



# NEWSLETTER

u3a  
Vall del Pop



February 2026





February 2026

## President's Message

We had another successful General Assembly this month. The room was full again, Marian White kindly decorated the tables, Paul Corazzo serenaded us with some Dean Martin and other classics, the Goodwill team had made a wonderful selection of valentine cakes and Paula prepared a rather challenging Valentine's trivia quiz, all to get us in a romantic mood ahead of Valentine's Day.

Our main speakers were Pedro Dominguez and Charo from the Red Cross. They described the services they can offer, with particular focus on those like personal alarms which are most relevant to our demographic. You will find a full write-up later in this newsletter.

One important message was that the Red Cross is very happy to work with us going forward. In their view cooperation across the voluntary sector is vital, which fits perfectly with our own approach. A good example is that the Red Cross like us already work closely with Jalon Valley Help, in their case to support local families in need.

Some of the opportunities for cooperation that we will explore in the coming months are a return visit where the Red Cross would physically present examples of their equipment, first-aid training and volunteering opportunities for our members to help with aspects of their work.

Following the Red Cross presentation, Beryl Comar returned by popular request to continue her talk on the importance of keeping our brains active and healthy. We all understand the importance of physical exercise but continuing to exercise our minds is just as essential. She provided and demonstrated further examples of bilateral brain health exercises that we can all try at home, with many of us joining in to the best of our abilities.



Best wishes,  
Chris





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## General Assembly - February The Red Cross/Cruz Roja



At our February General Assembly we enjoyed a very interesting and informative talk from representatives of the Red Cross, Pedro Dominguez and Charo, the local Director, who talked about the many services they offer in the community. Charo is based in Moraira/Teulada but covers the valleys and their 10 villages.

Cruz Roja's main goal is to work together with other organisations to support the whole community. They explained that they support families in need financially and with food provision via food vouchers, they support children, disabled, elderly and people with medical issues, assist people to find employment through contacts in the community, provide first aid training, can assist with transport to hospital appointments, can assist with administration issues eg passports and TIEs, can liaise with authorities on one's behalf and offer advice re reducing household bills e.g. electricity costs. They hold a memory clinic at La Pedrera hospital in Denia twice a month and run summer and winter campaigns advising people how to look after themselves and stay safe.

They explained that loneliness and isolation is a major issue for many people and they provide a free telephone service to offer support run by volunteers and psychologists.



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## General Assembly - February The Red Cross/Cruz Roja Cont.



A very valuable service is the supply of personal alarms, both in the home and to be worn, at a very reasonable cost of just 1 euro a day. There is no installation cost and the base equipment is mobile so it can be taken from home to home. A couple only pay for one service, not individually. It can also remind people about doctors and hospital appointments, to take medication and they can even call users on their birthday.

They explained how alarm calls are received at their 24/7 headquarters in Alicante and Red Cross personnel assistance from a local base or an ambulance are despatched. In addition, they hold contact details of a next of kin who is notified and they can also hold detailed personal medical records so the emergency team have all the important information to hand when attending. They can also be key holders to obtain entry if there is no next of kin available.

The Red Cross can also supply fume detectors, specialist medical equipment and pressure/movement detection alarms and personal trackers, some of which are extremely useful for assisting with anyone living with dementia.

They work closely with other organisations such as Jalon Valley Help and JVH can refer you. It was reassuring to know there is such help and support in the community should be need it.

For more details please contact them on +34 965 74 09 160



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## Bilateral Brain Health

Bilateral Brain Health Exercises involve movements or sensory inputs that engage both hemispheres of the brain simultaneously.

These activities fall into three categories:

- physical coordination (bilateral integration),
- cognitive tasks,
- therapeutic sensory stimulation.



### 1. PHYSICAL COORDINATION (BILATERAL INTEGRATION)

These exercises require the left and right sides of the body to work together in symmetrical, alternating, or asymmetrical patterns.

**Cross Crawls:** While standing or sitting, touch your right hand or elbow to your left knee, then swap to the left hand and right knee. This cross-midline movement forces the two hemispheres to communicate.

