



NEWSLETTER

u3a
Vall del Pop



September 2026

20th
ANNIVERSARY



September 2026

President's Message

Dear Members,

As many of you will know we celebrated our Association's 20th anniversary at our General Assembly on September 3rd. This was a lovely occasion, with a full house and a great atmosphere. You will find a detailed account of the celebration plus photographs later in this newsletter.

I opened the meeting by recognising the vision of our founders and the commitment of all those who have helped to run the Association in the past 20 years, through both good and more difficult times such as the Covid pandemic. I was also delighted to present small gifts to some of our members who were there at the beginning and remain actively involved to this day.

One well known Swiss luxury watch maker uses the advertising tag line 'you never own a Patek Philippe, you look after it for the next generation'. The same could be said for our u3a. We want to enjoy everything the Association offers now but also need it to remain strong for the sake of the generations who will follow us.

Arguably this is especially important for the u3a Vall del Pop because of our unique Goodwill team and the strong relationships and high expectations that it has created in our beautiful community.

Unfortunately, managing succession and ensuring our continuity has been made more difficult by Brexit and the lower numbers of British expatriates of an active age now arriving in our area. We will therefore have to work hard on these aspects in the coming months and years.

However, today I prefer to focus on our many successes and the good fortune we all have in being part of our wonderful Association and to say thank you to everyone who has brought us this far, either by helping to run our u3a or by participating actively in the life of the Association.

Best wishes
Chris





September 2026

Meeting Dates for your Diary

u3a Vall del Pop 
General Assembly Meetings
3 rd September 2026
1 st October 2026
5 th November 2026
3 rd December 2026
2027
7 th January 2027
4 th February 2027
4 th March 2027
1 st April 2027
6 th May 2027
3 rd June 2027
Summer - July & August 2027 No Meetings
2 nd September 2027
7 th October 2027
4 th November 2027
2 nd December 2027

Please put these dates in your diary for the
General Assembly meetings
to be held at the Polivalent in Murla

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September General Assembly



At our September General Assembly in Murla we held a short formal meeting followed by a wonderful celebration with Chris commenting what a great achievement for our u3a to have reached it's 20th Anniversary.

He thanked the founders, Ken and Jan Grant, past Presidents and committee members including Jim Lockhart and Bob and Sandra Welham. Jim had hoped to be at the celebration but was unable to unfortunately and we wish him well.

Chris then acknowledged the long standing members who joined in 2006 and bottles of cava were presented to those who were present. We thank them sincerely for their support and loyalty.





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20th Anniversary Celebrations - September GA



We were then treated to almost 2 hours of fabulous songs from the 60s to present day by Colin and Jayne from Forever Young. It didn't take long until many people were singing along and then took to the dance floor for some very energetic moves! As many members commented, a perfect fit for our age group with lots of nostalgic numbers. Our brains were also tested trying to recall the artists!

During a short break the quiz answers were given and 3 tables won prizes. Well done to everyone who took part. It wasn't easy! 2006 doesn't seem long ago but trying to recall events and music from that year tested us all.

Sausage rolls, crisps, cakes and cava were served in/on beautiful vintage china cups, plates and cake stands recognising china is the symbol for 20 years anniversary.

I hope everyone will agree it was a lovely celebration and may there be more to come. Thank you to all members for your loyalty and support. We truly appreciate it.

Paula Barrett



September 2026

Discovering Spain with the U3A



Coffee break during walking tour of Moorish quarter - Granada - May 2007

Our first experience was a four day coach trip to Granada, which included a visit to a cave house, walking tour of the Moorish quarter, coach trip in the Nevada mountains and a full day exploring the Alhambra. It was very popular as it was one of the first coach trips organised by the U3A.



Paul and Jan Leniston in 2006

In March 2006 we retired and moved to Spain. As we settled in we started to explore this part of Spain, which we had never visited before. Six months later the U3A was formed, we attended the first meeting and became members 8 and 9. Our main reason for joining the group was to take advantage of the Travel opportunities.



Group photo in front of the cathedral Orihuela - November 2011

This was our first day trip with the U3A. It left Jalon about 0900 and returned about 1800 and we had a very full day. It started with a walking tour of the city, led by an excellent guide called Mateo. He transformed what could have been a boring cultural tour into a fascinating and informative visit. A very memorable day.

