

NEWSLETTER

u3a
Vall del Pop



March 2026



March 2026

President's Message

Despite the heavy rain a good number of members attended the March General Assembly and our Annual General Meeting. Once the formal meetings finished, they were rewarded by fascinating talks from two of our members, Sheena McMahon and Sue Holley, who kindly stepped in at very short notice after the listed speaker was unwell and had to cancel.



In my report to the AGM I said that we could look back on the past year with quiet satisfaction. As Roger Bentley, our Treasurer, reported our financial position is significantly stronger than it was 12 months ago and we are also performing well in most other areas.

Barbara Bentley our Membership Secretary and her team of willing volunteers continue to do an excellent job. Numbers grew steadily through the year and we came very close to hitting our informal target of 500 members by year-end. It has been pleasing to see a good number of returnees alongside the new joiners. If the present trends continue the 500 target should certainly be achievable in the current year. We are also making slow but steady progress in attracting a wider range of nationalities, all of whom are very welcome.

Our general assemblies have been consistently well attended and in September we met our second informal target for the year of having more than 100 people in the room. I am grateful to Murla town hall for allowing us to continue using their excellent facilities. We try to provide a mixture of activities, combining fun with the provision of useful information, and have welcomed some excellent speakers with very positive feedback from the members.



March 2026

President's Message cont.

Last year I reported on the refresh of our website and said that I was particularly proud of our monthly newsletters produced by Linda Burns. I still believe that both the website and the newsletters are of remarkable quality for an organisation of our size.

The Travel & Entertainment team, led by Carole Wardle, has continued to provide an excellent choice of trips throughout the year and we have much to look forward to in the coming months.

If I have one area of concern it is around our activity groups, which are at the heart of our organisation. This is in no way a criticism of the excellent work that Teresa Tillbrook, our Groups Coordinator, does when supporting both existing and new group leaders. Rather it is a fact of life that many of our group members and leaders are getting older. While the majority of our groups continue to flourish there are a few cases where there is an urgent need for new blood. Please therefore contact Teresa if you have the time either to help an existing group or to support the establishment of a new group.

Under Brigid Redmond's leadership, our Friendship & Support team continues to give very valuable fellowship and support to several of our members and their regular coffee mornings are becoming increasingly well attended. We also receive positive feedback on our 'Information Hub' booklet, an important source of information for all our members, both in hard copy and online.

Finally, the Goodwill team led by my wife Paula have exceeded themselves once again. Not only did they provide some fabulous events for us all to enjoy but they raised more than 15,300€ which goes directly to the local charities and voluntary organisations that we help and where our support is so very valuable. This excellent work will certainly continue in the coming year. In addition, we are now trying to work more closely with other u3as in the area, including u3a Javea and u3a Denia.

None of the above successes would have been possible without the hard work of your committee members and other volunteers. We work as a team and I am very grateful for all the support that I have received throughout the year.

Best wishes,
Chris



March 2026

Valentine Night - Pepe's

What a fabulous Valentine's night was enjoyed at Pepe's with the brilliant Steve Marks entertaining us.

Despite the blustery weather of the previous few days, almost 70 members came to eat, drink, dance and sing and the room was full.

Pepe's served up their famous pies, which are not for the faint hearted, moussaka, roast pork and vegetarian lasagne, and after we had eaten Neil Diamond took to the stage with a 45 minute session of well known favourites including, of course, Sweet Caroline. A real trip down memory lane and a chance to sing along and lots of waving of hands in the air.

After a brief break during which ice creams were served, Tom Jones appeared for another 45 minute set of favourites. Gordon Sim joined Steve for an enthusiastic rendition of "Sex bomb" (don't give up the day job, Gordon!) and Sue Holley duetted with him on "You don't bring me flowers any more". What good sports!

After another brief break Elvis was in the building for a final 45 minute set and lots of people took to the dance floor.





March 2026

Valentine Night - Pepe's cont.

Marian White kindly organised the raffle, the proceeds of which go to the Goodwill charity fund, and raised over 260 euros, and Paul Corazzo assisted with technical support. Thank you to both. Sally Ellis and the Goodwill team had decorated the room with super decorations, mostly handmade by Sally. She really is very talented and creative.

It was great to see so many people had entered into the spirit of the 60/70/80s theme and dressed up in brilliant costumes. Prizes were awarded to David and Anita Moran and Steve and Gill Bingham who were almost unrecognisable as hippies complete with wigs and flares!

Steve is a fabulous entertainer with lots of fun and audience participation and a super night was had by all. We are very grateful to him and to Pepe's and the Goodwill team for all their hard work and support.





March 2026

Ladies Lunch - 17th February 2026

This month eighteen ladies took a visit back to Restobar El Quixote in Orba. Where Flavio and his team looked after us very well. There was lots of chatter and laughter all great for the soul.



