



Today's Guest Speaker:

Pedro Dominguez
The Spanish Red Cross

October:

Joan Flint
'Sent to Coventry'



Trips

Trip to Madrid Monday 23rd to Friday 27th October

5-day trip, staying half-board in a 2-star City Centre hotel. Excursions included.
Cost - Double Room **€270** per person.
Single Room **€370**.

Full payment required today.

Cocentaina All Saints Fair Friday 3rd November

Return coach trip to this renowned annual market event in Cocentaina.
Coach departs Albir at 10.00 am
Cost: **€10** per person (includes driver tip).

Full payment required today.

Christmas Trip to Almuñécar Saturday 23rd December to Wednesday 27th December

5-day trip, staying half-board in a 4-star hotel close to town. Excursions included.
Cost - Double Room **€260** per person
Single Room **€370**.

€30 deposit required today.

Balance due at October meeting.

Caribbean Cruise 31st March 2018

14-day all-inclusive Caribbean cruise on Pullmantur Zenith, including return flights from Alicante.

Roundtrip from Dominican Republic to:
St. Kitts - St. Maarten - Antigua -
St. Lucia - Dominican Republic - Dominica
- Barbados - Grenada - St. Vincent

Cost - Outside Double **€2097** (per person).
Outside Single **€2877**

All trips should be booked with our Travel and Events Co-ordinator, Rob Parker.



Dining Out

Dining Out Xorta Restaurant, Guadalest Friday 29th September - 1.30 pm

3-course meal with bread and alioli, plus wine or water or a soft drink.
Cost - **€16.00** per person including tip.
See Liz Parker.

Fully Booked

Monthly Picnic Villa Gadea Picnic Area, Altea Tuesday 10th October - 1.30 pm

Attractive coastal picnic area near the old Police Station behind the Villa. Gadea Hotel on the N-332, Altea.
Contact: Elaine and Geoff Mitchell on 96 686 4962 or 636 164 467

Dining Out The Peppermill, Benidorm Friday 20th October - 1.30 pm

3-course Roast Lunch with ½ bottle of wine or water or a soft drink.
Cost - **€13.00** per person including tip.
See Liz Parker at today's meeting.

Full payment and menu choice today.

Christmas Gala Ball Kaktus Hotel, Albir Friday 24th November 7.00 pm

Pre-Christmas celebration which marks the completion of our 10th Anniversary. Full details on Page 2.

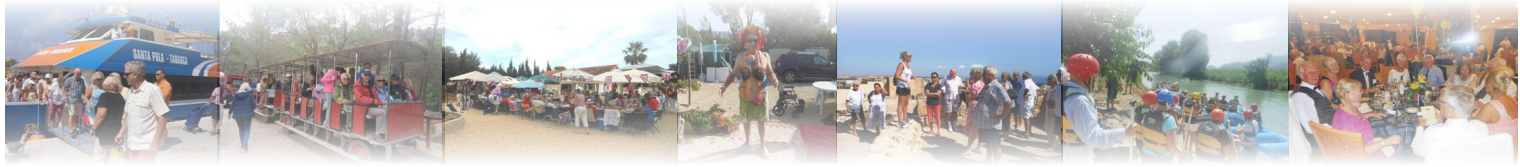
Only a few places left!

Please place payments for any Dining activity in an envelope and write the event, your name, membership number and amount on the front of the envelope.



October Diary

Mon	2	Watercolour, Spanish Classes, Intermediate Bridge
Tue	3	Golf, Ten-pin Bowling
Thu	5	Calligraphy, 3C's, Crafts, Petanca
Mon	9	Spanish Classes, Intermediate Bridge
Tue	10	Picnic, Golf, Guitar Lessons
Wed	11	Classical Music, Spanish Culture
Thu	12	Calligraphy, 3C's, Crafts, Petanca Solo Amigos Lunch
Mon	16	Writers' Group, Solo Amigos - Coffee Spanish Classes Intermediate Bridge
Tue	17	Golf, Guitar Lessons
Wed	18	Café Philo
Thu	19	Calligraphy, 3C's, Crafts, Petanca
Fri	20	Dining Out
Sun	22	Sunday Strollers
Mon	23	Spanish Classes, Intermediate Bridge
Tue	24	Golf, Guitar Lessons
Thu	26	Calligraphy, 3C's, Crafts, Petanca
Mon	30	General Meeting, Spanish Classes, Intermediate Bridge
Tue	31	Golf, Guitar Lessons



Charity Donation to Doble Amor

Doble Amor is a charitable organisation in Benidorm providing care and training for people with intellectual disabilities.



There is an Industrial Laundry and Poultry Farm on the site providing employment for over 50 people. The site also has an Occupational Centre, where attendees help to make dolls, curtains, restore furniture, etc.

Many of the activities in the Centre are designed to help the young people take care of themselves. Some of the products are then sold to help finance the Centre. Their latest project is making candles and soap. Although the Centre has the expertise, they needed basic materials and a fridge, to keep the ingredients cool. U3A Marina Baixa and HELP International Benidorm joined forces to lend a hand and our Treasurer, Maureen Barrett, visited the Centre at the end of July to hand over the goods.



