

NEWSLETTER

u3a
Vall del Pop



May 2026



May 2026

President's Message

Dear Members,

Our May General Assembly was a real test of our adaptability as an organisation when we learned at short notice that, for reasons outside our control, the Maskeraid drama group would be unable to entertain us as planned and that the best alternative they could offer us was a YouTube video of past performances. I am pleased to report that we passed this test with flying colours!

Immediately, and not for the first time, Paula began to work her magic on the phone. Before long Jacintha Hoogewerf had kindly agreed to deliver another of her popular ChairFit sessions and Paul and Judy Corazzo had offered to perform a few songs for us. In addition, Brigid Redmond was happy to introduce selected clips from the Maskeraid video in a rapidly improvised 'meet a member' session. The result of all this effort was a memorable day for the 81 people in the room.



Once we had completed our formal meeting everyone joined in enthusiastically with Jacintha's exercises, although a few (yes, yours truly!) struggled with the coordination. Next it was an absolute pleasure to see Paul and Judy performing together for the first time in well over a year because of Paul's serious illness and long treatment. They were worried that they might be a bit 'rusty' but the audience loved it and showed their appreciation. Finally, Brigid communicated very clearly her great enthusiasm for Maskeraid and her understandable pride in the substantial sums that the group raises for Cancer Care and other charities.

Many thanks not only to all the above but also the committee members and other volunteers who regularly help us to prepare for all our different events. A special mention also to Graham Higginson, who handed over €170 from the sale of books, to be added to our Goodwill funds.

Best wishes
Chris



May 2026

Maskeraid Amateur Theatre & Drama



Maskeraid is an amateur theatre and drama group, that were formed, intitally in 2017 under the name of Bananadrams .

We perform just for fun and to support local charities, in particular Cancer Care.



We meet and rehearse in Gata de Gorgos and are always seeking fun-loving people to join us.

If you want to have a bit of fun, can be free for Saturday rehearsals and don't take life too seriously, please get in touch. maskeraid22@gmail.com



May 2026

Friendship & Support La Palmera, Jalon



Wednesday April 8th was a full and buzzing La Palmera Bar/Restaurant Jalon hosting over 20 members of the Friendship and Support Group enjoying a special Easter Treat.

A delightful venue and menu to match, with handy parking on the Rastro site opposite, feel this could become a regular choice.

Looking around it was good to see that the very essence of Friendship and Support was evident, old friends and new chatting away, lots of laughter and good conversation.



Delightful coffee, yummy cakes, attentive service, reasonable prices and attractive surroundings, what's not to like?

I'll certainly be returning, a place where I'd feel comfortable on my own, but even nicer with some good company.

Sheila Skinner
Brigid Redmund



May 2026

MEN *who* MUNCH

On 30 April 12 of us gathered at the recently refurbished Verd I Vent restaurant, on the Bernia outside Jalon. They placed us all on one long table in a new room at the back. Conversation flowed and we were able to make a bit of noise, without worrying too much about disturbing our neighbours!

The food was as good and generous as it always is there, with tapas, salad and soup before a choice of main courses (the steaks looked particularly good) and dessert. We shall certainly return at some point.



In the meantime, our next lunch is planned for Thursday May 28 at a venue to be confirmed. If you would like to join us on this or other occasions, please contact me by phone/WhatsApp on +44 7772 106472 or email president@u3avalldelpop.com
Chris Barrett



May 2026

U3A Monday Ramblers



6 April – Lliber Zoo

The abandoned zoo may be a disappointment, but the rest of the walk is certainly not. We had lovely weather for both the walk and the drink in the square after the exercise.



