

## ***U3A Moraira-Teulada***

*www.u3amoraira-teulada.org*

### ***NEWSLETTER no. 19, February 2010***

#### ***Message from the President***

Hello everyone,

Isn't it nice to see the longer days, but if only we could count on the sunshine instead of rain! I live on Montemar in Benissa, and the difference between the weather here and just 4 kilometres away in Moraira often amazes me. We can have clouds and rain, while Moraira is in sunshine - there's a lesson there somewhere I'm sure! Let's hope we have the worst of the winter behind us, and can look forward to the Spring and the Summer. Of course no matter how bad it's been over here, the poor folks in the UK have had it much worse, and I know that includes some of you, so I hope life wasn't too hard for you.

The BIG news this month is that we're going to be holding another "do" in May, probably at Font Santa again. This will be different from last year in that it will not be a birthday party, we're calling it "Fun Day Friday", for reasons which we hope will become apparent in due course! The date at the moment is not confirmed, but given the title of the event, we hope it will be a Friday! There will be more details at the meeting on 1 March.

There was just one suggestion in the Suggestion Box after the last meeting, and that concerned Haiti. The suggestion was that we should make a donation to the relief fund. The subject of charity giving has come up at the last three Committee Meetings, and while we applaud the way the world has rallied round the dreadful situation in Haiti, the decision was that we should support the local community where ever possible. We would also prefer to buy something tangible that could perhaps have the U3A logo on it. To that end I have asked Sylvia Tatnell if she knows of a project we can support in this way, and she is going to come back to me.

I'm delighted to remind you that the Drama group will once again be entertaining us after the meeting on 1 March. I know I enjoyed their readings at Christmas, and judging by your comments so did most of you, so it will be lovely to welcome them back.

On behalf of Don Roberts, who looks after the Speakers List, I am once again appealing for Speakers or entertainment for future meetings. 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 criteria are that the speaker should not be trying to sell us something, and that they should be entertaining and, of course, free would be good too! Please click on Don Roberts picture to send him an email if you can help, or see him at one of the meetings.

The speakers at the meeting on 5 April (Easter Monday) will be Clodagh and Dick Handscombe, the well known gardeners. But they will not be giving a talk, they will instead be holding a Gardeners Question Time! If your lilies wilt, you have black spot on your roses, or there's nothing there when you peel an orange, these are the folks to help you! In order to give them plenty of time to research for answers, please let Don Roberts have your questions by Saturday 27 March. You can send Don an email by clicking on his photograph

on the website. He will also be giving out information on how to register questions at the meeting on 1 March.

I hope to see lots of you at the meeting on 1 March, until then try and stay warm, and dry!  
Best wishes,

*Ann Colclough*



### **Next general U3A meeting**

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

### **CULTURAL ARTS:**

#### ***“Holiday Snap”***

#### **Monday 19 – Saturday 24 April:**

The Javea Players’ next production, to be staged at the Union Musical Theatre in Gata, tells the unlikely tale of a newly marketed Portuguese time-share villa which two adulterous couples have inadvertently double booked – comedy at its very best. The normal price for this great evening’s entertainment is €10, but will be €8 for those who join the **U3A group** attending on the first night, **Monday 19 April** – book with and pay Angela Chantry at the meeting on Monday 1 March please.

#### ***Classical Concert at the Palau de Musica, Valencia***

#### **Tuesday 27 April**

Leticia Moreno (violin) and Oleg Polianski (piano):-

F. Schubert: Fantasia en do mayor para violín y piano, op. 159, D 934; M. de Falla: Suite popular española; P. Sarasate: Fantasia de concierto sobre la ópera Carmen, op. 25: Aires Bohemios.

The coach will leave El Rafalet car park (on the Benitachell to Javea road) at 14.30 hrs, with a drop-off near the Bullring in Valencia – time for shopping & refreshments. Make your own way to the Palau de Musica (the coach will be outside at 7.30 p.m. to load any bags). The concert takes place at 20.15 hrs in the Sala Rodrigo, and the coach will pick up outside the Palau de Musica at approx. 22.30 hrs for return journey to Javea. **If there is sufficient demand, the coach could start from the car park by the Espai La Senieta building, in Moraira at 2 p.m. Price: €30 pp** (concert + coach), to be paid to Angela Chantry at the meeting on Monday 1 March – cash please as I need to buy the tickets in advance (best available at the time of booking).