U3A donated €489 to enable the Centre to purchase the raw materials required to produce the candles and soap. HELP donated the fridge for storing the materials. Production has now started which will, hopefully, enable the Centre to have finished products on sale in time for Christmas.

Christmas Gala Ball

*Christmas
Gala Ball*

*on
Friday 24th November
at 7.00 pm
Kaktus Hotel, Albir
Dancing to "Don't Ask"*

Menu

Marinated Salmon •
Cured Meat Platter •
Manchego Cheese with Olive Oil •
Boiled Shrimps • Garlic Prawns

◆

Cream of Vegetable Soup

◆

Lemon Champagne Sorbet

◆

Baked Beef Entrecôte OR
Chicken OR
Grilled Sea Bass

All served with Potatoes and Vegetables

◆

Melba Tulip with Chocolate Sauce

◆

Spanish Sweets and Coffee

◆

Choice of Wines, Water or Soft Drinks
until end of meal.

◆

Cost: €42

€10 non-refundable deposit and main
course choice required with booking.

Full payment required by
October meeting.

See Marilyn Rogers to reserve your place.

Member Updates

Norman Higham and Irene Weir



and Irene back to the UK.

Our best wishes to Norman and Irene who were married on 1st September. Norman provided entertainment at some of Maureen and John's garden events last year. In 2016, he started the Calligraphy Group, until health problems took him

Leila Welch



Leila is now in a care home in La Nucía. Eddie sent the above picture of Leila taken at the home where she recently celebrated her birthday. Congratulations to Leila!

Many of you will fondly remember Leila Welch who, together with her husband Eddie, was one of the founding members of the Association.

Jane Goode



Towards the end of August, two of our members, Jane and Ray Goode, were involved in a serious car accident on the M42 in the UK. Tragically, Ray was killed and Jane suffered multiple injuries. After she spent two weeks in Critical Care, Jane was well enough to be moved to the Enhanced Care Ward. Her condition continues to improve and the Medical Team plan to operate on her fractured shoulder any day now. We wish Jane best wishes for a full recovery and send our condolences to Jane and the family.

Group Activities



Weekly

Monday

Spanish Language

Casa de Cultura, Alfaz del Pi
1.30 pm to 2.45 pm - Introduction Class
2.45 pm to 4.00 pm - Refresher Class
Contact: Joan Flint 96 586 1226

Monday

Intermediate Bridge

Hogar del Pensionista, Alfaz del Pi
5.00 pm to 7.00 pm
Contact: Ann Yeraniosian 96 588 8414

Tuesday

Golfing Group

Las Rejas Golf Driving Range, Benidorm
3.00 pm - 9 or 18 holes of golf
Coaching lessons available on request.
Contact: Colin Butterfield 96 587 1406

Tuesday

Guitar Lessons **RESUME 10TH OCTOBER**

Next Door to Isa Rastro on N-332, Albir
5.00 pm - 6.00 pm
Contact: Peter Ritson 96 687 5282

Thursday

Calligraphy **NEW MEMBERS WELCOME!**

Albir Social Centre
10.00 am to 11.30 am
Contact: Maureen Barrett 96 588 2192

Thursday

3C's Chaps, Chatter and Coffee

Tio Leo Café, Albir
10.30 am
Contact: Geoff Mitchell 96 686 4962

Thursday

Crafts

Albir Social Centre
12.30 pm to 3.00 pm
Contact: Hazel Layt 96 689 5306

Thursday

Petanca

Scandinavia Park, Alfaz del Pi
7.00 pm until 5th October, then 2.30 pm
Contact: Liz Blanchard 96 687 3674

Monthly

Monday

Watercolour Painting

1st Monday - 2nd October
Casa de Cultura, Alfaz del Pi
11.00 am to 1.00 pm
Contact: Elaine Mitchell
96 686 4962 or 636 164 467

Monday

Writers' Group

3rd Monday - 16th October
Roy Gough's Home, Albir
11.00 am
Contact: Roy Gough
96 686 6865 or 605 395 211

Tuesday

Ten-pin Bowling

1st Tuesday - 3rd October
La Marina Centre
7.15 pm for a 7.30 pm start
Contact: Pete Gale
96 588 1699 or 633 279 130

Tuesday

Monthly Picnic

Monthly: October to May
2nd Tuesday - 10th October
See 'Monthly Picnic' on Page 1
Contact: Elaine and Geoff Mitchell
96 686 4962 or 636 164 467

Wednesday

Classical Music

2nd Wednesday - 11th October
Geoff Mitchell's home, Albir
10.30 am to 12.30 pm
Contact: Geoff Mitchell 96 686 4962

Wednesday

Café Philo

3rd Wednesday - 18th October
The Forum, Alfaz del Pi
10.00 am to 11.30 am
Contact: Kate Ferry 96 584 5039

