

# U3A Calpe NEWSLETTER

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## Informal Summer Dinner and Dance

This promises to be a lovely evening of dinner, drinks and dancing! It will be held at Restaurante Dracula (in the Port) on Wednesday 29th April at 7 for 7:30pm and will cost €16 to include cava reception, 3 course meal with coffee and wine. Further information is provided later on in the newsletter.

Hello, and welcome to our February newsletter.

We hope that this New Year is treating you well so far and you are keeping up with the constant changing weather we are having!

Please do not forget that without your news and articles to put in it, we would not have a newsletter at all. So please keep sending in your fun facts, stories and news items as we continue into 2015.

We are delighted to announce that our speaker this month will be Dr. Ignacio Poole who will be giving a talk on Re-Construction Surgery. Dr Poole is a family doctor and Master in Cosmetic surgery at his clinic in Javea. He works in Calpe's Centro de Salud 2 days a week and his speciality is re-construction surgery. This includes face surgery on people that have been involved in accidents.

## Coming events

Our next general meeting will be on **Thursday 19th February 2015** at the Ifach Hotel, Salon Mare Nostrum at 10:00 for 10:30 AM.

Please see below for all of our meeting dates for this year:

- 19th March
- 16th April
- 21st May
- 18th June
- July and August
- No meetings**
- 17th September
- 15th October
- 19th November (AGM)

## Just For Fun!

1. How much does a cubic metre of water weigh?
2. LSD is synthetic derivative of which type of naturally occurring growth?
3. Who skipped the light fandango with sixteen vestal virgins?
4. How many points are there on a compass?

## Member News

*From: Giovanna Wallis and Kerry Edwards*

Giovanna and Kerry are going to be making themselves available to all U3A members as “computer helpers!”

They are offering to come to you and your computer for advice, hints and tips. This could be for anything computer based, such as navigating the web, filling in forms online, booking health centre appointments or even Facebook!

A nominal fee may be charged to cover expenses.

For more information contact Giovanna on 634 347 937 and Kerry on 96 583 0239.

## Travel

### Benidorm Palace

Friday 20th February 2015

Cost: €55 pp including dinner with wine and cava

Fabulous show “Efex”.

The coach, which is included in the price, will leave the Esmeralda Hotel at 19:30 and get back to the hotel at approximately 01:45. Very few places left so book quickly to avoid disappointment.

### Senorio de Barahonda Winery, Yecla and the Shoe Museum, Elda

Friday 6th March, 2015

Cost: € 35

(Non-members welcome: €40)

A very interesting day, first visiting the Shoe Museum in Elda followed by a Visit to the Barahonda Winery at Yecla. We will be having a guided tour, tasting their wines and a three course lunch in their Restaurant. The bus leaves the Esmeralda Hotel at 08:00. We still have a few places left.

## Northern Spain/Southern France

A 7 day/6 night trip departing on 31st May 2015.

Cost: €385 pp, single supplement is just €90 for the whole week.

A fantastic tour of this lovely area. We have had a good response to this trip but there are still some places left so don't miss it!

**Please note:** in future all trips booked at the general meetings will be subject to a holding deposit of €5.

For any further information or suggestions for any future trips, please contact [ellen.mitchell1@btinternet.com](mailto:ellen.mitchell1@btinternet.com) or [penelopebrighton@hotmail.com](mailto:penelopebrighton@hotmail.com)

## Local News

### Padrón Registration

Registering on the Padrón is essential to making sure our great town receives all of the help from central government that we need. For example, if the current Padrón was a true representation of all of the people we have living here in Calpe, we would qualify for National Police.

It is so easy to get your name on the register. You do not have to have a Residencia Certificate to be on the Padrón. You must take with you proof of you either owning or renting a property in the Town, your Passport **or** Residencia and NIE number. You need to take the original documents plus a copy and go to the OAC office (ground floor of the Town Hall).

Opening hours are:

Monday to Thursday: 08:00-17:00

Friday: 08:00-14:00

Saturday: 10:00-13:00

Going on the Padrón also gets you some great personal benefits too. Did you know that if you are over 65 and you have your proof of Padrón registration, you qualify for a Pensionistas card? This card entitles

you to discounted (a couple of free) bus fares. Great discounts in shops, bars and restaurants, and of course some fantastic trips.