Our next lunch will take place on Tuesday, 17th March, and I have booked the Naranja en flor restaurant in Benidoleig.

New members are always welcome, all you need to do is send a message using this address

u3aladieslunch@gmail.com

I can then add you to a mailing list for future events.

Sally



March 2026

Dining Experience - February 2026

In our quest to find different restaurants that offer great food, good service and value for money, we headed to Kathmandu restaurant in Moraira for our February Dining Experience.

27 of us who enjoy good Indian cuisine had a super time. On arrival we enjoyed a drink on the house plus poppadoms and dips, followed by a mixed starter of chicken tikka, sheek kebab, onion bhaji and a samosa. Delicious main courses followed, all prepared to individual liking: mild, medium or hot for one brave person!

The restaurant had very kindly offered to prepare individual favourite dishes for anyone who wanted something different and all were served with garlic naan bread and pilau rice. Ice cream or coffee and chipitos on the house rounded off an excellent meal.



It was a special day for Rhoda who was celebrating her birthday and the staff presented her with a birthday ice cream with a firework while the whole restaurant sang to her.

There was a lovely friendly atmosphere in the room with lots of lively chatter; so nice to see everyone enjoying each other's company.

This restaurant is a firm favourite of ours, the food is always excellent, the staff are charming and attentive and the prices reasonable. It is one of the few restaurants we know that is often full any night of the week.

A very successful lunch. Now to choose the next venue! The Dining Experience is open to all members, singles and couples so please come along and enjoy good food and great company. We welcome recommendations to try.



March 2026

Xativa Trip - March 2026



Such a shame the weather wasn't kind for our day out to Xativa but we can't control the weather sadly. 11 brave souls made it up to the castle while others enjoyed the old town, especially the bars and restaurants!

The views from the castle are spectacular apparently. If you plan on visiting it's worth checking the land train is operating. Today it was replaced by a minibus fortunately as it's a long and steep walk up otherwise.

I gather it is worth a return visit in the sunshine as the old town is very attractive and more to see and it's only a 90 minute drive away.

Thank you to Chris B and Angela Lish who hosted the trip today.





March 2026

'Men who Munch' is under new management!



For many years Gordon Sims has kindly run both the bridge group and 'Men who Munch'. This year he will continue to run the bridge group but John Wardle and I have agreed to take on leadership of 'Men who Munch'.

The philosophy of the group remains unchanged. We will aim to meet monthly for lunch at different restaurants in or close to the Jalon and Orba valleys for some good food and convivial chat.

Gordon has agreed to pass over contact details for those who have attended previously but we cannot be sure that his list is complete. In addition, we would love to see some new faces!

Either way, if you would like to be included on our mailing list, please email me on president@u3avalldelpop or WhatsApp on +44 7772 106472

Provided there is sufficient interest we plan to hold our first lunch in April.

Chris Barrett



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Join in and meet new friends!

Activity groups meet regularly to pursue common interests. You can learn new skills or brush up on old ones, and it's a great way of making new friends!

The Group Co-ordinator is available to assist and advise in starting new groups or to help existing groups to recruit members etc Teresa - Group Co-ordinator - activitygroups@u3avalldelpop.com

ACTIVITY

CONTACT



Allotment - We have a large 6m x18m allotment in Jalon. 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
dtheys14d18m@gmail.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. Cooperativa in Parcent.

WENDY SIM
wendy.sim1@hotmail.com
Telephone: 711090516



Canasta - We meet every Tuesday afternoon at Casa Claudia in Jalon. New members would be very welcome to join us.

MARY WOOD
marywoodspain@gmail.com
Telephone: 675 674 301

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ACTIVITY

CONTACT



Chair Fitness - Low impact, joint-friendly exercise class from qualified, experienced instructor

Jacintha Hoogewerf
jacinthahoogewerf@gmail.com
Telephone 634320606



Cinema - We aim to show a wide range of films in English. If you want to be included in the Cinema Group mailing list please contact Group Leader.

CHRISTINE BRAZIER
justnanny@live.co.uk



Digital Photography - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.

DAVID BROCK
Davidandellen50@yahoo.co.uk
Telephone: 606 995 919



Dining Experience - Is now venturing outside the valley. Members can recommend an old favourite that they enjoy or a new venue to try.

Paula Barrett
secretary@u3avalldelpop.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



Ladies At Lunch - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.

SALLY ELLIS
U3aladieslunch@gmail.com

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March 2026

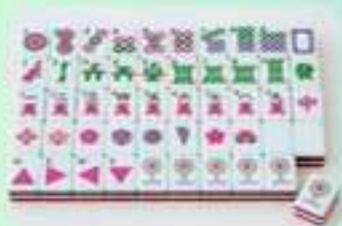
ACTIVITY

CONTACT



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.