Monthly

Wednesday

Spanish Culture

Quarterly: Feb, Apr, Oct and Dec
2nd Wednesday - 11th October
The Forum, Alfaz del Pi - 2.30 pm
Contact: Elaine Mitchell 96 686 4962

Friday

Dining Out

29th September and 20th October
See 'Dining Out' on Page 1
Contact: Liz Parker
96 689 0371 or 618 173 220

Sunday

Sunday Strollers

4th Sunday - 22nd October
Calpe Cliffs Walk - meet outside the Esmerelda Hotel in Calpe for a stroll along the cliffs to the harbour and back.
2.30 pm
Contact: Pete Gale
96 588 1699 or 633 279 130

Various Days

Solo Amigos

October Events:
Thursday 12th October - 1.30 pm
Lunch - Yang Hu Restaurant, La Nucía
Please confirm lunch attendance with Liz Blanchard by Monday 9th October.
If you need a lift, let Liz know, she can take four passengers.
Monday 16th October - 11.00 am
Coffee - Tio Leo Café, Albir
Contact: Liz Blanchard 96 687 3674

On Demand

Member Assistance Group

Support group for U3A Members in times of special need.
Contact: Sue Bell
96 588 5274 or 680 214 320
email: susanandgarrybell@gmail.com



President's Report

Hi everyone, it is good to be back and getting back into our routine after six weeks away. I was saddened to hear the news of the death of Ray Goode and the serious injuries Jane sustained. It is good to know that she is on the long road to recovery. We have just driven 4,500 kilometres in Spain, France, UK and feel blessed that it has been incident free.

It has been wonderful to catch up with family and friends in the UK. We have been with 16 different friends and their families. Twenty one members of our own family from 6 family units, sons, daughters and their sons and daughters and their children. Ranging from step-son Paul, 64, to Great Grand-daughter Hannah, 3½ weeks.

Everything within the U3A is now getting back on track too and I know that Joan has kept everyone informed with various group starting dates. I am looking forward to seeing you soon.

Regards to you all.

Elaine



Charity Raffle

As announced at the July General Meeting, the cost of the Charity Raffle has been changed. The cost will now be:

1 Strip (5 tickets) - €4

1 Ticket - €1



All of the money collected is donated to local causes and a summary of donations is available on our website.



Keeping Up-To-Date

Don't forget that you can view this newsletter and keep up-to-date with the latest Association news and activities by checking our website:

www.u3amarinabaixa.com

We are also available on Facebook and you can find us by searching for:

U3A Marina Baixa

Online Medical Appointments

If you have a Spanish Medical Card (SIP) then you can now make appointments with your GP online. It will save queuing at the clinic or phoning if your Spanish is not too good. The service is available at the website: www.san.gva.es

1. When you access the site, click the **Trámites y subvenciones** Trámites y subvenciones tab near the top of the screen to display a drop down list.
2. Choose **Solicitud de Cita Previa** from the list Solicitud de Cita Previa to display the Applicant Identification screen.
3. Enter your SIP number, and your date of birth in Section A and then click the **Validar** button > Validar at the foot of the screen.
4. The next screen confirms your SIP number and name in Section A and the name of your Medical Centre in Section B. Click the **Pedir cita** button > Pedir cita to display the Service Selection screen.
5. In Section C, choose to make an appointment with either your Doctor or Nurse. Click the **Seleccionar servicio** button > Seleccionar servicio to start choosing the date and time of your appointment.

Booking-in Process

As you know, we take a register prior to the start of each General Meeting. This is taken for Fire Safety reasons so that we have an accurate record of everyone in attendance. If you do not intend to stay for the meeting in the Auditorium, please do not check-in with our Secretary, Joan Flint.



Next Meeting

We usually meet on the fourth Monday of the month at the Casa de Cultura, Alfaz del Pi. However, our next meeting will be held on the **fifth** Monday.

Monday 30th October.

Doors open from 10.00 am. Desks close at 10.50 am to enable the meeting to start at 11.00 am.

Committee Members

Elaine Mitchell

President

96 686 4962

636 164 467

geoffandelaine@hotmail.com

Liz Parker

Vice President / Speaker Co-ordinator

96 689 0371

618 173 220

robandliz21@hotmail.com

Joan Flint

Secretary / Almoner

96 586 1226

663 637 167

billandjoanflint@gmail.com

Maureen Barrett

Treasurer

96 588 2192

688 680 645

u3amb@europe.com

Alan Kelly

Assistant Treasurer

634 796 086

mak222@hotmail.com

Rob Parker

Travel and Events Co-ordinator

96 689 0371

618 173 220

robandliz21@hotmail.co.uk

Marilyn Rogers

Social Secretary

96 586 4394

marilyncrogers@yahoo.co.uk

Tom Smith

Newsletter Editor / Webmaster

96 686 5771

u3atom@gmail.com

Garry Bell

Groups Co-ordinator

96 588 5274

680 214 320

susanandgarrybell@gmail.com

Colin Butterfield

Press Officer

96 587 1406

671 330 745

colin.butterfield@hotmail.co.uk