Go and visit the civic centre offices (opposite the Casa de Cultura) with your proof of Padrón form and proof of age (passport) on a Monday, Wednesday or Thursday from 10:30 to 13:30 to collect your card.

## **Social Events News**

### **Informal Summer Dinner and Dance**

As mentioned on the front page of this newsletter, we are holding an informal dinner and dance at Restaurante Dracula (in the port) on Wednesday 29th April 2015.

This event will cost €16 per person and includes a cava reception, 3 course meal with bread, *Alioli* and wine with coffee included. There will be live music by Daniel and this event promises to be a great start to those balmy summer evenings we are all craving.

We are starting to take monies and menu choices at this month's general meeting. Depending on the initial response, we may have to limit this event to members only so book early to avoid disappointment.

## **Groups News**

### **Badminton**

The Thursday morning Badminton Group usually consists of about a dozen players, 50-50 men/women with all ability levels.

Members tend to look on the morning more as an enjoyment than serious "cut throat" playing! We have the use of four courts.

After the session, most of us go for a well-earned drink in the bar, upstairs. We are always ready to welcome new members, and at a cost of €1 per person per session, it's a good morning's enjoyment that won't break the bank!

If you would like any further information, please contact the Group Leader, David Lodge on 96 587 4799.

### **Dance Fitness**

This group is run in association with the U3A as it is an already existing class at the Footlights Studio (formerly New Med Dance).

It is open for any members of the U3A who would like to join at any time. It is a low impact fun class designed to raise your heart rate and mobilise your joints.

It is held on a Tuesday and Thursday morning from 10-11am and costs €5 per class.

Please contact Giovanna Wallis for more information on 634 347 937 or [editor@u3acalpe.org](mailto:editor@u3acalpe.org)

### **Flower Arranging**

This group, run by Tina Wallis, has started again on Mondays at 10:30am at *Restaurante Exotic* on *La Fossa* beach.

The dates of classes up to May are:

- 9th & 23rd March
- 13th & 27th April

Please contact Tina on 96 583 3197 or [tinamaria19@gmail.com](mailto:tinamaria19@gmail.com) for more information and to sign up for this group.

### **Men's Dining**

This group has now been running for about four years and does exactly what it says on the tin.

We meet on the last Thursday of every month for dinner in a Calpe restaurant, though occasionally one nearer to Moraira for members living that way.

Restaurants are chosen either by recommendation of members or to try somewhere new, and we look for a set menu including wine to suit all tastes.

The last such outing was at the Brauhaus in Calpe, not visited by us before and slightly more expensive than usual, but nineteen of us enjoyed an excellent menu and free beer, and were well looked after.

If you wish to join us for our next meeting, please call Roger on 96 574 8827 for more information.

## Swimming

Nicola Martinez is running her U3A session on Wednesday mornings from 10-11AM.

They offer U3A members various discounts. To get these we need to buy an access members card for only €3. Here are the following monthly payment options with no visit restrictions:

- Swim, Sauna and Jacuzzi €20 (normal price €35)
- Swim + AquaGym - Tuesdays and Thursdays 10-11am for €35
- AquaGym + Gym – Tuesdays and Thursdays 10-11am for €28

You must show your U3A membership card and be 60+.

Please contact Nicola for full details on 96 583 2837.

## Reports

### Group Report: Tennis for Beginners

*By: Roger Milsom*

The Group is aimed at people who have either never played the game, or haven't for many years.

We play every Thursday and Friday, year round, on the three courts at Golf Ifach, 09:30 until 11:00, after which we retire to the bar to replace the sweat generated.

The Group is now in its eighth year and has a total membership of sixteen people, and due to this number we can unfortunately take no more.

There are many original members and so the 'beginners' is a bit of a misnomer, as all of the Group are now pretty good!

The Group holds two dinners in a year in Summer and at Christmas. At our Christmas dinner we include an Awards ceremony - Best Lady, Best Gentleman and Overall Player of the Year.

This is a typical U3A Group, formed by a member after a request from other members, and from which many friendships have been formed both on and off the courts.

I'm very pleased and proud to be associated with the Group and hope we continue for many more years yet.

## Answers to quiz

1. One Tonne (metric)
2. Fungus
3. Procol Harum in a whiter shade of pale
4. 32