

Reflections from a Book Group member

I have always read since I was able,

Many different books, some memorable, some very forgettable but never had I thought

of joining a group of like readers. To discuss any book chosen to read.

Then just before the ripe old age of seventy I joined the U3A. On offer was a Reading group, something to which I could belong.

I went to join one Friday afternoon. Oh what a varied, well travelled, intellectual lot they were.

Would I fit in?

No computer skills, a head like a sieve, no patience for writing, just kept the story in my head.

Well this was a challenge!

The first book we read an author I knew well, also recommended by me. But what a silly plot no Guard dog to warn at such a lonely farm, all of us agreed not a very good book.

The second, such a kindly take on her Majesty the Queen, no tragedy involved, nothing to be solved, we had smiles that day. What a relief!

Then came the third, oh my how absorbed, try as I might I could not get involved, I really could not read about any more atrocities in Africa. I tried really hard, I nearly did not turn up for the monthly review BUT I am so glad I did and still I am here enjoying and listening to all the varied reviews and comments. I am really having fun. Thank you.

Val Kerslake. December 2009

Mah Jong

For several reasons, only one of which was the very cold premises, we have decided to change venue with immediate effect. We now meet at the Restaurante Asiatico Xin Xiang which is opposite the mosaic wall of the school in Moriara, next to The Tool Shop.

The time and day remain the same. From Thursday 28 January, every Thursday afternoon 2.30 - 4.30pm.

All levels of experience welcome including complete beginners.

Golf

We had our first tournament of the year on Monday 18 January. We had 20 players and everyone had a lovely day with six people going home with prizes.

The next golf day will be on Monday 15 February. Please contact Rona and Geoff Hurst if

you would like to play. hurst100@yahoo.com

Line Dancing

We meet every Monday afternoon at Bar Mediterraneo, Avda. Mediterraneo, Teulada from 14.00-16.00. Absolute Beginners 14.-15.00 and Improvers 15.00-16.00. For further information please ring Barbara on 630113649 or 965832798.

Barbara Ives

General History

The General History meeting will be, as usual on the last Monday of the Month. Next one is on 22 February at 10.30 am. in the lecture theatre at Espai la Senieta in the centre of Moraira. February's illustrated talk is the fourth in Cheda Panajotovic's six-part series. It is entitled '*Medieval Transitions*'. Remember, a good turnout is essential so do pass the word around.

Brian Nicholls

Discounts available to U3A members on production of current membership cards

Additions to this list of stores and services which offer discounts to U3A members depends entirely on members informing us of them. Please notify any committee member if you have a suggestion for addition to this page.

Disclaimer

The fact that a supplier of goods or services appears in this list does not mean that they are recommended or endorsed by the committee. They are listed solely because they are offering a discount to U3A members. The Committee does not accept any responsibility for problems that may occur with the purchase of any product or service and Moraira-Teulada U3A shall not be held liable for any such problems. Any complaints the committee receives from members will be investigated and if the supplier is found to be at fault the committee may decide to remove that supplier from the list.

Bodega Blasco in Teulada offers a 10% discount on wine cases to all U3A members on production of your membership card. It is situated at Polígono Industrial, Teulada, Calle Cristal.lr 14. behind the petrol station. We are informed that this Bodega has a wide range of popular wines which, with a discount, are generally cheaper than same brands in supermarkets.

Bookworld. 10% discount except on "Sale" or "Discount Offers". Please present membership card BEFORE the assistant enters the details in the till.

The Half Price Bookshop: All books available online at half price plus permanent 10% discount for U3A members. Recommended as reliable by one of our own members. Includes 10% off cost of postage. ☐

Nick The English Butcher, situated on the Calpe-Moraira road, opposite the large Pepe La Sal supermarket. Nick is offering 10% off all orders over 25 euros to U3A members (excluding Special Offers). Nick does a superb range of prepared joints, and English style cuts of meat (not the thin cuts that the Spanish favour), as well as home made pies, marinades and sausages. Call Nick on 96 649 8112 to check if what you want is in stock.

Colby's Sports Café. Located at Ctra. Moraira-Calpe 128 (next door to International Doctor on one side and the scuba diving shop on the other). Colby's will give a 10% discount to all Moraira-Teulada U3A members on production of your membership card. Tel. 965 743 133

Kashash Indian restaurant, Avenida Mediterráneo, Teulada. A glass of wine is normally served with the Monday-to-Friday menú del día. On production of a U3A membership card, the proprietor, Shafique Ali, will give a half bottle of wine per person on meals over 9.50 euros.