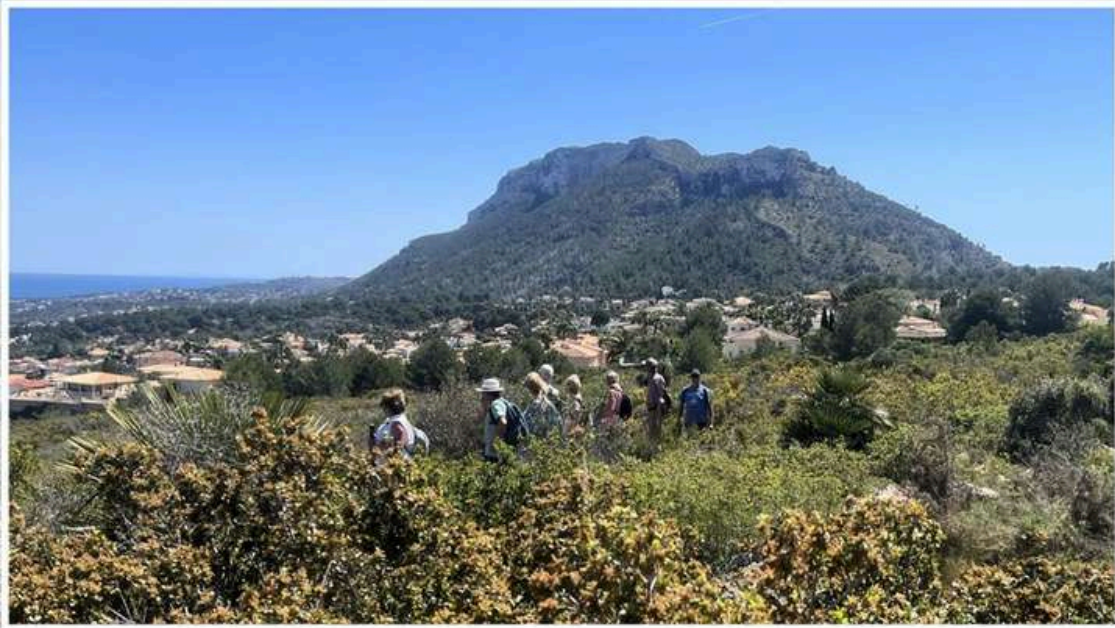
13 April – Parcent to Alcalali

A poor weather forecast of possible rain did not stop us walking, nor did it stop us having an enjoyable picnic break at the ermita.



May 2026

U3A Monday Ramblers cont.



20 April – Montgo Iberian Settlement

Every four to six weeks we have a more challenging walk. This time it was Montgo, but the easier Iberian Settlement on the “tail” of the hill, rather than the summit.



27 April – Alcalali to Parcent

Our last walk this month was along the pipeline from Alcalali to Parcent. A lovely sunny morning showed the wide selection of spring flowers to their full advantage.

If you would like more information about the group and our walks please send an email to pauleniston@hotmail.com



May 2026

Ladies Lunch April 2026

We were blessed with a beautiful, sunny and warm day for our lunch on Tuesday 21st April. Twenty of us were able to enjoy a relaxed afternoon in the garden at Victoria Station, Parcent.

It has been a while since we have visited and we were fed and looked after well.



Our next meal is arranged for 19th May at The Piscina In Parcent.

This will be our last lunch before the summer break.

However, there is still time to book your tickets to the Entertainers event on Thursday 18th June in Murla as compensation for no ladies lunch on the 16th June.

We will resume lunching on Tuesday 16th September 2026, all being well.

Enjoy your summer
Best wishes Sally.

NEWSLETTER

u3a
Vall del Pop



May 2026

Cinema Club

The Group continues to show some of the very latest releases and we strive to show a good variety of genres .

I am always happy to receive your recommendations for films you would like to watch .
Our film showing on the 25th of May is Song Sung Blue ,it contains numerous Neil Diamond song tracks including of course Sweet Caroline so we can have a singalong.

Thank you so much for your continued support and to Sally and Peter Ellis for all their help .
Don't forget your Popcorn !

SHOWING
25TH MAY



SHOWING
8TH JUNE

Doors open 6.45pm for a 7.30 start.

Jalon Salon (next to Town Hall) - 2 Euro donation

Non-members can enjoy a 1st taster visit, you can bring a friend or guest along for one visit



For further information contact
Christine Brazier
justnanny@live.co.uk




www.u3avalldelpop.com




May 2026


Driving Licence Changes in Spain


 Don't Believe the Headlines... Here's the Truth About Driving Licence Changes in Spain for 2026


You may have seen headlines claiming that the DGT is introducing major changes for drivers born between 1956 and 1961 from 2026.


 But the reality is a lot less dramatic than the headlines suggest.