#### ***Il Divo – Three Tentos***

**Friday 18 June.** Juan Gallego, Tenor - Antonio Magno, Tenor - Pedro Noguerra, Tenor, with José Jaime Hidalgo, Piano. The phenomenal success of *“Il divo”* has inspired the three tenors to stage a popular programme with a sophisticated mixture of light tenor songs and “hits” of today. At the Heredad de Elias Ferrer (Bullring gardens Alcalali), 8–11 p.m. (see map on website). The normal price is €20 – buy your tickets in advance from Angela Chantry and pay €15.

## **ACTIVITY GROUPS**

We have a huge range of groups from 10 pin bowling to Yoga so everyone should find something of interest. But new groups are always welcome, so if anyone has any ideas do contact me. For example, a new member has suggested a group for *Badminton*.

From September, we will need more *Spanish* teachers as Sue McNae will not be running her Spanish for beginners groups next year. If anyone feels they could run a Spanish class at any level please get in touch.

A newly formed group is "*Friends of A-vin-en-sa*" (*Avineña*), run by Paul and Pat Pruden, whose objective is to learn more about the ecology, history and culture of the Valencian Community, by means of talks, visits and demonstrations. All activities will be lead by specialist Valencian presenters or guides. In most cases visits will be to places and activities presently unknown or inaccessible to the "General Public".

Current plans are for visits to: a Vulture Re-introduction Project, Font Roja National Park, the Fiesta Museum in Alcoi (to learn the Moor's side of the Christian Re-conquest of the area), a local community that has decided to follow the path of sustainable farming, archaeological sites, the Albefura Wetlands, and a wildlife sanctuary.

The Friday *Bridge* group held on Fridays from 2.30 – 5 pm. will now play in the bar in Los Leones, Sol Park. Experienced Bridge players of all standards are welcome. Please be there about 10 minutes before the start of play. No partner is required. Any questions please contact Sybille Ross.

The *Mah Jong* group has changed venue and is now meeting (on Thursday afternoons between 2.30 and 4.30pm) at the Restaurante Asiatico Xin Xiang, opposite the mosaic wall of the school in Moraira, and next to The Tool Shop. Members with all levels of experience are welcome including complete beginners.

Sue Popkin, membership secretary, reminds you all to advise her of any changes to your email address or phone number. We are now sending out regular emails so if you haven't had two emails from us during January about renewals and the accounts you are not on her distribution list and need to let her know.

*Shirley Baehr – Groups Co-ordinator*

## **Bowls**

Members are invited to The Inn on The Green, the home of Javea Bowls Club, to attend a meeting on Wednesday 24 February from 3-5pm. The idea is to see the bowling setup, and ask any questions. This would be the inaugural meeting of the U3A Moraira-Teulada Bowls Group.

This will not be an "activity" day, just an introduction and a chance for them to answer any questions you may have. I would ask anyone who is interested in joining a Moraira Teulada U3A Bowls group to please attend.

We have negotiated a special price for our group, the usual fee of €10 for two hours and we will be charged €8 which will include the hire of woods and shoes if needed.

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Please let me know if you are attending, you need further information you can phone or email me. Put U3A Bowls in the subject line. Looking forward to meeting you on the 24th, regards.

*Don Roberts*

### ***Walking***

I have amended the walk in the programme for 4 March to the Segaria Circuit. 6kms 3.5 hours, 250m ascent. instead of Calpe Rock. Segaria Circuit was a walk that was cancelled due to rain on 7 January and some people were not too keen to do Calpe Rock.

*Bob Fisher*

### ***Gardening***

*Monday 26 April – Saturday 1 May.*

The Garden Group have six places available on their visit to Mallorca at the end of April. We will be staying in 3\* accommodation and be travelling by coach on three days to see some of the really special gardens on the island. We also will be visiting the Chopin Museum, the Caves of Drac and the Botanical Gardens.

The cost of this extravaganza will be in the region of €395 per person, depending on take-up. Places are limited because some of the gardens we will be looking at are private and not ordinarily open to visitors.

If you are interested and would like to join us please send me an email for further details.

*Paul Pruden*

### **Understanding Psychotherapy**

A new group is starting on 10 March.

- Have you ever felt that you are stuck in a rut?
- Have you ever felt you are on a merry-go-round - "here we go again" - déjà vu - "I keep getting into this kind of situation"?
- Have you ever been in a situation where you feel someone is pushing you into doing something and you don't know how to get out of it?
- Have you ever wished you could be more assertive without being aggressive?
- Do you sometimes feel that even though your mother/father has been dead for years, you are still very much under their thumb?
- Have you ever wondered what your dreams mean?
- Are you unable to handle goodbyes or feel uncomfortable and awkward at the prospect?

In the UK, before I retired, I ran my own psychotherapy practice. However, this U3A group is definitely not a psycho-therapy group. What I am offering is an insight into the theoretical world of psychotherapy and how it is practised.