PAUL CORAZZO
paulcorazzou3a@gmail.com
Telephone 603717784



Mahjong - Vinyaters Xalo Friday from 2.00pm
A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles.

BERYL COMAR
berylcomar@gmail.com



Men Who Munch - What happens at "Men Who Munch" stays at "Men Who Munch" Join in with our get togethers at various local bars or restaurants.

Chris Barrett
president@u3avalldelpop.com
Whatsapp +44 7772 106472



Mosaic 1 - We create decorative mosaics using glass and ceramics. Join us to learn how to do this fascinating hobby. Contact group leader

LIZ WILLIAMS
Lizwilliams2008@live.co.uk
Telephone: 684116089



Mosaic 2 - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.

SUE WILLIS
suewillis2@hotmail.com
MONIQUE LECKIE
monileck@aol.com



Open Forum - We meet fortnightly to discuss a variety of different topics, both serious and light-hearted. We are all different but we are all equal here!

SUE HARVEY
shirleyliber@yahoo.com
Telephone: 965730605

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ACTIVITY

CONTACT



Petanque - We meet every Wednesday & Friday mornings in Lliber

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
mike_heidi@hotmail.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
paulleniston@hotmail.com
Telephone: 651 633 198



Yarn & Thread - Anything to do with yarn and thread is welcome. We meet on the 2nd and 4th Monday morning of the month in Orba.

LORNA BOTTEN
lornabotten@gmail.com
Telephone: 96 558 3484

If you would like to promote your group in a future Newsletter
Please contact

Linda - news@u3avalldelpop.com



March 2026

u3a Vall Del Pop coffee mornings

We look forward to seeing you at the following events.

No need to book, just turn up.

Please note, occasionally dates and venues may have to be amended so please keep an eye on the new website or Facebook for updates.



Members General Coffee Mornings 11.00am

19th March
Blanca Bikes Parcent

15th April
Resto Bar Quijote Orba

21st May
Blanca Bikes Parcent

Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

March 25th

April 8th & 22nd

May 6th & 20th





March 2026

Travel & Entertainment

Don't delay book today!
travelentertainment@u3avalldelpop.com

All can be booked and paid for at General Assemblies and monthly coffee mornings or reserved via email link above. Don't miss out! They can sell out fast.



IKEA & Bonaire Shopping Centre

14TH APRIL 2026

Trip to Novelda

12TH MAY 2026

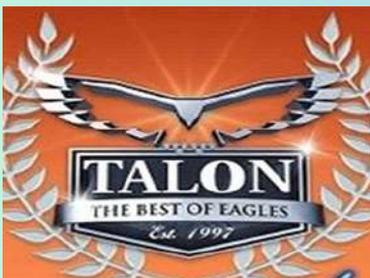


Summer Party

18TH JUNE 2026

Jazz Sunset Cruise

28TH JULY 2026



Talon at Benidorm Palace

11TH OCTOBER 2026



March 2026

u3a
Vall Del Pop
Raising Money for Local Charities
**Spring Fayre
& Car Boot Sale**
3rd May 2026
XALO/Jalon (Rastro Site) 10- 2pm
Stalls 10 euros
Vans & Trailers 15 euros
Payable in advance by bank transfer
To reserve your spot contact
goodwill@u3avallpop.com
Live Music, BBQ & Refreshments



March 2026



Tea Party

You are invited to a fabulous charity Afternoon tea at Los Oliuos, Lliber, on Friday 29th May 2026 from 2-5pm.

Live music, lots of cava/wine/ soft drinks, delicious home made sandwiches, savouries, cakes and scones with jam and cream.

Also a clothes and accessories sale and raffle. Who can resist?

Please notify in advance of any special dietary requirements eg vegetarian, gluten free etc.

All proceeds will be donated to Paws Xalo dog rescue and u3a Vall del Pop Goodwill (raising money for local charities).

Only 15e including oodles of cava!

To book please e mail: secretary@u3avallpop.com or book at u3a meetings or coffee mornings for u3a members or purchase tickets in Paws shop, Jalon.

Venue: Los Oliuos, Ctra Benissa Jalon 13 (CV 750,) opposite old Lady Elizabeth school and new housing development, just up from old Aromas. Parking available inside gates.



March 2026

U3A
VDP
PRESENTS
THE ENTERTAINERS



Summer Party
18TH JUNE 2026
POLIVALENT,
MURLA
DOORS OPEN 7PM
SHOW STARTS AT 8PM
TO 11PM

Bring Your Own Picnic, Buy Drinks at the Bar
all drinks 1€ Event open to Non Members!



