



September 2023

PRESIDENT'S REPORT

What a great start after the summer recess. We had over 100 members attend the recent General Assembly, and welcomed 11 new members. The assembly was very entertaining with the Pick and Mix Group playing a number of popular songs and we have invited them to return at a later date.



The summer was for some of us a real testing time, with the high temperatures and especially the humidity. Do hope that you managed to cope. Just received our electricity bill...ahh!

Now we are getting back to normal, and over the summer, we had the good news of two new groups that will be starting. We have included a listing of all groups in this newsletter with contact details for further information. In addition there is information on our website.



I would now like to welcome our new newsletter editor, Linda Burns. Who I am sure is waiting to receive all your news. Linda introduced herself to the members at the General Assembly and was also able to turn her hand to helping out the Goodwill Team on their Pre Loved Stall.

At the General Assembly I gave the news to everyone that from March at the AGM, both Sandra and myself will be stepping down from our roles of President and Secretary. Now this gives a great opportunity for new blood to take over with new ideas and develop the association. Of course both of us will be there to support anyone to make the transition easy, and still be active members. We certainly want the association to progress and develop, so please get in touch and I'll answer any questions. I'm sure my phone and email box will be red hot. Seriously, we can't continue without a President, so I look forward to hearing from you.

Regards, Bob.



NEWSLETTER

u3a
Vall del Pop



September 2023

The **Goodwill Team** is going from strength to strength and already has €5,500 in the charity kitty, with new events organised for October, a 60-70's Themed Garden Party and Halloween Bingo and Quiz evening, see below for further details.

The **Travel Group** have a full trip to Zaragosa this month and a trip to Concentaina programmed for 3rd November.

The **Sharing & Caring Team** is seeking new members who can provide the support to other members in their area who are in need of a friendly face, a chance to talk or help in any way. This is a group which we believe is unique to Vall del Pop U3A and provides welcome support whenever and wherever it is needed. So please volunteer and help another member at times of need. Please contact Bridget Redmond for more information brigred4119@gmail.com

DRU YOGA

We are back in September

Looking forward to seeing you all again and loosening up those limbs with some gentle yoga/chi gong moves.

Friday 15th September
Jalon Pensionistas at 10am

Class is suitable for all members,
don't be shy give it a try!



For more information please do not hesitate to
contact Sally on Whatsapp 634022622

FITNESS WITH JACINTHA

***Regular exercise is good for your mind, mood, memory
and boosts your immune system!***

Restart Keep Fit exercise classes from Monday, **25th September 2023**

JACINTHA HOOGEWERF
familiehoogewerf@gmail.com



www.u3avalldelpop.com





September 2023

OCTOBER EVENTS

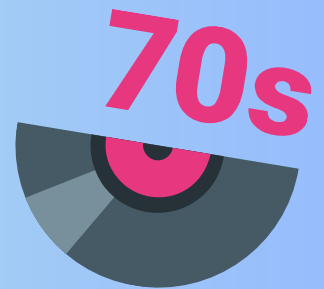
60'S —70'S THEMED GARDEN PARTY

Date: **14th October @ 7pm**

Location: Liz's Place (Jalon)



Entertainment with the fabulous
Kenny's Musical Cabaret



***** Prize for best themed fancy dress *****

Chilli Con Carne with Rice

Chicken Curry with Rice

Jacket Potato

Vegetarian option upon request

12 Euros Per person

All proceeds donated to U3A Goodwill

To book your tickets email

goodwillevents2@gmail.com

or contact member of the Goodwill Team





September 2023

HALLOWEEN

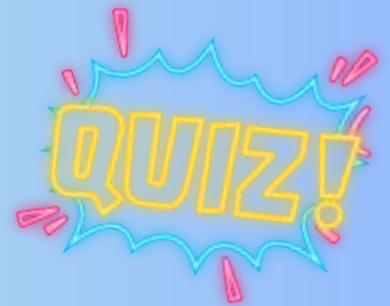
THEMED EVENING BINGO & QUIZ

Date: 31st October 7pm - 10pm

Location: Pepe's Restaurant,
Alcalali



To include
Bread & Alioli
Main Meal
Bingo Tickets
Quiz Entry



12 Euros Per person

Goodwill team supporting local charities

To book your tickets email
goodwillevents2@gmail.com
or contact member of the Goodwill Team





September 2023

GROUP ACTIVITIES

Our activity groups meet regularly to pursue common interests, and most of them have room for extra members. You can learn new skills or brush up on old ones, and it's a great way of making new friends!

At the recent meeting Teresa Tillbrook (Group Co-ordinator) confirmed lots of news about groups, Cinema Club restarting in September, showing A man called Otto, on 25th September. Chess Group starting in November contact RAY PIERROT raypierrot@btinternet.com and a new Dining Experience Group will be starting in October.

If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at U3avallpopnewsletter@gmail.com. Updates of activities always welcome and deadline for next publication is 9th October for distribution on 30th October 2023.

Please find below and on the following pages current activities and groups with contact details to find out more information about when they meet and cost etc.

Come along and make new friends!