**Figure 8 Tracing:** Draw a large “lazy 8” (infinity symbol) on a piece of paper or in the air with your finger. Start at the centre and move up to the left, around, back to centre, and then up to the right.

**Jumping Jacks:** A classic symmetrical movement where both sides of the body perform the same action at the same time.

**Bilateral Drawing:** Hold a pen in each hand and try to draw the same shape (like a circle or a square) simultaneously on a piece of paper.

### 2. COGNITIVE & SKILL-BASED EXERCISES

These tasks challenge the brain to integrate creative (right-brain) and analytical (left-brain) functions.

**Non-Dominant Hand Use:** Perform daily tasks like brushing your teeth, eating, or writing with your non-dominant hand to activate new neural pathways.

**The Stroop Test:** Look at a list of colour names (e.g., the word “BLUE” written in red ink) and say the colour of the ink rather than reading the word itself.

**Juggling:** This requires high-level hand-eye coordination and constant communication between the brain’s hemispheres to track multiple objects.

### 3. SENSORY BILATERAL STIMULATION

Often used in EMDR (Eye Movement Desensitization and Reprocessing) therapy, these techniques help regulate the nervous system.

**Butterfly Hug:** Cross your arms over your chest so your hands rest on opposite shoulders or upper arms. Alternately tap your hands in a slow, rhythmic “left-right” pattern.

**Eye Movements:** Keep your head still and move your eyes slowly from left to right, following a finger or an object.

**Bilateral Audio:** Listen to music or nature sounds designed to pan back and forth between your left and right headphones.



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## Bilateral Brain Health cont.

### 5 POTENTIAL BENEFITS OF BILATERAL STIMULATION FOR ANXIETY

This type of stimulation offers meaningful shift when things feel overwhelming.

#### 5 ways to help you:

- **Ease anxiety in real time:** Bilateral stimulation can help calm your anxious thoughts by giving your nervous system a rhythmic and grounding focus.
- **Support emotional regulation:** Balance emotional responses, giving space to respond rather than react.
- **Feel more grounded:** Physical methods like tapping or walking could help reconnect you with your body when anxiety starts to pull you into your head.
- **Simple and accessible:** There are no apps or special gear needed. All you need are your hands, breath, or possibly a pair of headphones.
- **Break anxious thought loops:** Focusing on rhythm could help interrupt repetitive thinking and create space for clarity.



### Seven BILATERAL EXERCISES



#### 1. Start with simple, self-directed tapping

Sit comfortably, and begin gently tapping your hands on your thighs in an alternating left-to-right pattern. Think to yourself: tap left, tap right, tap left, tap right. Do this for 30 seconds while breathing naturally. This can help calm your racing thoughts, ground you in the present, and ease physical tension. You could also use your fingertips to tap your collarbones or shoulders if tapping your legs isn't possible or feels strange.

#### 2. Use bilateral audio to get in the zone

Many free YouTube videos offer bilateral or binaural audio tracks that alternate sounds between the left and right ear. So, pop on your headphones and listen to a calming sound, like ocean waves or ambient music, that pans back and forth across your headphones.



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## Bilateral Brain Health cont..

### 3. Practice mindful walking (and notice your steps)

Walking is a built-in form of bilateral stimulation because of the natural left-right motion of your legs. To amplify this effect, bring mindful attention to your steps. As your left foot hits the ground, say “left” in your mind, then “right,” and just notice the rhythm. Becoming aware of your steps can help ground you and also soften your spiraling thoughts.

### 4. Use objects to practice visual bilateral stimulation

Take a small object, like a pen or your finger, and slowly move it left to right in front of your eyes. Follow it with your gaze, but keep your head still. Do this for about 20–60 seconds. Moving an object like this can help with emotional processing and re-centering after being overwhelmed. The motion should be gentle and not too fast.

### 5. Sync with your breath

Combine gentle bilateral stimulation with breathwork for extra grounding. Tap your left thigh as you inhale and your right thigh as you exhale. You could also alternate steps as you breathe in and out while walking. The goal is to create a rhythmic pattern that links your breath with bilateral motion, which can deepen your relaxation and sync your body and mind.