Gatwick Airport Car Rental Ltd: <http://www.gatwickairportcarrental.com> ☐Tel 0044 (0)1293 403404 or email Karl at info34@carhiregatwick.co.uk ☐This is a family run business who operate a 'meet & greet' service. For members of Moraira-Teulada U3A they will offer either free extra driver insurance cover or a free upgrade to the next car group on any period of hire. They can also arrange car hire at all major airports and over 200 locations nationwide and have agreed discounted rates with other major rental companies around the UK.

High Street Heaven: situated at the 'Inn On The Green' bowling club, Jávea. ☐The shop sells M&S, Monsoon, and a few additional high street labels for men and women. They also have a supply of very good jewellery. They offer a 10% discount to U3A members on all items except those on special offer.

Fiesta Crafts, Jávea, offer a 10% discount to all Moraira-Teulada U3A members on production of your U3A card. This discount cannot be used in conjunction with any other offer and your card must be shown at the beginning of the transaction in order for you to receive your discount. The Fiesta Crafts website gives telephone and email details, map of how to find it, opening times and more.

Mermaid Diving Service, Moraira. 10% off try-dives and 7% off diving courses for U3A members.

Consider also the local branch of the [British Sub-Aqua Group](#) which is run by one of our U3A members.

The Tool Bar, Moraira.

The owners, Stuart and Wendy, are offering a 10% discount on purchases from their retail range to U3A Members. They have the full range of Draper tools as well as other choices. Members must produce a current U3A membership card, a copy of which is held by the owner for validation purposes. The Tool Bar is situated in Moraira opposite the school on Moraira-Teulada road. Tel. 96 574 5805, <http://www.toolbar.net/>.

Hair styling & manicure

Nicki Wilson (NVQ qualified) comes to your own home. 20% discount negotiated by one of our members who recommends Nicki as "friendly, obliging and very professional". Tel. 695 439 938.

De Pelo hair salon, Benitachell. Ladies and gents. Open Mon - Fri, 9.00 am until they have finished; and Saturday 10.00 - 4.00 pm. 10% discount on production of current membership card. Tel. 96 649 3049

Melissa, Tel 676 264 756 □ One of our members describes Melissa as "very efficient, friendly, honest and reliable". She provides help with daily tasks such as general cleaning, window cleaning, ironing, shopping, oven cleaning and even dog walking. Normal charge of 11 euros per hour discounted to 10 euros per hour for U3A members. □

Cartridge Direct, cartridge-direct@hotmail.com. Tel 96 649 1740 □ Printer cartridges, printer paper and more. 10% discount on production of U3A membership card. Situated by Colby's, The Dive Centre, and the farmacia: Centro Comercial, Milla de Oro 134, Moraira.

Liberty Seguros: 15% discount on car and house insurance.

* Benitachell - Pieter Verbeek SL, Avda Lepanto 37. Tel. 96 649 3295

* Calpe - Foster Consulting SL, Avda Gabriel Miró 18, Edf Dextella, Entlo 2
Tel. 965838384 and 965833052

* Dénia - Mark Petrie SL, C/ Ramón y Cajal, 8 bajo
Tel. 96 578 1815 and 96 578 0757

* Jávea - Avda Marina Española, 24 bajo Fax: 96 579 3712

Tiffany's Design & Manufacturing Jewellers, Marina Española in Jávea Port. □ 20% off purchases and 10% off repairs for U3A members. Keith, or one of his staff, will register you & give you a card for your discounts. Keith makes jewellery too, and is always happy to give his opinions on what can and can't be done. □

Gilly Macnally FSMT, ITEC, Cert Ed □ Tel. 636 617 522 or email gillymacnally@hotmail.com. Gilly is a qualified sports physiotherapist. She will visit you at your own home by appointment. Her normal fee is 30 euros per hour but, on production of your current U3A membership card, she will give a 15% reduction to 25 euros per hour. Gilly comes recommended by one of our members and offers remedial massage for chronic (long-standing) disorders, treatment for injuries, and ordinary therapeutic massage for relaxation.

Direkt Optik Ctra.Moraira-Calpe, 122 (Moraira). Tel. 96 574 5989 □ Situated on the same block as the farmacia, International Doctor and Colby's Café. They speak English. This optician is famous for its 3 for 1 offer, and they are offering U3A Moraira-Teulada members a 10% discount off both varifocal and bifocal spectacles. There's 5% off single vision spectacles too. To receive the discount, members must produce their current membership card at the time of placing their order.

