



U3A OCTOBER 2025 WELCOME!

A whole load of things are happening....



REGISTRATION DAY

Our registration was a great success and we already have over 230 members with many more arriving back to their home from home!





MEMBERS SURVEY REQUESTS

The survey conducted during registration day revealed activity requests for:

Getting the most out of my Ipad & Mobile phone, Calligraphy, Bridge, Book Club, Tai Chi, Singer Songwriting, and Choir.

If you are also interested in participating or leading any of these please contact Danny Morris via dannymorris_U3A@icloud.com.



MEMBERS SURVEY OFFERS

The survey conducted during registration day discovered the following offers to lead activities. If you are interested please make contact via WhatsApp for more information.

Writing your life story: Vivienne 602352224

Hawaiian Lomi Lomi Massage: David 603378847

Temptations



ON-LINE MEDITATION

Don't wait until you are feeling stressed, worried or overwhelmed, meditation has many scientifically proven benefits, not least it helps us reconnect with our authentic selves. Join us in learning the art of self mastery and stop your monkey mind controlling you! You have nothing to lose and lots to gain.



Wednesdays 13:00 – 14:00.
Aurora Dawn Campbell

dawn@holistichealthcoach.eu



U3A QUIZ

Well the first U3A Quiz of the new term at Restaurant La Chispa in Fuengirola was another fun evening which was enjoyed by all, judging by the comments received afterwards.

Congratulations to the winning team of Kathy Danny Leigh and Robert.

Lesley and Graham would like to thank everyone who attended for their continued support. Our next Quiz will be on Monday October 27th at La Chispa with a 6.15 pm start.





GARDEN LOVERS DISCOVERERS

**First event: Saturday 25th October, Málaga
Garden Treasures.**

**We meet in Fuengirola train station at 9am for
Málaga Central. We walk through the Málaga
Park and find “Garden Treasures” such as
fountains, statue's, rare trees, sculptures,
mosaics, old tile pictures and famous people in
teams by following clues. After that we go for
some vino in the Bodega de Málaga and lunch.
John & Gill islesjohngill@icloud.com**



HEALING TALKS

**Local therapists continue to give talks to
support our health and healing. Our next talk
on October 24th is with Daniel Pérez de Pedro
on ‘Healing with the Voice’ at the Age Care
Association in Fuengirola.**



**See the website Events page for details.
These events are organised by:
Wendy Lowe wendyglowe@hotmail.com**



CHRISTMAS DINNER DANCE

Wendy Lowe is organising another Christmas dinner dance with singer Michelle Jane on Tuesday 2 December 2025 from 19:00 at Hotel Leonardo, Fuengirola. Buffet meal to cater for all tastes. Dance music for ballroom, latin, jive, line dancing or freestyle. Games for fun. Price held at €25. Contact Wendy for information on wendyglowe@hotmail.com.

Tickets are available from David Lowe at the Leonardo Hotel: Tuesdays 17:15-20:00, Wednesdays 11:00-12:30, Thursdays 19:45-22:00.



QUAINI METHOD

Following the talks and demonstrations by Alicia Quaini a number of U3A members are enthusiastic about taking some none U3A classes with her to improve posture, co-ordination and most importantly, brain function.

If you are interested in joining us please contact Wendy Lowe wendyglowe@hotmail.com.





LOCATION CHANGES

Several of our groups have had to change location and times recently due to issues with our use of the Bougainvillea Centre. Your group leader will inform you if you have been impacted.



WEBSITE

Our U3A website can be found by searching for “U3A Fuengirola” or using this QR Code. It provides a great deal of info for you.
Stay informed!





Committee Members



Diana Reed
President
+34 660 352164
u3acraftcircle@gmail.com



David Lowe
Vice-President & Website Manager
david.lowe@hotmail.co.uk



Margaret Jones
Secretary
+44 7971249681
U3amaggiejones@gmail.com



Zaa Mekkey
Treasurer
+34 600333467



Danny Morris
Group Leader Co-Ordinator
+34 711002641
dannymorris@iol.ie



Julia Kinane
Membership Secretary
juliau3a@yahoo.com