### 6. Create a consistent practice

Bilateral stimulation tends to work better when you’ve built familiarity with it before you really need it. So, weave it into your routine in small, low-pressure ways... 2 minutes of thigh tapping before bed, listening to a bilateral audio track during lunch break, or going on a mindful walk after morning coffee. This helps build resilience and create predictability for your nervous system.

### 7. Pay attention to what doesn’t feel good

If any technique feels overstimulating or emotionally intense, take a pause. If you start to feel lightheaded, overwhelmed, or your thoughts speed up instead of slowing down, take a breather.

This is your body’s way of telling you the timing isn’t right, and that’s okay. You can always return to it when you’re in a different headspace.



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## WARNING – NOLOTIL

### A REMINDER NOT TO TAKE THIS DRUG EVEN IF PRESCRIBED

Press coverage of tragic deaths associated to the drug Nolotil/Metamizole really concerns all of us.

If you are in the unfortunate situation where you require strong painkillers, whether prescribed by your local doctor, clinic or hospital, you need to know this. Please be aware and make sure you are not prescribed either of these widely used drugs. They can have serious side effects, which seem to manifest themselves amongst Anglo Saxons/Northern Europeans including us Brits.

Over the last few years a Spanish medical translator has been fiercely campaigning to have the drug banned in Spain as it is in the UK, USA and many more countries. The tragic case histories make frightening reading: horrific side effects, organ failure, loss of white blood cells, sepsis, gangrene, amputations and permanent disability are documented side effects of Nolotil associated with these victims and a number of tragic deaths, all of which could have and should have been avoided.

Denia Hospital issued several years ago ADVICE against NOLOTIL being prescribed for Anglo Saxons. Only advising, not prohibiting, and with the pressure of work and staff turnover this advice may not always be heeded.

We know of one of our own members, fortunately aware of Nolotil's deadly reputation, who had refused it in the hospital but then picked it up on her discharge post op painkiller prescription.

**FOR YOUR SAKE** Make sure you are aware of what you are being administered or prescribed under medical care. Query it and avoid it.

It can also appear as METAMIZOLE, a post-op painkiller. This is NOLOTIL under another name.

The medical governing body, whose job it is to decide whether there is a case to ban NOLOTIL, as has already happened in 40 other countries, are still reviewing evidence. Meantime we all need to take responsibility too and make sure that we don't become part of that evidence.

Last year we purchased/sold bracelets for members to wear stating we must not be given Nolotil or Metazimole which many members purchased. If you didn't get one you can purchase them on line by e mailing [notonolotil@gmail.com](mailto:notonolotil@gmail.com). Make sure it is stated on your medical notes that you must not be given it.

Please stay safe.



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## Carta de Invitacion

I now have confirmation from the National Police that the "Carta de Invitación" for family or friends visiting residents in private accommodation who are not EU citizens is now required. I also contacted the British Consulate in Alicante who verified that this is now active.

This applies to all non EU citizens visiting Spain and the host has to apply for this at a National Police Office. As it takes some time to process you are advised to apply for this at least 2 months in advance of the visit.

The procedure is as follows -

Complete the "Solicitud" form and form Modelo 790 Código 012 on line and pay the corresponding tax either at a bank or by bank transfer. - copies below

Make an appointment at a National Police Office

Take with you -

Original and copy of your TIE

Certificate of Empadronamiento from the Town Hall

The escritura or the rental contract for where you live

Passport and a copy

Completed Solicitud and Modelo 790 Código 012 forms



Once you receive the Carta de Invitación send the original to the invitee and keep a copy.

I was also told that anyone not having a Carta de Invitacion may be refused entry to Spain by the National Police at Passport Control.

Regards,

Suzanna

Liber Ayuntamiento



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## Ladies Lunch - 20<sup>th</sup> January 2026



Tuesday 20th January saw the Ladies Lunch group resume festivities, this month we visited La Solana Restaurant in Alcalali. A smaller group of 14 ladies, however, this made for a more intimate gathering and allowed for more varied chat with the table. The top topic being the weather here in Spain and back in the UK with both countries suffering major storms.

