



April 2024

President's Message

Dear Members,

For those of you are here in Spain, I hope you are enjoying the Costa Blanca at its Spring-time best. For those of you who are not here, you know what you are missing!

On 4 April we held our first General Assembly under the new committee. Many thanks to the committee members and other helpers for making this another successful day.

Sally Millane kindly opened the assembly with some seated yoga, to wake us all up! It was good to see almost everybody participating, to the best of their abilities.



I then presented Bob Welham with a lifetime achievement 'Oscar' in recognition of all his work for the U3A. This was received with typical good grace!

During the meeting Barbara Bentley told us that, after expiry of the end-March deadline for renewal of the annual membership, she had 418 paid-up members on her database, which was very close to the figure 12 months ago. However, this was without the 10 new members who had already joined in April. This continues the positive trend of new joiners that we have seen at recent meetings, even before we launch any possible initiatives to attract additional members.

Sonia Higginson for TCET and Paula Barrett for the Goodwill team described a wide range of upcoming events. The highlight should be a musical evening at Los Arcos on 28 June, with The Entertainers and Paul and Jude Corazzo performing for us. This will be a fundraising event in memory of Sandra Welham, continuing our already very successful efforts to raise funds in her name for Cancer Care in Javea.

After the formal part of the meeting, Pauline McGough entertained us with some of her slightly risqué songs, which the audience loved. Phil Bennett from MiSolar then gave a very informative presentation on solar power, which generated (excuse the pun!) considerable interest.

Next month we shall have another full agenda for our meeting on 2 May. As always, this is a wonderful opportunity to connect with fellow members. I look forward to seeing as many of you as possible on the day.

Best wishes, Chris



April 2024

Introduction to the Committee 2024/25

Following the U3A Vall del Pop AGM on 7 th March 2024 at the Polivalent, Murla, the members who were present voted in your new committee for 2024/5.

We are delighted to confirm the following committee members and we look forward to working for you and with you to continue to provide an enjoyable association to share knowledge, skills, interests and experiences.

We will get round to updating photos and providing write ups as soon as possible so you know a bit about us and recognise us!

President: Chris Barrett
Vice President: Paul Corazzo
Treasurer: Roger Bentley
Secretary: Paula Barrett
Assistant Secretary: Sally Ellis
Groups Coordinator: Teresa Tillbrook
Membership Secretary: Barbara Bentley
Hospitality Officers: Gerry and Mary Bacon
Vocal: Christine Rowland
Vocal: Brigid Redmond

Other useful contacts:
Publicity Officer: Paula Barrett
Newsletter Editor: Linda Burns
TCET Coordinator: Sonia Higginson

Kind regards
Paula Barrett





April 2024

Welcome to the U3A Oscars



Those members who attended the General Assembly on Thursday 4th April were honoured to be part of an Oscars ceremony!

New President, Chris Barrett, presented our former President, Bob Welham, with an Oscar for lifetime achievement. Perhaps the most prestigious award of all Oscars is the lifetime achievement award, celebrating the entire body of work produced by an individual.

Among the winners of the lifetime achievement Oscar are Charlie Chaplin, Orson Welles, and Gary Cooper. And now we have another among us here in the U3A!

Bob had already been made an Honorary Lifetime President by the last committee and now uses the initials HLP when he signs autographs.



Usually the receiving of an Oscar is accompanied by an emotional speech thanking “everyone who has made this possible” including parents, loved ones, mentors, colleagues etc.

In Bob’s case he fought back the tears bravely whilst accepting “this piece of plastic tat” which he advised would be placed next to the toilet rolls in his bathroom. His acceptance speech lacked sincerity it has to be said.

He was keen to know if it came with any monetary benefit, sadly not. Or any advantages, again not. Chris did concede Bob might have a very small right to interfere on occasions, but couldn’t guarantee he would take any notice.