	Activity	Contact
	Allotment - We have a large 6m x18m allotment in Jalon. It is ready to go, having been ploughed. There is a shed and water on site.	SUE HARVEY & BRIGID REDMOND brigred4119@gmail.com
	Ballroom, Latin & Sequence Dancing - Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.	Duncan Thompson foskett54@btinternet.com Telephone: 634 33 46 89
	Bridge - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere.	Wendy Sim wendysim@hotmail.com Telephone: 711 080 516
	Canasta - The Canasta group is now up and running. New members would be very welcome to join us.	Mary Wood marywoodspain@gmail.com Telephone: 675 674 301

NEWSLETTER

u3a
Vall del Pop



September 2023

	Activity	Contact
	Card Making - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	Carole Marten & Dee Adkins Dadkins1953@yahoo.co.uk Cvicary2@gmail.com
	Chess - New group starting soon. Contact Ray for further information.	RAY PIERROT raypierrot@btinternet.com
	Cinema - We aim to show a wide range of films in English. We ask for a contribution of €2 per visit. This will go towards annual licence and purchase of DVDs.	CHRISTINE BRAZIER justnanny@live.co.uk
	Digital Photography - We are now operating very definitely as a peer group with members bringing their skills and ideas to share with one another.	DAVID BROCK Davidandeileen50@yahoo.co.uk Telephone: 606 995 919
	Dining Experience - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES ondrakiri@yahoo.com
	Dru Yoga - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE Sallysunshine436@gmail.com
	Game Addicts - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN boneinjalon@gmail.com Telephone: 693 725 199
	Keep Fit - Warm up, low impact exercises, body toning, stretching and a relaxing cool down	JACINTHA HOOGEWERF familiehoogewerf@gmail.com
	Ladies At Lunch - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS, LIZ MILLER SANDRA WELHAM, U3aladieslunch@gmail.com
	Let's Sing Together...For Fun - Love to sing anywhere, any place, when a tune pops into your head. We sing songs that we enjoy, are fun and lifts our spirits.	SANDRA WELHAM Sandra.m.welham@gmail.com

NEWSLETTER

u3a
Vall del Pop



September 2023

	Activity	Contact
	Men Who Munch - What happens at "Men Who Munch" stays at "Men Who Munch" Come on Guys, join in with our get togethers at various local bars or restaurants.	GORDON SIM Thomassim007@gmail.com
	Mixed Media & Art - The group welcomes absolute beginners to the more experienced artists looking for a few hours to concentrate on a project.	CHRIS SINCLAIR Sinclairchristine72@gmail.com
	Mosaic 1 - We create decorative mosaics using glass and ceramics.	LIZ WILLIAMS Lizwilliams2008@live.co.uk Telephone: 684116089
	Mosaic 2 - We create decorative mosaics using glass and ceramics.	SUE WILLIS suewillis2@hotmail.com MONIQUE LECKIE monileck@aol.com ANNESLEY SINCLAIR annesleysinclair@gmail.com Telephone: 965730605
	Open Forum	
	Petanque	GERRY BACON Gerard.bacon@yahoo.com Telephone: 600 652 821
	Spanish Conversation - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN Mikeheidi123@gmail.com
	Spanish Lessons - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN carmenmasfemenia@gmail.com
	Walking Groups - Make friends with others who enjoy exploring the excellent hill, valley and coastal walks. When possible we visit a local bar for refreshments.	JAN AND PAUL LENISTON pauleniston@hotmail.com Telephone: 651 633 198
	Yarn & Thread - Anything to do with yarn and thread is welcome.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484



September 2023

WALKING GROUPS

Monday Group walking near Pinos



We are very fortunate to live in a particularly good walking area with many attractive and interesting walks within half an hour drive of Jalon. Walking in this area can be difficult, especially for anyone new to the area. Paths and tracks are often poorly marked and many cover difficult terrain and can include considerable ascents. In addition the higher temperatures, even in the autumn and spring, can be an added challenge. It is advisable for new walkers to join a group, or walk with an experienced local walker.

Monday Group Orba Castle

Monday Ramblers offer full day hill walking. These are usually five to six hours long, with a couple of short breaks and a longer picnic break. These walks usually involve some climbing, with ascents of 300 to 600 metres. However all walks are taken at a moderate pace, and are suitable to anyone who is moderately fit and has some experience of walking.



Thursday Group Parcent to Murla

Thursday Valley Ramblers offer half day low level walking. These are usually three hour walks exploring the Jalon valley and surrounding area. Most walks start from Alcalali, Lliber, Jalon or Parcent and are a good way to explore the area you where you live. All walks are taken at a moderate pace and are suitable for anyone who is reasonably fit.



We have two walking groups which both meet once a week. Both groups have vacancies and new members are always welcome. If you would like more details email paulleniston@hotmail.com



September 2023



THE ARTS SOCIETY MARINA ALTA

The Cuisine of Art and The Art of Cuisine by the well-known artist and lecturer Ghislaine Howard Join us on

5th October 2023

Salones Canor at 11.00am or Javea Parador at 7.30 pm

Come as Visitor for 15€ or join

Book now stating venue, Canor or Parador, name and number of people to: marinaalta@theartssociety.org

Details on website <https://marinaaltaart.wixsite.com/the-marina-alta-arts>

We bring a wide range of first rate professional illustrated Arts Lectures to the Marina Alta and you are invited to join us on the 5th October.

"I was blown away by the first lecture and now it is the highlight of the month for me" David Haygarth.

QR LINK



TO WEBSITE