Once the group meetings have begun, the group becomes closed – it is not then open to new members joining. There are two reasons for this: i) each presentation builds on the material covered in previous meetings and ii) the group develops progressively over the weeks and the introduction of new members interrupts this process and changes the dynamics of the group. In ordinary English - new members affect the ability of the group to gel.

In the first group I am coming to the end of the material I have prepared. Since I believe that understanding is more effectively achieved by doing than by being lectured to, my presentations have included some experiential exercises and as much discussion around the topics as group members have wanted - and very lively and stimulating the discussions have been! My aim has been that, after six to eight meetings, group members should have a fair understanding of how psychotherapy works and probably some insights into their own processes too. The first group have decided that they wish to continue meeting, that it should continue to be a closed group and that I should continue to facilitate the group. I have agreed to this.

*If you are interested, you must enrol no later than the General Meeting on 1 March.* I am setting up a second group which will begin on 10 March. As with the first group, once we begin the group will not then be open to new members.

*Mike Lawson  
(Group Leader)*

### ***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:**

1. 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.
2. U3A cannot vouch for the professional or trade qualifications of suppliers.
3. Neither the Committee nor the Webmaster or Editor accepts 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. However, any complaints received from members will be investigated and, if the supplier is found to be at fault, that supplier may be removed from the list.

**The Bed Centre**, Calpe, is located in centro commercial biblos along the coast road just this side of Calpe [www.thebedcentre.com](http://www.thebedcentre.com). Tel: 96 583 6814. Tony and Lucy are offering U3A Members "at least" a 20% discount on their purchases. You must show your U3A membership card to get the discount, and it's always a good idea to ask the price of what you're interested in first!

**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 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.

**Gatwick Airport Car Rental Ltd:** [www.gatwickairportcarrental.com](http://www.gatwickairportcarrental.com) ☐ Tel 0044 (0)1293 403404 or email Karl at [info34@carhiregatwick.co.uk](mailto: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/>.

### **Garden Centres**

Anyone care to negotiate a discount for us?  (Please remember it has to be at least 5% more than they are offering to the general public to qualify for listing)

### **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

**Woman to Woman** - female personal home care service recommended by one of our members. Phone Miriam: 96 573 1378 or 657 260 829 for "discreet personal care, hospital or doctors visits, social care/help at home, translation/administrative support, relaxation/massage". Normal charge €12 per hour, discounted to €10 an hour for U3A members (i.e. just over 16% discount). [miriam.womantowoman@gmail.com](mailto:miriam.womantowoman@gmail.com).

**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 per hour for U3A members.

**Cartridge Direct** [cartridge-direct@hotmail.com](mailto: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

**Millie Munroe Services:** Tel. 96 649 3082 Mon - Fri 9am - 5pm  Located at Avenida Lepanto 6, Benitachell - opposite Bancaja. 10% off private health care with El

Perpetuo Socorro on production of U3A membership card. □(Millie also gives €50 refund in cash off Golden Leaves pre-paid funeral plans) □website: [www.milliemunro.com](http://www.milliemunro.com), email: [millie@milliemunro.com](mailto:millie@milliemunro.com), □Fax: 96 649 3100

**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 [gillmacnally@hotmail.com](mailto:gillmacnally@hotmail.com). Gilly is a qualified sports physiotherapist. She will visit you at your own home by appointment. Her normal fee is €30 per hour but, on production of your current U3A membership card, she will give a 15% reduction to €25 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

#### **"Pooch Carer"**

If you would like your dog cared for during your holidays away etc, telephone Jan van Eijle on 96 573 1378 or mobiles 649 458 300 or 657 260 829. Jan (pronounced 'Yan') charges €12 per day and is offering 10% discount to U3A members. He says, " I can offer this service in my 'casa de campo' in Benissa which has excellent fields for exercising. Your dogs will also be taken for long walks and taken out in the car etc. They will socialize and have the company of two resident dogs, a cat, ducks and chickens."

#### **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)

#### **5 Star Pool Cleaning.** Tel Michael on 685 242 253 or visit

[www.5starpoolcleaning.com](http://www.5starpoolcleaning.com). □The discount to U3A members depends on the size of the pool. Normal charge for a 8 x 4 pool is €720 per year. As a special rate for U3A members the charge is €600 per year or €50 per month (which is over 16% off). A 10 x 5 pool is normally €780 per year and the special rate for U3A members is €660 per year or €55 per month (which is over 15% discount).