Here's the truth:

 There is no automatic ban based on age
The DGT does not stop you driving just because you reach a certain age.

 The main change is about renewal periods
Once a driver reaches 65, the renewal period for a normal car licence is usually reduced from 10 years to 5 years.




 For professional licences, the renewal period is shorter
Lorry and bus licences are generally renewed more frequently.


 Drivers over 70 do not pay the DGT renewal fee
However, they still need to pass the required medical / psychotechnical examination.

 Medical fitness is what matters
The important factor is whether the driver is medically fit to drive safely - not simply their year of birth.

So what should drivers do?

If you were born between 1956 and 1961, the key thing is simply to:

-  check your licence expiry date
-  renew it in time
-  attend the medical test when required

 In short: don't panic, and don't believe everything the headlines tell you.

[Car Registrations Spain](#)



May 2026

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

NEWSLETTER

u3a
Vall del Pop



May 2026

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

NEWSLETTER

u3a
Vall del Pop



May 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



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
shirleylliber@yahoo.com
Telephone: 965730605



Petanque - We meet every Wednesday & Friday mornings in Lliber

GERRY BACON
Gerard.bacon@yahoo.com
Telephone: 600 652 821



May/ 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

21st May

Blanca Bikes Parcent

17th June

Resto Bar Quijote Orba

16th July

Blanca Bikes Parcent

Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

May 20th

June 3rd & 17th

July 1st, 15th & 29th





May 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.



Summer Party

18TH JUNE 2026

Jazz Sunset Cruise

28TH JULY 2026



Talon at Benidorm Palace

11TH OCTOBER 2026



May 2026

u3a
Vall Del Pop
Raising Money for Local Charities

Spring Fayre & Car Boot Sale

NEWS
UPDATE >>> 24th 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

*Save
the
Date*



May 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



May 2026

Working in Collaboration with other organisations

HELP
of Marina Alta
Reg. No. 3706

NEW
IN MARINA
ALTA!

WE ARE LAUNCHING A
MEMORY
CAFÉ

FOR PEOPLE
WITH DEMENTIA
AND THEIR
CARERS

WHERE
MEMORIES
ARE SHARED,
CONNECTIONS
ARE MADE

A warm, welcoming space for support, friendship and connection.

A Memory Café is a welcoming space where individuals living with dementia (Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies or Frontotemporal Dementia), and their loved one can come together to socialize, share experiences, build meaningful connections with others in a similar situation and access emotional support, activities and advice.

More than just a coffee

WHAT YOU'LL FIND AT OUR CAFÉ:

- Socialise & make new friends
- Emotional support for you & your loved ones
- Meaningful activities & engagement
- Share experiences & advice
- Support for carers in a understanding environment
- A relaxed, friendly atmosphere

HELD MONTHLY AT:
HELP of Marina Alta Activity Centre
La Xara

WHO IS IT FOR?

- ✓ People living with dementia
- ✓ Family members
- ✓ Carers
- ✓ Friends and loved ones

You are NOT ALONE.
Let's do this together.

FOR FURTHER INFORMATION
PICK UP A LEAFLET HERE OR CONTACT:

Kevin Hellan-Sole: 675 771 285
Between 10am & 2pm
Monday to Friday

mail
office@helpmarinaalta.org

GET IN TOUCH TODAY!

Together we can create a community full of understanding, support and moments that matter.



May 2026

Working in Collaboration with other organisations

THE ARTS SOCIETY MARINA ALTA PRESENTS

NO DEAR, THAT'S NOT FUNNY

By HARRY VENNING

WEDNESDAY, 3 JUNE 2026



Back by popular demand, join award-winning cartoonist, Harry Venning, as he escorts you through the peaks and pitfalls of his profession, supported by visual contributions from such luminaries as Matt Groening, Dr. Seuss, Charles M. Schulz and Gary Larson.

One of our most entertaining lectures of the season!

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

Join us from as little as €7.50 per lecture - see membership benefits at www.artsocma.org
Sign up for a Free Subscription to our Newsletter, via email: marinaalta@theartssociety.org



We thank our Sponsors: Blevins Franks; Currencies Direct;
Harvey Lawyers; The Agency Re Costa Blanca North.