We enjoyed a variety of shared starters, and chosen main menu items and a dessert. All very tasty and there were several "para llevar" boxes which headed home. I, for one, enjoyed further servings of lamb!

We will be heading to Restaurant El Quixote, in Orba for our lunch on Tuesday, 17th February 2026. I will send out details via email soon.

If, you would like to join us please apply via the u3a website  
[u3avalldelpop.com](http://u3avalldelpop.com)  
and look for groups and Ladies At Lunch, register with your name,  
email address and membership number and I will add you to my list.

I look forward to see you all soon  
Sally



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## Dining Experience - January 2026



On 28th January, 25 members visited A Lot restaurant in Moraira on a bright but blustery day with the waves crashing in across the road from the restaurant.

This was a new try for many of us but came highly recommended and it did not disappoint.

After a welcome drink we enjoyed warm bread and dips followed by 4 huge and varied starters to share: goats cheese salad, beef carpaccio, prawns in a thai sauce and a tomato and onion starter. All were delicious and very generous. I for one was full before the main course!

The main courses were excellent too with beautiful beef tenderloins, pork skewers and fish lasagne, all beautifully cooked and presented and very large in size. I don't think portion control is high on their priorities!

A range of desserts followed and no one could possibly have gone away hungry. Quite a few people went home with a doggie bag!

A lovely restaurant in a beautiful setting overlooking the coastline with charming service and great value for money. Definitely worth a visit if you haven't tried it, particularly on a summer's day after a walk along the coast.

We aim to visit a variety of restaurants outside the valleys to get to enjoy somewhere different and welcome suggestions.





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## The Dining Experience is heading to India!!!!

Well, the Kathmandu Indian restaurant in Moraira, which is, in our opinion, the very best Indian restaurant in the area and our regular go to.

**Friday 27th February at 1pm**

### Menu

1 drink included: wine/beer/soft drink

Poppadoms and dips

Mixed starters (onion bhajis, sheek kebab, chicken tikka etc)

Main course - please select from following

Chicken korma

Chicken tikka masala

Prawn pasanda

Lamb rogan josh

Vegetable biryani



All can be served mild/medium/hot. Please state when selecting.

All will be served with : a Vegetable side dish

A choice of: Pilau rice/Garlic naan/plain naan

Ice Cream or coffee

Brandy/Baileys/limoncello etc

Cost: 22 euros per person to include a tip.

Please email [secretary@u3avalldelpop.com](mailto:secretary@u3avalldelpop.com) ASAP to reserve a place

Please note: the restaurant has kindly offered to prepare an alternative main course if you do not like any of the above or have a particular favourite.

They will need to know in advance so please advise on booking. You can see their menu on their website.

Directions: on the coast road from Moraira towards Benissa Costa, past A Lot, past Teletec, a few hundred metres on the right just round the bend. There is a car park in front.

We look forward to you joining us.



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## 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

**18<sup>th</sup> February**  
Resto Bar Quijote Orba

**19<sup>th</sup> March**  
Blanca Bikes Parcent

**15<sup>th</sup> April**  
Resto Bar Quijote Orba

### Friendship & Support Coffee Mornings Weds 10.30am

**My Mercat, Jalon**

**February 25th**

**March 11<sup>th</sup> & 25th**

**April 8<sup>th</sup> & 22nd**





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## Travel & Entertainment

**Don't delay book today!**  
[travelentertainment@u3avalldelpop.com](mailto: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.

### Trip to Xativa

10<sup>TH</sup> MARCH 2026



### IKEA & Bonaire Shopping Centre

14<sup>TH</sup> APRIL 2026

### Trip to Novelda

12<sup>TH</sup> MAY 2026



### Jazz Sunset Cruise

28<sup>TH</sup> JULY 2026

### Talon at Benidorm Palace

11<sup>TH</sup> OCTOBER 2026





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Raising Money for Local Charities

## Spring Fayre & Car Boot Sale

3rd 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](mailto:goodwill@u3avallpop.com)

Live Music, BBQ & Refreshments



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*Tea Party*

You are invited to a fabulous charity Afternoon tea at Los Oliuos, Lliber, on Friday 29th May 2026 from 2-5pm.