**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. □

**Yetty Roumans**, tel 626 997 750, offers translation (including written) for doctor/hospital visits, or help with administration at Town Halls, Trafico etc. She is fluent in English, Spanish, French, German and Dutch and is familiar with the local community and its customs. Normal rates are €25 per hour, discounted to €20 for U3A members (i.e. 20% discount). This includes her travel expenses. A further discount can be given, if she does not use her own transport. Personally recommended by one of our members. □

**SF Window Cleaning Services** Craig Longstaff. Tel 608 534 661 □ or email [sfcostablanca@aol.com](mailto: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, outside large/double window €2.00, outside large/double window with reja €2.50, patio doors €2.00, inside small/normal window €1.00, inside large/double window €2.00. 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 for an outside clean.

### ***Moraira-Teulada U3A Committee members***

<i>President:</i>	Ann Colclough	<i>Dep. Membership Sec:</i>	David Goodall
	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>New Members Welcomer:</i>	
<i>Treasurer:</i>	Audrey Coleman		Don Roberts
<i>Dep. Treasurer:</i>	Colin McNae	<i>Non-Office Holding Member:</i>	Margaret
<i>Travel Treasurer:</i>	Carol Mantle		Williamson
<i>Membership Sec.:</i>	Sue Popkin		

**CIRCULATION OF NEWSLETTERS** You can read and/or print off copies of the 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 third week of each month. Photos are welcome. This newsletter is posted on the U3A website, and to protect privacy no email addresses or telephone numbers are shown. Go to the website for emailing instructions.

### **GROUPS AND GROUP LEADERS**

<b>Group</b>	<b>Group Leader(s)</b>	<b>Day</b>
10 Pin Bowling	Dave Goodings	Wed pm last in the month
Alternative Wine Society	Ted Adams	Wed pm last in the month approx
Art Appreciation	Brian Nicholls & cCedomir Panajotovic	Thurs 4pm once a month
Aromatherapy workshop		Tues pm, see programme.
Beading making Jewellery	Anna Marie Inger	Contact group leader
Bridge Social	Sybille Ross	Fri 3-5
Card Making/Scrapbooking	Martin and Carole Bentley	Tues pm
Chess group	Ed Morley	Thurs am twice a month
Choir	Ann Johnson	Wed am
Classical Music Appreciation	Nick Green	Mon am 4th Monday monthly
Computing for beginners and email/internet	Evelyn Adams	Mon and tues
Cookery/Entertaining at Home	Anne Rodger	Wed pm
Craft Group	Elizabeth Wilson	Thurs pm
Creative Writing	Miriam Smith	Mon pm twice a month
Cribbage	Colin Turner	Wed 7pm
Dining Out Group	Peter and Sue Wells	Thurs pm twice a month
Drama Group	Pam Ridlington	Tues am twice a month
Drawing-Back to Basics	Linda Gent	Thurs am
Fishing freshwater	Michael Wilson	Thurs twice a month
Gardening	John and Chris Parsons	Tues once a month first Tues am
Genealogy On the Ancestral Trail	Elaine Wareham	Wed twice a month am
Genealogy an Introduction	Tessa Deacon	Wed twice a month am
Golf Group	Keith Yeulett	Monthly
Health Walking	Rona Hurst	Tues and Thurs alternate weeks am
HiFi & Home Cinema advice	Ted Adams	TBA
History	Brian Nicholls	Thurs once a month
Line Dancing	Barbara Ives	Mon pm
Mah Jong	Diana Jarvis	Thurs pm
Modern Jive for Beginners	Richard Perry	Thurs am
Padel Tennis	Richard Perry	Friday pm
Painting with Pastels	Linda Gent	Monday
Painting - Water colour techniques an introduction	Lynn Haigh	Wed
Patchwork	Yvonne Romain	Mon/Wed p
Petanqua	Andy Keen	Wed am
Petanqua 2	Doug Swindell	Thurs am
Philosophy	Sonia Kleyman	Friday every other week am
Photo group	Regina Mueller	Wed
Understanding Psychotherapy	Mike Lawson	Friday every other week am
Quiz Group	Helen and Les Coughtrey	Thurs
Reading Group	Gaby Mauger/Pam Milburn	Wednesday or Friday pm
Sailing Group	Richard Jones	Tues monthly plus sailing days
Singles Dining Out Saturdays	Norman Peterken	Sat
Skittles for the family	Robin Woods	Friday pm
Slimming Group	Tanya Keen	Tues pm
Spanish Conv. Intermediate	Sheila Shippides	Sat am
Spanish for Beginners Groups 1&2	Sue McNae	Wed pm
Spanish for Beginners Group 3		Mon pm
Spanish One Year post-beginners		Mon am
Sunday Solo Group	Audrey Germann	Sun
Walking	Bob Fisher	Thurs am monthly