Oh well, it’s the thought that counts, Bob. And not everyone has a gold plastic Oscar in their toilet. Visitors partaking of the facilities will surely be impressed.

Paula Barrett



April 2024

Ladies At Lunch Nou Portet, Murla March 2024

Tuesday, 19th March 2024, was the festival of San Jose, in Spain. The Fallas and Fathers Day. So, Ladies At Lunch were extremely lucky to be hosted by the restaurant Nou Portet, Murla, on such an important and busy day. They catered for 26 Ladies beautifully. The staff were very attentive, friendly and entertaining.

Our waitress made sure we all received our chosen drinks, and checked all our starters and main courses and informed the kitchen. Entremesas of aioli, bread and empanadas arrived, followed by a variety of pre ordered salad, soup or crepe starters.

We went on to enjoy our tasty main courses and desserts.

As you would expect there was lots of chatter and laughter as we all caught up with one another.

We all sang 'Happy Birthday' to Ann Allen-Foord, celebrating her birthday on the 20th March.

A really good fun and uplifting afternoon was had by everyone.



Our next Ladies at Lunch event is Tuesday, 16th April 2024.
A venue is to be confirmed.

If you would like to join our U3A activities and events please head to our website u3avalldelpop.com for more information about membership.



April 2024

Walking Group

4 March – Jalon Circular

At present we have 16 suitable walks, all about 9km and three to four hours to complete. We are always looking for suitable new walks, and this month we introduced this one. Some of the path was a little more challenging than normal, and it also involved a little more ascent. But it also included some spectacular views of the valley, especially when we had our picnic half way through the walk.



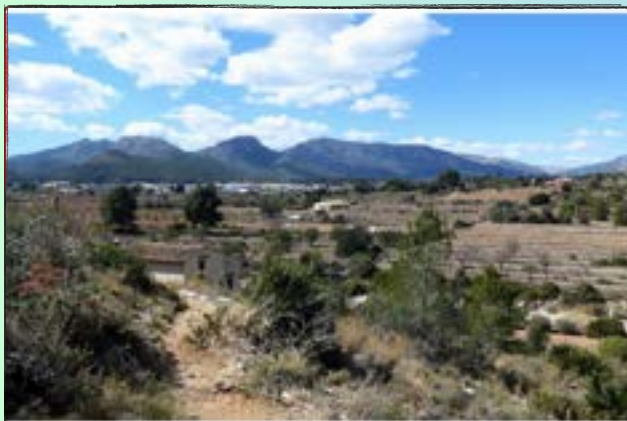
11 March – Lliber Zoo

There are not many animals so the title “zoo” is a little misleading. But it does distinguish this one from the other three we do from Lliber.

This time we introduced a new section. Again the track was a little more difficult than our valley walks, but again the views made it well worthwhile.

18 March – Alcalali to Jalon

The temperature reached 26c on today’s walk, making it feel more like a May or June walk rather than late March. Fortunately this is a low level valley walk, but it still took us longer than usual to complete the 10km route. This was partly because we had more water stops than usual, but also the pace was slower than our norm to allow for the higher temperatures.



25 March – Walk Cancelled

The weather forecast was 70% chance of rain, so we cancelled the walk. One of the first walking guide books I read about the Costa Blanca said in the introduction “it is a shame to waste a good walk on a wet day”. Fortunately we have very few wet days here in the valley; in fact this is the first walk I have had to cancel since March 2023. And the forecast for Monday 1 April is sunny and 20c – that’s more like it.

If you would like more details please send an email to pauleniston@hotmail.com



April 2024

Chess Group

The Chess Group continues to thrive and merrily goes on. We meet weekly on Wednesdays from 1.45pm until 4.00pm at the Shack in Jalon, thanks to Mark's hospitality.

We have recently acquired two new members who are Spanish, Arancha Maria and Carlos, both of whom are very good players and are now the ones to beat in the group. Both have joined the U3A, as is necessary to play and apart from playing are helping me trying to speak Spanish. We also have had a couple of players who have learned from scratch and now are able to play a decent game which is good to see.