Live music, lots of cava/wine/ soft drinks, delicious home made sandwiches, savouries, cakes and scones with jam and cream.

Also a clothes and accessories sale and raffle. Who can resist?

Please notify in advance of any special dietary requirements eg vegetarian, gluten free etc.

All proceeds will be donated to Paws Xalo dog rescue and u3a Vall del Pop Goodwill (raising money for local charities).

Only 15e including oodles of cava!

To book please e mail: [secretary@u3avallpop.com](mailto:secretary@u3avallpop.com) or book at u3a meetings or coffee mornings for u3a members or purchase tickets in Paws shop, Jalon.

Venue: Los Oliuos, Ctra Benissa Jalon 13 (CV 750,) opposite old Lady Elizabeth school and new housing development, just up from old Aromas. Parking available inside gates.



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**You are invited to a fabulous summer evening bbq  
on:**

**Friday 26<sup>th</sup> June 2026**

**Time: 7pm-11pm**

**Venue: Los Olivos, Ctra Benissa Jalon 13 (CV750)  
Lliber (opposite old Lady Elizabeth School, where  
the new houses are being built, just up from old  
Aromas). Parking on site but please car share  
where possible.**

**Fabulous bbq, (veggie options available), salad bar,  
ice creams, raffle, live music, lots of dancing and  
partying! A great way to celebrate summer and  
raise money for great charities!**

**All drinks only 1 euro (bottles of wine/cava only 5  
euros)**



**Proceeds will be split between Paws Xalo dog  
rescue and u3a Vall del Pop Goodwill (supporting  
local charities) so please come and support and  
have fun. Family and friends welcome. Only 15  
euros a ticket. Tickets available from Paws charity  
shop, Xalo, or by e mailing**

**[secretary@u3avallpop.com](mailto:secretary@u3avallpop.com) and at u3a meetings  
and coffee mornings for u3a members.**

**Please advise any special dietary requirements on  
booking.**



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## GROUP ACTIVITIES

### 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](mailto:activitygroups@u3avalldelpop.com)

If you would like to promote your group in a future Newsletter Please contact Linda at [news@u3avalldelpop.com](mailto:news@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](mailto: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](mailto: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. Riu Rau in Jalon.

WENDY SIM  
[wendy.sim1@hotmail.com](mailto: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](mailto:marywoodspain@gmail.com)  
Telephone: 675 674 301



**Chair Fitness** - Low impact, joint-friendly exercise class from qualified, experienced instructor

Telephone 634320606  
[jacinthahoogewerf@gmail.com](mailto:jacinthahoogewerf@gmail.com)

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	Activity	Contact
	<p><b>Cinema</b> - 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.</p>	<p>CHRISTINE BRAZIER <a href="mailto:justnanny@live.co.uk">justnanny@live.co.uk</a></p>
	<p><b>Digital Photography</b> - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.</p>	<p>DAVID BROCK <a href="mailto:Davidandeileen50@yahoo.co.uk">Davidandeileen50@yahoo.co.uk</a> Telephone: 606 995 919</p>
	<p><b>Dining Experience</b> - Is now venturing outside the valley. Members can recommend an old favourite that they enjoy or a new venue to try.</p>	<p>Paula Barrett <a href="mailto:secretary@u3avalldepop.com">secretary@u3avalldepop.com</a></p>
	<p><b>Dru Yoga</b> - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.</p>	<p>SALLY MILLANE <a href="mailto:Sallysunshine436@gmail.com">Sallysunshine436@gmail.com</a></p>
	<p><b>Game Addicts</b> - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.</p>	<p>GORDON RODMAN <a href="mailto:boneinjalon@gmail.com">boneinjalon@gmail.com</a> Telephone: 693 725 199</p>
	<p><b>Ladies At Lunch</b> - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.</p>	<p>SALLY ELLIS <a href="mailto:U3aladieslunch@gmail.com">U3aladieslunch@gmail.com</a></p>
	<p><b>Let's Sing Together...For Fun</b> - 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.</p>	<p>PAUL CORAZZO <a href="mailto:paulcorazzou3a@gmail.com">paulcorazzou3a@gmail.com</a> Telephone 603717784</p>
	<p><b>Mahjong</b> - Vinyaters Xalo Friday from 2.00pm A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles.</p>	<p>BERYL COMAR <a href="mailto:berylcomar@gmail.com">berylcomar@gmail.com</a></p>
	<p><b>Men Who Munch</b> - 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.</p>	<p>GORDON SIM <a href="mailto:Thomassim007@gmail.com">Thomassim007@gmail.com</a></p>