Walking tour of city centre Seville May - 2010

Our second holiday was a four day visit to Seville. This included a walking tour of the city, a day trip to Jerez to see the Royal Andalusian School of Equestrian Art plus one of their famous sherry cellars, and a day trip to Cadiz. It was only four days, but it seemed a lot more.





September 2026

Discovering Spain with the U3A Cont.



Guided tour of the castle Villena – March 2012

Our next day trip was to Villena, on the border of Alicante and Murcia. Once more the castle was the focus of our visit, and again we were fortunate to have a very good guide.



Coffee break in Plaza Major Madrid – October 2012

This four day visit to Madrid was our first to the city. But it also included day trips to Segovia, Salamanca and Toledo, all within an hour's drive of our hotel. Two half days in Madrid allowed us to visit the highlights.

Landtrain to Castle

Xativa – February 2012

Our second day trip was to Xativa, famous as the birthplace of the Borgia popes. A landtrain took us up the steep slope to the castle overlooking the town. We spent most of the day exploring the well preserved walls with extensive views of the surrounding area.

Waiting for the coach

Valencia Oceanografic – April 2012

Our first visit to Oceanografic, but not the U3A for this popular trip. Lots to see and do, not least a display by the dolphins. Very quiet coach on the journey back to Jalon, with many of the passengers dozing after an energetic day.





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Discovering Spain with the U3A Cont.



Open air theatre with very basic seating Cocentaina – November 2012

It was an early start to visit the world famous medieval fair. We expected something like the Jalon rastro, but it was huge, the previous year there were 530,000 visitors over four days. We soon became separated from the group and spent a great day wandering around the fair, which covers all of the town.

Fort Apache wild west theme park Mojacar – February 2015

This four day trip was based in Mojacar, but included visits to Cartagena, the Aguilas carnival, Murcia and Fort Apache (our favourite) wild west theme park.



The Roman Theatre Sagunto – April 2016

Our last coach trip with the U3A was a day visit to Sangunto. A beautiful city with a kilometre long castle, a well preserved Roman Theatre and a fascinating Jewish Quarter. But the highlight was when we had a break in the Roman Theatre (see photo) and Sandra sang a Beatles song to demonstrate how good the acoustics were.



We have visited many other cities and towns both on our own and on non U3A coach trips, but we will always have fond memories of our early exploration of Spain in company with so many new friends of the U3A.

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Cinema Club

A fun evening out to meet friends and enjoy a movie.

The Group continues to show some of the very latest releases and we strive to show a good variety of genres.

I am always happy to receive your recommendations for films you would like to watch.

Dates for 2026

Sept 14th and 29th

Oct 5th and 26th

Nov 9th and 23rd

Dec 14th

Don't forget your Popcorn !



Doors open 6.45pm for a 7.30 start.

Jalon Salon (next to Town Hall) - 2 Euro donation

Non-members can enjoy a 1st taster visit, you can bring a friend or guest along for one visit

For further information contact

Christine Brazier
justnanny@live.co.uk



www.u3avallpop.com



September 2026

Tai Chi & Qigong

GENTLE MOVEMENT
GREATER WELLBEING
FOR A HAPPIER YOU

with Simone van der Heide

Join our friendly and relaxed sessions
and discover the many benefits of
Tai Chi and Qigong.

*Move
Breathe
Balance
Relax*

**SIMPLE
MOVEMENTS**
Gentle and
easy to follow

BREATHING
Calm the mind
and improve
wellbeing

BALANCE
Build strength
and stability

RELAXATION
Reduce stress
and feel more
at ease

**BODY
AWARENESS**
Feel more in tune
with yourself

Don't worry if standing for the whole session isn't comfortable —
the exercises can also be adapted to a chair.

No previous experience is needed. Just come along, move at your own pace
and enjoy some time for yourself.

Starting
**16th
September**

LEADER: Simone van der Heide

TELEPHONE: 666 611 029

EMAIL: info@simonevanderheide.nl

LOCATION: Pensionistas Jalon

DAY/TIME: Wednesdays 11 - 12

HOW OFTEN: Weekly

Cost
€5
per session
Paid in advance
for the full month.

*A calmer mind
A stronger you*

HEALTH • BALANCE • ENERGY • COMMUNITY

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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

Blanca Bikes
17th September

Resto Bar Quijote Orba
14th October



Friendship & Support Coffee Mornings Weds 10.30am

Casa Aleluya Jalon (Xalo)

23rd September
7th October
21st October



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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

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



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
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. Cooperativa in Parcent.