New members are always welcome, take a look on the web site, sign up and come and join us.
Or drop me a line for more information
raypierrot@btinternet.com

Enjoy each day with U3A Group Activities

Don't be alone, pick up the phone and contact one of our group leaders

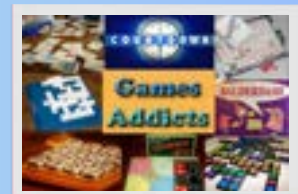
If Not Now, When?

Contacts on following pages



Lets Play Games!

Canasta, Bridge, Chess and Games Addicts



Maybe enhance that creative streak within you

There is lots to inspire you

Mosaics, Yarn & Thread, Card Making & Digital Photography



Lots of regular social events to enjoy with fellow members

Dining Experience, Cinema Club, Singing, Ladies Lunch or Men Who Munch



Contact details on following pages, the website or contact
Teresa Tillbrook (group's coordinator) on teresau3agroups@gmail.com



April 2024

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!

New Activity, New Friends

Contact group leader for more information

If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at U3avalldelpopnewsletter@gmail.com. Updates of activities always welcome and deadline for next publication is 6th May 2024 for distribution on 13th May 2024.

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.	<u>Duncan Thompson</u> 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.	Wendy Sim wendy.sim1@hotmail.com Telephone: 711090516
	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

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	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 - Meets weekly, 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
	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 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.	PAUL CORAZZO paulcarazzou3a@gmail.com Telephone 603717784
	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

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	Activity	Contact
	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
	Open Forum	ANNESLEY SINCLAIR annesleysinclair@gmail.com Telephone: 965730605
	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



April 2024

Goodwill Events

The U3A Vall del Pop Goodwill team is the fundraising arm of the U3A raising funds for local charities.

We aim to provide varied events that our members will enjoy and will want to support.

To this end we are planning the following and giving you plenty of notice to pop in your diaries for 2024. More details will be notified for each one in due course.

We very much hope you will come along and support them:

29th May a fabulous afternoon tea with cava incorporating
a super clothes sale and live music
Further information and booking on Page 8



28th June a wonderful evening with The Entertainers at a bring your own picnic at Los Arcos
In Celebration of Sandra Welham
To book contact goodwillevents2@gmail.com

25th September - An evening music quiz, meal and disco



31st October - A Halloween evening of fun, meal and live music



In addition the General Assemblies we will be hosting:



2nd May - Plant Sale
6th June - Sausage Rolls
After the summer to be advised.



We will also be holding our pre loved stall at monthly meetings and welcome any unwanted items in good condition to sell. Graham's bookstall will be there too!

We hope you will enjoy the variety of great events in the valley.
A lovely way to meet new friends and enjoy old friends.

Paula Barrett



April 2024

In Celebration of Sandra Welham

We are honoured and excited to announce this very special evening on 28th June at Los Arcos, Pedreguer, where the fabulous Entertainers will be performing for us along with our very own Paul and Judy J.

The evening is a celebration for Sandra Welham, our dear friend and Secretary, who very sadly passed away in February and who was one of the original Entertainers along with her husband, Bob.

USA VDP PRESENTS THE ENTERTAINERS

IN CELEBRATION OF SANDRA WELHAM

28TH JUNE 2024

LOS ARCOS GARDENS, PEDREGUER

GATES OPEN 7PM

With Support Act Paul & Judy J

Picnic Party Theme - Wimbledon, Ascot, Henley Regatta - Dress Your Own Table and/or Yourself! (Optional)

Bring Your Own Picnic, Buy Drinks at the Bar

ALL PROCEEDS TO CANCER CARE JAVEA

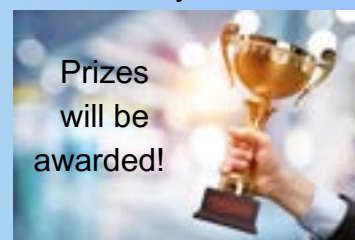
Tickets from QA, Coffee Mornings or goodwill@u3avdp.com

It was Sandra's wish that a musical event be held in her memory so we hope you will support it and make it a very special evening.