MONEY RAISED FOR U3A GOODWILL CHARITIES

Tickets from GA, Coffee Mornings or goodwill@u3avalldelpop.com



March 2026



**You are invited to a fabulous summer evening bbq
on:**

Friday 26th June 2026

Time: 7pm-11pm

**Venue: Los Olivos, Ctra Benissa Jalon 13 (CV750)
Lliber (opposite old Lady Elizabeth School, where
the new houses are being built, just up from old
Aromas). Parking on site but please car share
where possible.**

**Fabulous bbq, (veggie options available), salad bar,
ice creams, raffle, live music, lots of dancing and
partying! A great way to celebrate summer and
raise money for great charities!**

**All drinks only 1 euro (bottles of wine/cava only 5
euros)**



**Proceeds will be split between Paws Xalo dog
rescue and u3a Vall del Pop Goodwill (supporting
local charities) so please come and support and
have fun. Family and friends welcome. Only 15
euros a ticket. Tickets available from Paws charity
shop, Xalo, or by e mailing**

**secretary@u3avalldelpop.com and at u3a meetings
and coffee mornings for u3a members.**

**Please advise any special dietary requirements on
booking.**



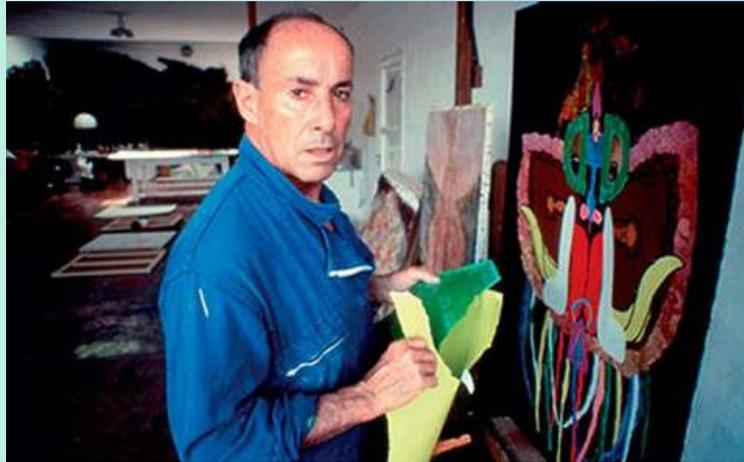
March 2026

Working in Collaboration with other organisations

CÉSAR MANRIQUE CABRERA

By ANGELA CHANTRY

WEDNESDAY, 8 APRIL 2026



César Manrique Cabrera (1919-1992) was a Spanish painter, sculptor and artist, best known for his architectural projects. He has been described as the man “building paradise in the ruins of hell”, with respect to his work amid the volcanic landscape of Lanzarote. Manrique was one of the foremost exponents of contemporary art in the Canary Islands and a reference in the relationship between art and nature. He was awarded, among others, the World Prize for Ecology and Tourism and the Europa Prize.

Morning lecture: Espai La Senieta, Avda. de Madrid 15, 03724 Moraira

Doors open at 10.15 for 11.00 h lecture.

Evening lecture: Casa de la Cultura, Plaça de Baix 6, 03730 Jávea

Doors open at 18.45 for 19.30 h lecture.

FREE ADMISSION FOR TASMA MEMBERS.

GUESTS WELCOME BY PREPAID €15 DONATION VIA WWW.ARTSOCMA.ORG

Why not join us for as little as €7.50 per lecture over a 12-monthly period.
Sign up for a Free Subscription to our What's On E-Journal about national exhibitions
and the local cultural and social scene, plus Newsletter, by emailing:

marinaalta@theartssociety.org.



We thank our Sponsors: Blevins Franks;
The Agency RE; Currencies Direct; Harvey Lawyers





March 2026

Working in Collaboration with other organisations

 DOG RESCUE 

FABULOUS FASHION SHOW

A 'FUN' - DRAISING EVENT
Wednesday 13th May 2026

PENSIONISTAS/LIBRARY, XALO
(NEXT DOOR TO SPORTS CENTRE)

TICKET ONLY € 8
TICKET PRICE INCLUDES CAVA & CAKE/SAVOURY

SHOWCASING

FABULOUS SPRING/SUMMER FASHION
CAKE/SAVOURY STALL
RAFFLE & GUEST APPEARANCE

ALL ITEMS AVAILABLE TO BUY ON THE DAY PLUS
ACCESSORIES, SHOES AND BAGS

TICKETS AVAILABLE FROM PAWS CHARITY SHOP

DOORS OPEN 10:00AM
SHOW TIME 11:00-14:00



March 2026

Un viaje épico al corazón de la música de los Beatles
en un espectáculo único sobre el amor, la amistad y la vida

Dancing with THE BEATLES

LA MOVIDA
VALENCIANA

Dirección artística: Rocío Reolid

SÁBADO 16 MAYO 2026

Teatre Calderón Alcoi