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	Activity	Contact
	<b>Mosaic 1</b> - 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
	<b>Mosaic 2</b> - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.	SUE WILLIS suewillis2@hotmail.com MONIQUE LECKIE monileck@aol.com
	<b>Open Forum</b> - 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 <a href="mailto:shirleyliber@yahoo.com">shirleyliber@yahoo.com</a> Telephone: 965730605
	<b>Petanque</b> - We meet every Wednesday & Friday mornings in Lliber	GERRY BACON Gerard.bacon@yahoo.com Telephone: 600 652 821
	<b>Spanish Conversation</b> - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN mike_heidi@hotmail.com
	<b>Spanish Lessons</b> - 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
	<b>Walking Groups</b> - 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 paulleniston@hotmail.com Telephone: 651 633 198
	<b>Yarn &amp; Thread</b> - Anything to do with yarn and thread is welcome. We meet on the 2nd and 4th Monday morning of the month in Orba.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484



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## Working in Collaboration with other organisations



### **EDWARD HOPPER: ALIENATION AND SUBJUGATION**

**By ROSALIND MIRANDA**

**WEDNESDAY, 4 MARCH 2026**



Edward Hopper is acknowledged as the most important American realist painter of the 20th C. His work demonstrates that realism is not merely a literal or photographic copying of what we see, but an interpretive rendering.

At 40, Hopper was a failure who couldn't sell a painting.  
Learn how that changed!

**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](http://WWW.ARTSOCMA.ORG)**

Why not join us for as little as €7.50 per lecture over a 12-monthly period.

**Sign up for a Free Subscription to our** What's On E-Journal about national exhibitions and the local cultural and social scene, plus Newsletter, by emailing: [marinaalta@theartsociety.org](mailto:marinaalta@theartsociety.org).



We thank our Sponsors: Blevins Franks;  
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Working in Collaboration with other organisations

 DOG RESCUE 

# FABULOUS FASHION SHOW

A 'FUN' - DRAISING EVENT  
Wednesday 13<sup>th</sup> May 2026

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

TICKET ONLY € 8  
TICKET PRICE INCLUDES CAVA & CAKE/SAVOURY

**SHOWCASING**

FABULOUS SPRING/SUMMER FASHION  
CAKE/SAVOURY STALL  
RAFFLE & GUEST APPEARANCE

ALL ITEMS AVAILABLE TO BUY ON THE DAY PLUS  
ACCESSORIES, SHOES AND BAGS

**TICKETS AVAILABLE FROM PAWS CHARITY SHOP**

DOORS OPEN 10:00AM  
SHOW TIME 11:00-14:00



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Definitely worth getting your tickets if you are Dire Straits fans.  
We saw this band last week and they were simply AMAZING!!!!  
Best live performance I have ever seen  
Paula

**BROTHERS IN BAND THE VERY BEST OF DIRE STRAITS TRIBUTE SHOW**

**VALENCIA**  
**LA RAMBLETA**  
**Sábado 23 de enero 2027**  
**CONCIERTO 21.00 H**

ENTRADAS

QR CODE

+INFO: BROTHERSINBAND.NET

RAMBLETA

KISS FM