The Mutz Nutz (pet supplies).

Located just outside of Moraira along the Moraira-Calpe coast road (next to the farmacia), the Mutts Nutz pet supplies shop can offer you all you need for your pets. Steve and June will welcome U3A members, and a discount of 5% is available on all items except food such as dog biscuits and meat. Steve has asked us to point out that the discount IS however available on treats for the animals! You can also get good advice from Steve on how and what to feed your pets. Please show your membership card to get the discount. Tel. 96 574 4476

Moraira Plumbing/Heating (Ray Gardner).

10% discount to all Moraira-Teulada U3A members on production of your membership card. Tel. 966 498 993 (mobile 620 523 613).

Prominent, Teulada Polígono Industrial Estate. Tel 96 574 1315 □ Do you experience difficulty in standing up, do you have a painful back or tired legs, or do you just want a comfortable chair you can relax in? This company specialises in easy-chairs and they also have a range of "mobility scooters". They speak English and are offering 10% discount on production of a current U3A membership card. □

SF Window Cleaning Services Craig Longstaff. Tel 608 534 661 □ or email sfcostablanca@aol.com - window and facia-board cleaning for domestic & commercial properties. They are an experienced and fully registered company within Spain and can also provide facturas if required. For U3A members there is a 20% discount off the following normal prices: outside small/normal window 1.00 euro, outside small window with reja 1.50 euro, outside large/double window 2.00 euros, outside large/double window with reja 2.50 euros, patio doors 2.00 euros, inside small/normal window 1.00 euro, inside large/double window 2.00 euros. The above is a guide - each individual property needs to have a free quote to confirm final price. The company quotes an approximate normal price for a 3-bed 2-bath villa of around 20 euros for an outside clean.

Moraira-Teulada U3A Committee members

<i>President:</i>	Ann Colclough	<i>Ass.Membership Sec:</i> Vacant
	tel. 965747343	<i>Group Coordinators:</i>
<i>Vice President:</i>	Pamela Kershaw	Shirley Baehr 966495633
	966497098	Brian Nicholls 965747600
<i>Secretary:</i>	Margaret Roberts	<i>Public Relations Officer:</i> Isabel Tugwell
<i>Deputy Sec.:</i>	Linda West	<i>Non-Office-Holding members:</i>
<i>Treasurer:</i>	Audrey Coleman	Don Roberts
<i>Dep. Treasurer:</i>	Colin McNae	
<i>Travel Treasurer:</i>	Carol Mantle	
<i>Membership Sec.:</i>	Sue Popkin	

CIRCULATION OF NEWSLETTERS You can read and/or print off copies of th U3A Teulada/Moraira newsletters. The small file version is intended for members who have dial-up modems and long download times. This version contains basically just the text content of the newsletters. The other version is for members with a broadband internet connection. It contains photographs, illustrations etc. that make the Newsletter more attractive to read. Contributors

please note that all copy must be with the Editor by the end of the last week of each month. Photos are welcome.

