

# 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 Restaurant Dracula (in the Port) on Tuesday 27th May 2014 at 7:30 for 8pm 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 March newsletter.

We hope that you are “Springing Forward” into what is already shaping up to be a beautiful season. The daffodils and Iris are coming out and we are having (mostly) glorious weather!

Unfortunately we have been most disappointed this month with hardly any members contributing news for this publication. After last month’s trials to try to fit it all in, I’m afraid this month has been the polar opposite.

Please do not forget that without your news and articles, we would not have a newsletter at all. So please keep sending in your fun facts, stories and news items as we continue into 2014.

We are delighted to announce that our speaker this month will be your Vice President and Group Leader for the Flower Arranging group, Tina Wallis. She is going to give an informative

talk on spring flowers and bulbs.

## Coming events

Our next general meeting will be on **Thursday 20th March 2014** at the Ifach Hotel, Salon Mare Nostrum at 10:00 for 10:30 AM.

Please note that all of our meetings in 2014 will be held at this same venue and time. Here are all of the meeting dates for 2014 to put in your diary:

- 17th April
- 15th May
- 19th June
- July – NO MEETING (A change from previous information)
- August – NO MEETING
- 18th September
- 16th October
- 20th November - AGM

Our speaker next month is Geoff Woodward. His talk is entitled 'Juan Carlos: The reason Spain is a democracy'.

## Member News

### Membership

*From Val Osborne*

In February we had 8 new members and 10 people renewed their membership. Membership has seen a very healthy increase in new members during the last year and I would like to welcome all new members and hope that you are enjoying the U3A, please send us your feedback.

Just a gentle reminder please, to existing members, that many of you need to renew your membership in April which is just around the corner. If anybody has overlooked renewing we will be very happy to part you from your €10!

Renewal is a simple matter of putting your €10 in an envelope with your name/s, membership number/s and current email address on the outside (please print). You can then pop the envelope in the box on the membership table and your new card will be ready for collection the following month.

If you have any queries you can find me at the membership desk at our general meetings or give me a call on 96 587 4970.

### Health and Wellbeing

*By: Pat Spencer*

#### British Residents Get New Option for Obtaining Healthcare in Valencia

British residents without access to state healthcare in Spain now have the opportunity to join the new Spanish health insurance scheme. The Valencian Government has just introduced the CONVENIO ESPECIAL, a scheme that is part of wide-ranging

reforms to the health system announced last year.

The Convenio Especial is another option for people to obtain access to state healthcare if they currently lack the right to other forms of care.

Details of the Scheme:

- To be eligible you must have been living in Spain for at least one year prior to applying – this is normally proven through being registered on the Padrón.
- You cannot join if you already have the right to healthcare through other means e.g. as a state pensioner.
- All applications must be made in writing to the Regional Health Authority - people cannot apply through their local health centre.
- It costs €60 a month for working-age people, children must be paid for in their own right as they are not included as dependants.
- People with pre-existing conditions can join; this insurance scheme gives full access to the state healthcare system.
- Pharmacy costs are additional; customers must pay 100% of the cost of any prescriptions. However medication given whilst someone is in hospital is free.
- The scheme does not currently provide the right to a European Health Insurance Card (EHIC).

More information can be found on the Valencian Government website on: [www.gva.es/es/inicio/procedimiento?id.proc=17044&id.page=&id.site](http://www.gva.es/es/inicio/procedimiento?id.proc=17044&id.page=&id.site)

General information on healthcare in Spain, including the rights and entitlements of EHIC holders can also be found here but also on the U3A website under Health and Wellbeing.

### Travel

#### Cuenca and Toledo

CANCELLED due to lack of support

## Calasparra

Visit to the Sanctuary of the Virgin of de la Esperanza on 16th May.

Cost: €10

Only 12 places left, so book early to avoid disappointment!

## Ibiza

All inclusive 4 day trip, staying in a 3 star hotel (including a guide for the entire trip) departing 22nd of May.

Cost: €399 per person

This trip is limited to 22 bookings so book early to avoid disappointment.

## Novelda and Bodega Heretat de Cesilia

Come and join us on 2nd October on a very interesting day out that includes a guided tour of Novelda and then on to a visit to a winery to sample their wares and enjoy lunch.

Cost: €35 Euros

## Caribbean Cruise

Departing Calpe on 6th December for 8 night fly-cruise from Madrid to Caribbean. Cost varies depending on choice of cabin.

This trip is certain to go ahead now and please note the deadline for the closing of this trip has been extended to 31st March.

More information on these and our other trips available on our website: <http://www.u3acalpe.com/trips/coming-trips>

For any further information or suggestions for any future trips, please contact John Pickford, Travel Co-ordinator: **96 583 4904** or [u3atravel@gmail.com](mailto:u3atravel@gmail.com)

## Culture and Publicity

*By: Rod Anderton*

## Culture

Regular emails are sent out to inform members of the 'Cultural Interest' group of forthcoming attractions and events. Presently we number 29, if any new members wish to add their names to the group to receive regular updates please contact me by email at [tranderton@yahoo.com](mailto:tranderton@yahoo.com).

If any present members of the group wish me to circulate any information, once you have made me aware, I will happily do so. I can also provide details of venue, costs, times and how, when and from where tickets can be purchased.

I currently have information on more than 4 events commencing in the coming months (too much information to list here!) so please send me an email for all updates.

## Publicity

It always helps to receive photographs of one or more of the activities from the numerous groups to accompany the articles sent to the newspapers and at present very few have been sent.

If you do have some photographs to include in articles to the press please see me at the General Meeting. Similarly I am happy to receive reports and updates from all group activities.

## Groups News

### Ballroom Dancing

Now meeting on Tuesdays from 4 till 6pm. This class includes a short lesson and is incorporated with Marcia's Tea Dance. Absolutely ALL are welcome

### Bridge

Joy Lally is away on holiday until 14th April and during this time Elsa

Townsend will look after the group. Please contact her on 647 299 319 for all bridge group information.

### **Flower Arranging**

This group, run by Tina Wallis, has 1 more class left before Easter taking place on Monday 24th March at 10:30am at Bar Topacio III on La Fossa beach.

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.

### **Petanc**

Is played every Sunday on the public courts at the far end of the Levante beach at 2pm.

### **Swimming**

The public pool reopened on Monday 3rd February. Nicola Martinez has restarted her U3A sessions on Wednesdays from 10-11am.

They have now offered 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:

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

You must show your U3A membership card and be 60+. Don't forget your cap, towel and flip-flops!

Please contact Nicola for full details on 96 583 2837.

### **Tennis (Improvers)**

The Voramar courts were blown away during the recent winds so the group are now playing at the Taj Mahal restaurant area. Unfortunately they

do not have exclusive use of the courts but same days and time as before: Mondays and Fridays 9-11am. Please contact Dave Roberts for more information on 617 829 665.

### **Events Report**

*From: Tina Wallis*

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

As mentioned on the front page of this newsletter, we are holding an informal dinner and dance at Restaurant Dracula (in the port) on Tuesday 27th May 2014.

This event will cost €16 per person and includes a cava reception, 3 course meal with bread, alioli, water, wine and 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 member's only so book this month to avoid disappointment.

#### **Summer Lunch**

This event will take place after the June general meeting on 19th June.

We hope to secure a similar deal to last year with the Pizzeria Exotic on La Fossa beach. More details to follow.

#### **Still to come...**

- October Annual Quiz Night
- Christmas Formal Dinner Dance
- Trip to Cartagena