Tickets are in great demand and we expect it to sell out quickly so please don't delay if you would like to come. We would hate you to be disappointed but numbers are strictly limited.

It is a bring your own picnic evening with drinks to be purchased from the bar and tickets cost only 10 euros

The theme, should you wish to make it even more fun but not compulsory, is an English summer of Henley/Ascot/Wimbledon so you can dress up or decorate your table as you wish.



We think Sandra would have loved this, especially as she was a PE teacher and an excellent tennis player.

All proceeds from ticket sales and a raffle will be donated to Cancer Care Javea who provided wonderful care and support to both Sandra and Bob and to whom we are very grateful.

We look forward to seeing you there.

Kind regards
Paula Barrett



April 2024

Donation in Memory of Sandra Welham

Towards the end of last year Caixa bank in Jalon very generously awarded the U3A Vall del Pop with 1000euros to be spent to benefit the local community.

The U3A committee has considered various ideas but has decided to purchase an end of life/hospital bed for use by the community.

This will be donated by Caixa bank and U3A Vall del Pop in memory of our dear friend and Secretary, Sandra Welham, who very sadly passed away in February.

There is a financial shortfall and the U3A Goodwill team, the fundraising team who raises money to support local charities, has kindly agreed to make up the difference from their fundraising efforts. Sincere thanks must go to all our members who support our fundraising for making this possible.

Jalon Valley Help have very kindly agreed to receive the bed in their equipment store in Jalon and issue it as required. We are very grateful to them for their advice as to which bed to purchase based on size, design, suitability and manoeuvrability and for their support.

Regrettably these beds are in great demand and, despite JVH purchasing more beds recently, there can be a wait for one. We hope that by purchasing ours it will help many people in the local community in the long term.

We know from first hand experience how invaluable these beds are for both the patients and carers. We are very pleased to be able to help in this way.

Our sincere thanks to Caixa bank for their generosity.

As soon as the bed arrives we will have an unveiling and include photos in the newsletter.

Kind regards
Paula Barrett

NEWSLETTER

u3a
Vall del Pop



April 2024

DRU YOGA

A gentle but powerful workout.
It calms and reduces stress,
improves focus, physical strength,
balance and energy.

For further information contact
SALLY MILLANE
Sallysunshine436@gmail.com



HELP MARINA ALTA

As President of HELP of Marina Alta I am really pleased that Paula (please note this is not our own Paula Barrett) is joining us from tomorrow holding two hour sessions every Friday in our Activity Centre in La Xara. Avda Oeste No. 29. Call Paula if you want to book to talk with her about your medical issues for guidance.



Fabulous News. Our New HELP NURSE PAULA begins with us from the 5th of April in our Activity Centre in La Xara. Avda Oeste 29. From 10am to 12pm .
If you have a concern with regards to you medication, care etc. If you are diabetic or undergoing treatment for Cancer, struggling to understand your illness and need more support with your treatment or maybe you are the carer of your loved one and want to make sure you are doing things the right way, then book to visit Nurse Paula on:
00 34 690116825
HELP is here for you ❤️

CARITAS COLLECTION

You may recall twice a year we have a collection of toiletries, cleaning products, household goods etc which we donate to Caritas, the Spanish organisation that helps people in need.

In this case they are issued to families in need in the local villages around the valleys.

Our first collection of the year will be at the General Assembly on 2nd May.

Our second collection takes place at Christmas.

If you are able to donate any of these items they will be very gratefully received. I know they are usually overwhelmed by members' generosity.

Please, no food products.