GROUPS AND GROUP LEADERS

Group	Group Leader(s)	Frequency	E-mail
10 Pin Bowling	Dave Goodings	Third Wednesday of the month at 7pm	dbg_48@yahoo.co.uk
Alternative Wine Society	Ted Adams	Monthly	ted@adamsinspain.com
Art Appreciation	Brian Nichols and Cedimir Panajotovic	Thursdays, Sept 17, October 22nd and Nov 19th all at 4pm.	brianjohnnicholls@gmail.com cedomira@terra.es
Aromatherapyworkshop	Valerie Millis	3-5 once a month	millsva@hotmail.com
Beading making Jewellery	Anna Marie Inger		rijt_an@hotmail.com
Bridge Social	Sybille Ross	3-5 weekley Swiss Hotel	jaross@telefonica.net
Card Making/Scrapbooking	Martin and Carole Bentley	Twice a month Tues 3-5	martinbentley1@gmail.com
Chess group	Ed Morley	Fortnighly	edmo734g@midasdsl.com
Choir	Ann Johnson	Weekly	sealslippers01@yahoo.es
Classical Music Appreciation	Nick Green	Monthly	nickcamerongreen@gmail.com
Computing for beginners and email/internet	Evelyn Adams	Mondays (Absolute Beginners) at 3pm and 4.15 and also on Tuesday afternoons at 3pm and 4.15. – Not So Beginners.	evelyn@adamsinspain.com
Cookery/Entertaining at Home	Anne Rodger	Monthly Wed 3pm	
Craft Group	Elizabeth Wilson	Twice a month Club Moraira Thurs 3-5	e-fdw@ctv.es
Creative Writing	Miriam Smith	Alternate Mondays at 3pm starting on 14th September at Los Leones	miriam.womantowoman@gmail.com
Cribbage	Colin Turner	Wednesdays .7pm to 10.30pm Bar Med	Turner.c@gonuts4free.com
Dining Out Group	Peter and Sue Wells	Twice a month on Thursdays The first and third Tuesday in the month at the Salón de Actos in La Senieta building in Moraira, from 11.00am to 1.30pm followed by lunch (if you wish).	peterw@runbox.com
Drama Group	Rosemary Sheppard		benishep@gmail.com
Drawing-Back to Basics	Linda Gent	Thurs	lingent@hotmail.co.uk
Fishing freshwater	Michael Wilson	Every other Thurs	mjwwils@yahoo.com
Gardening	John and Chris Parsons		jsprns@hotmail.com
Genealogy On the Ancestral Trail	Elaine Wareham	10.00 - 12 Monthly 2nd Wednesday	ewareham@ya.com
Genealogy an Introduction	Tessa Deacon	10am Every 4th Wednesday	tessadeacon@terra.es
Golf Group	Geoff Hurst	Once a month	hurst100@yahoo.com
Health Walking	Rona Hurst	9am Tuesdays	hurst100@yahoo.com
Hi Fi & Home Cinema advice	Ted Adams	Monthly	ted@adamsinspain.com
History	Brian Nichols	Monthly	brianjohnnicholls@gmail.com
Line Dancing	Barbara Ives	Mondays 2-4	babs_ives@yahoo.com
Mah Jong	Diana Jarvis	Thursday pm 3-5	dianajarvis@yahoo.co.uk
Modern Jive for	Richard Perry	Thursdays at 11am.	perrydic@terra.es

Beginners			
Padel Tennis	Richard Perry	Teulada	perrydic@terra.es
Painting with Pastels	Linda Gent	Mondays 10 am	lingent@hotmail.co.uk
Painting - Water colour techniques an introduction	Lynn Haigh	Wed new group/Thurs original group	lynnhaigh1@googlemail.com
Patchwork	Yvonne Romain	Mon/Wed 3-6	yr@romain.co.uk
Petanqua	Andy Keen	Wednesday am weekly	andytanya@telitec.com
Petanqua 2	Doug Swindell	Thursdays am Weekly	dandb.swindell@terra.es
Philosophy	Sonia Kleyman	Every other week	sonia.kleyman@gmail.com
Photo group	Regina Mueller	Every other Wed	regmu@msn.com , -
Understanding Psychotherapy	Mike Lawson		mike@billnot.com
Quiz Group	Helen and Les Coughtrey	Thursday twice a month 4pm	Coughtrey2@gmail.com
Reading Group	Gaby Mauger/Pam Milburn	Monthly Wed or Friday pm	gabriellemauger@yahoo.co.uk / pamilburn@hotmail.com
Sailing Group	Richard Jones	Monthly Tuesday 4pm La Senieta	trickyd0949@yahoo.co.uk
Singles Dining Out Saturdays	Norman Peterken	Twice a month Saturday Eve	normanpeterken@hotmail.com
Skittles for the family	Robin Woods	Monthly Friday pm	robin@woodsmagnolia.co.uk
Slimming Group	Tanya Keen	Tuesday 3.15 to 5	andytanya@telitec.com
Spanish Conversation Intermediate	Sheila Shippides	Saturday 10.30-12	billsheila@gmail.com
Spanish for Beginners Group 1	Sue McNae	Wed. 2-3	suemcnae@googlemail.com
Spanish for Beginners Group 2	Sue McNae	Wed 3.15 to 4.15	suemcnae@googlemail.com
Spanish for Beginners Group 3	Elke Woods	Mon 1.30-2.30	robin@woodsmagnolia.co.uk
Spanish Lessons one year on Post beginners	Meri Snell	Mon 9.45 to 11	merisnell@gmail.com
Sunday Solo Group	Audrey Germann	Twice a month Sunday lunch	
Walking	Bob Fisher	Monthly First Thurs of month 9.30 Market car park	roberto.fisher@yahoo.com
Yoga (All levels)	Sue McNae	Wed.10.15-11.45	suemcnae@googlemail.com