WENDY SIM
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
Telephone: 675 674 301

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Tai Chi and Qijong - Gentle and accessible sessions from a qualified, experienced instructor.

SIMONE VAN DER HEIDE
info@simonevanderheide.nl
Telephone 666611029



Cinema - 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.

CHRISTINE BRAZIER
justnanny@live.co.uk



Digital Photography - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.

DAVID BROCK
Davidanddeileen50@yahoo.co.uk
Telephone: 606 995 919



Dining Experience - Is now venturing outside the valley. Members can recommend an old favourite that they enjoy or a new venue to try.

Paula Barrett
secretary@u3avalldelpop.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
U3aladieslunch@gmail.com

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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.

Group Co-ordinator
activitygroups@u3avalldelpop.com
For more information



Mahjong - Vinyaters Xalo Friday from 2.00pm
A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles.

BERYL COMAR
berylcomar@gmail.com



Romeo Lunch - A relaxed and informal men-only lunch group which meets monthly at various local bars and restaurants. What happens at lunch stays at lunch!

Chris Barrett
president@u3avalldelpop.com
Whatsapp +44 7772 106472



Mosaic - 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



Open Forum - 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
shirleyliber@yahoo.com
Telephone: 965730605



Petanque - We meet every Wednesday & Friday mornings in Lliber

GERRY BACON
Gerard.bacon@yahoo.com
Telephone: 600 652 821

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Spanish Conversation - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?

HEIDI MORGAN
mike_heidi@hotmail.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
paulleniston@hotmail.com
Telephone: 651 633 198



Yarn & Thread - Anything to do with yarn and thread is welcome. We meet on the 2nd and 4th Monday morning of the month at varied locations in Orba.

LORNA BOTTEN
lornabotten@gmail.com
Telephone: 96 558 3484

If you would like to promote your group in a future Newsletter
Please contact

Linda - news@u3avalldelpop.com

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The u3a Christmas Party is sold out with a waiting list.

Please advise menu choices to goodwill@u3avalldelpop.com
and make payment asap to ensure your place.

If you are now unable to attend, please do let us know so that we can offer the
place to next person on the waiting list.



Any queries or questions don't hesitate to make contact with
goodwill@u3avalldelpop.com.

www.u3avalldelpop.com



September 2026



Your u3a invite you to a spooky Halloween evening of music and dancing with the fabulous Paul and Judy: Saturday 31st October 7pm-11pm at Pepe's, Alcalali.

Dress to scare if you dare!!! for a prize. Only 17e, monies raised by Goodwill for local charities.

Meal choices on booking please:
Chicken pie, hake florentine, roast pork, veg lasagne,
Bread and alioli and ice creams included.

Please note this year we will be seated inside the venue (not in the conservatory) to keep warm!

To book e mail Goodwill@u3avalldelpop.com with menu choice. Pay at GAs or monthly coffee mornings

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GUADALEST

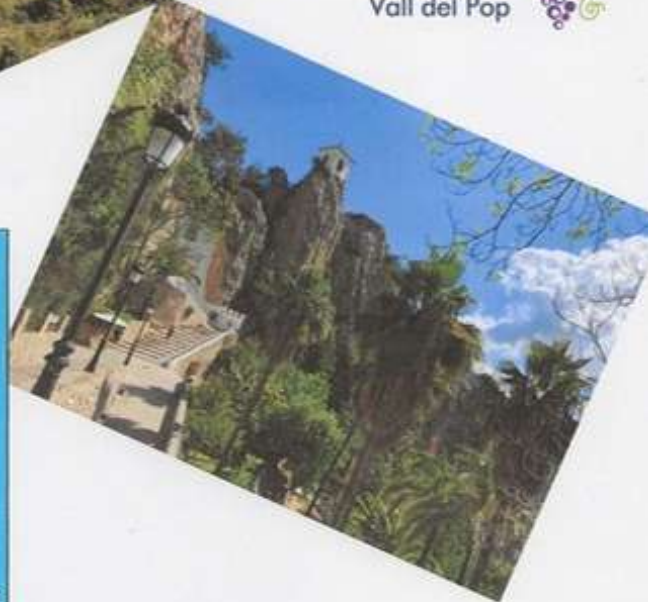


u3a
Vall del Pop



U3A VALL DEL POP
TUESDAY
3RD NOVEMBER 2026
GUADALEST &
THE VALOR FACTORY
TOUR

Coach leaves Xalo at
8.45am, leaves Guadalest
at 3.15ish to go to Valor
for 4.30 tour (45 mins). Est
time back to Xalo 6-
6.30pm