Many thanks for your support.
Kind regards
Paula Barrett



www.u3avalldelpop.com



April 2024

CAVEAT EMPTOR - Spanish Customs

No, I'm not talking about Siestas and Fiestas, but Aduanas..the Spanish Customs service. You might already know, or have found out as painfully as I did, but my recent experience turned into an exasperating and farcical one and might help you not to fall into the same trap.

Many years since I ordered anything online from UK so hadn't tested the post Brexit minefield. Tempted by something I went ahead and seeing deliveries to Europe from a London based company, duly paid, online, 147 euros at the end of February.

My order and payment duly acknowledged, advised within a couple of days that it had been despatched, I waited. I waited a couple of weeks, enquiring at local Post Office, even at Orba...nothing! Then got a Bureaux Fax! Official and officious, advising me that I would have to pay an Import Tax to Aduanas 86.42 euros...yes...more than 50% of the value of the order.

Fortunately, the suppliers honoured their word and refunded this, I still consider, outrageous charge, so I waited again for delivery. By late March I was trying to find out why my parcel had still not arrived. No luck at Parcent, no luck at Orba, bearing proof of Aduana's acknowledgement of my payment the young lady at Orba tried to help me. Eventually admitting she too had drawn a blank, she gave me the phone number for Aduanas .

After the usual lottery of pressing the right number to find a human, I luckily got a helpful lady who listened to my complaints about the whole experience to date. She took all my details..again..and, as promised, phoned me back to advise me that my tubes of face creams, declared as such, were still at Madrid airport..a month had passed and customs had seized them for further examination as they were deemed a potentially dangerous Pharmaceutical product that had to be examined to be imported.

You couldn't write this stuff, could you? And I belong to the Creative Writing Group!!

She couldn't tell me when it might be cleared. that could take up to 45 days more possibly and no guarantee they'd approve them, and the package would be destroyed. Great news, eh? She directed me to a different tracking part of Aduanas webpage. This one had the whole story from the bottom upwards, the 29th of February arrival in Spain ...step by step the various things required.

And topline it was still sitting at the Customs Office at Madrid airport awaiting inspection.

I had kept the London supplier up to date with what had happened, rightly very sympathetic and apologies for all the hassle. At this point I put the ball back in their court and said as I hadn't received the goods paid for...and there seemed a likelihood that I might not, I would expect a full refund.

They are very professional and agreed to this.

April 3 still no transfer, but that morning I got a call from my lovely post lady... "Sheila, tu paquete está aqui" I collected it and advised the London Company it was here.

Unsure how that refund would evolve, or not, I waited for their decision. But great news from London, they very courteously waived the whole charge, so after a really stressful period, I did in fact get a free gift. Very impressed with their customer care and told them so, but still, I won't be ordering anything else from UK.

SHEILA SKINNER



April 2024

Fabulous Charity cava afternoon tea and clothes sale



What better than a fabulous summer garden party afternoon tea with a glass or two of cava, great raffle, live music by the fantastic Paul Corazzo and a chance to shop?



Date: Wednesday 29th May 2.30-5pm

Venue: Los Olivos, 13 Ctra Benissa Jalon CV750 (opposite old Lady Elizabeth School) 2 cream stones by drive.

Bring friends and eat, drink, sing, dance and shop! Only 12e a ticket.

Tickets available from GAs, coffee mornings or reserve via e mail goodwillevents2@gmail.com

Please car share where possible. Look forward to seeing you. All proceeds to Paws Xalo dog rescue and U3A Goodwill so please come and support the charities.



April 2024

THE ARTS SOCIETY MARINA ALTA

Presents on 8th MAY 2024



MASTER OF SUSPENSE: ALFRED HITCHCOCK

By John Francis

NEW Morning Venue! ESPAI LA SENIETA, MORAIRA

Evening Venue: CASA DE CULTURA, JÁVEA

We shall pull back the shower curtain on Hitchcock's dark films about human obsession.