VALOR



PRICE:- 15 EUROS PP

To book contact:-

Paula Barrett
At
secretary@u3avalldelpop.com
or
book at the GA's or coffee
mornings



September 2026

Jalon Valley Help
&
u3a Vall del Pop

Raising Money for Local Charities

**Xalo Christmas Fayre
& Car Boot Sale**

Sunday 15th November 2026
Xalo (Rastro Site) 10- 2pm

A well supported annual event
Stalls 10 euros, Vans & Trailers 15 euros
Payable in advance by bank transfer
To reserve your spot contact
goodwill@u3avalldelpop.com

Donations of tombola, raffle prizes, cakes and savouries greatly received!

Meet Santa in his Grotto
Seasonal Holiday
Craft Creations
BBQ, Bar, Mulled Wine,
Refreshments, Raffle,
Tombola & Live Music



September 2026



Come and join us for a day Christmas
Shopping at La Zenia Boulevard
Thursday 19th November - €15.00 euros



Coach departs Rastro car park Jalon at 08.30
Book & pay at GA or general coffee mornings.

Email: angela.lish55@gmail.com

WhatsApp: 685738851

To reserve your place.

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September 2026

Collaborating with other organisations


PAWS XALO
invite you to an afternoon with


theOKband
+ friends

*doors
open*

Sunday 4th October - 2pm
at theOKband corral - Benissa Campo

B.Y.O. Picnic
Bar available
wines - beers - soft drinks - waters

€ **10** p.p. door donation
ALL door and bar proceeds will be donated to the charity

to book email Sandie
sandie7armer@gmail.com
please request a map if needed

Bookings can also be made at the 'Paws' shop in Jalon



September 2026

Collaborating with other organisations

 DOG RESCUE 

FABULOUS FASHION SHOW

A 'FUN' - DRAISING EVENT
Wednesday 7TH OCTOBER 2026

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

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

SHOWCASING

**FABULOUS AUTUMN/WINTER 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



September 2026

Collaborating with other organisations

THE ARTS SOCIETY MARINA ALTA PRESENTS

TWO EXCITING EVENTS IN OCTOBER

Members of The Arts Society Marina Alta are exhibiting their artwork in appreciation of Joaquín Sorolla and his 130-year anniversary *Painting the Light of Jávea*. This renowned Spanish artist visited Jávea often and his vibrant and luminous work invariably depicted the beach, fishermen and sunlit landscapes that we enjoy every day.

CELEBRATING JOAQUÍN SOROLLA
ART EXHIBITION

2-18 OCTOBER 2026
SOLER BLASCO MUSEUM
JÁVEA

art: Rita Rae Mertens

ARTISTS' OPENING RECEPTION
2 OCTOBER 2026 18:00-20:00 **FREE ENTRY**
Plaça del Germans Segarra, 1, Jávea

OPENING HOURS
Tue-Fri: 10:00-13:30 / 17:00-20:00
Sat-Sun: 10:00-13:30

ARTSOCMA.ORG
INFO@ARTSOCMA.ORG

THE ARTS SOCIETY MARINA ALTA
AJUNTAMENT DE JÁVEA
XABIA



September 2026

Collaborating with other organisations

THE ARTS SOCIETY MARINA ALTA PRESENTS

THEATRE DESIGN FROM TEMPLE TO PLAYHOUSE

By Bertie Pearce

WEDNESDAY, 7 OCTOBER 2026



Theatrical scene design is one of the most beautiful and lively art forms, from the design of ancient temples to modern theatre design. In his talk, Bertie looks at the relationship between actor and audience and how this transformed the space of theatre throughout the ages. *A gifted presenter, Bertie brings to life the magical world of theatre.*

Morning lecture: Espai La Senieta, Ava. 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

Join us from as little as €7.50 per lecture - see membership benefits at www.artsocma.org

Sign up for a Free Subscription to our Newsletter,
via email: info@artsocma.org

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