After moving to Hollywood, Hitch created several masterpieces of cinema including Vertigo (1958) and Psycho (1960). Vertigo has been recently voted by critics as the best film ever, overtaking Citizen Kane, while taking a shower still fills many people with dread and foreboding thanks to Hitchcock's modern horror classic, Psycho. A full analysis of Hitchcock's techniques and influences will be the central focus of this lecture. The French New Wave critics of Cahiers du Cinema argued that his films should be regarded as artistic masterworks.

John Francis is an inspirational speaker who has taught film, art and pedagogy at universities, plus delivered lectures and workshops in the USA, Beijing, Malaysia and the UK. Initially trained as a painter, he went on to be artist in residence for the state of Texas. Later in his career, John produced and directed several short films and animations.



TASMA presentations are held at two locations:

NEW Morning Venue! Espai La Senieta, Av. Madrid, 03730 Moraira

Doors open at 10.15 hrs; presentation starts at 11.00 hrs.

Evening Venue: Casa de Cultura, Plaça de Baix 6, 03730 Jávea

Doors open at 18.45 hrs; presentation starts at 19.30 hrs.

Admission: Free Entry for Members; Day-Members €15 (Pre-paid via www.artssocma.org)

Email: marinaalta@theartsociety.org





April 2024

"PAWS"
DOG RESCUE XALO
"Bigger & Better"
FASHION
SHOW

A "Fun"-draising event showcasing some of our fabulous Spring/summer fashion. Music from our DJ, cake stall & raffle and GUEST APPEARANCES!!! All show items will be available to buy on the day plus accessories, shoes and bags

WEDNESDAY 8TH MAY
DOORS OPEN 10.00H
SHOW FROM 11.00H~13.30H

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

Tickets €5.00
Ticket price includes
Cake & Cava
Tickets available from
Paws Charity Shop



April 2024

Javea Players presents...



Come and be spooked by ***Blithe Spirit*** an amusing play by **Noël Coward** at his brilliant best. Directed by **Claire Schoonover**, the play concerns the socialite and novelist Charles Condomine, who invites the eccentric medium and clairvoyant Madame Arcati to conduct a séance, hoping to gather material for his next book. The scheme backfires when he

is haunted by the ghost of his wilful and temperamental first wife, Elvira, who makes continual attempts to disrupt Charles's marriage to his second wife, Ruth. Fun and funny.

At the Union Musical, Gata de Gorgos

Private car park next to theatre reserved for audience

Monday April 22 7.30pm Gala Night, Cava & Canapés 20€

Posh frocks optional

Tuesday 23 to Friday 26 April 7.30pm 15€,

Matinee Saturday 27 April 4.00pm pm 15€

To choose seats and buy tickets www.javeaplayers.com

Depending on demand **we plan buses** from Javea Port via Montgo Supermarket and from Moraira to the theatre, **please register your interest using link above.**



April 2024

Keep Fit with Jacintha & Qigong with Jacintha

Keep Fit: This workout starts with a warm up, followed by cardio dance, body toning and a lovely cooldown, all at your own pace and to music of the seventies, eighties and your favourite hits of today . Low impact, no jumping jacks !

Chineng Qigong: Chinese yoga, mindfulness and fitness in one: your mind comes to rest, your body gets stronger!

Where and when?

Monday 10.00-11.00 Keep Fit at Los Amigos in Alcalali

Tuesday 11.00-12.00 Chineng Qigong at sports centre in Jalon

Wednesday 11.00-12.00 Keep Fit at sports centre in Jalon

Friday 10.00-11.00 Keep Fit at Los Amigos in Alcalali

Costs?

First class for free

€25,- per month

€7,50 pay as you go/ticket box

The average age is between 45 and 75 years young.

Please send me a PM if you want to join, or if you have any questions!

Love Jacintha

Qualified and legal group fitness instructor

Facebook page: Keep Fit with Jacintha & Qigong with Jacintha