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Price reduced: €750.000

Ref: REST



South facing new built penthouse in Maro with sea and mountain views. Built 80 m² with an open plan living room - kitchen, 2 bedrooms, 2 bathrooms and a large terrace with excellent views. Situated on the 3th floor.

Price: €425.000

Ref: NV.3



Nice apartment in Capistrano Village. The apartment consists of 2 bedrooms, 2 bathrooms, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €332.000

Ref: NV1B



Attractive top floor apartment in Capistrano village. Comprising of 2 bedrooms, bathroom and a kitchen-living room. There is also a large terrace.

Price: €265.000

Ref: NV.101

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Nice 1 bedroom apartment in Capistrano Village. It has been fully renovated and is ready to move in. It enjoys a great location and it has nice pool view.

Price: €225.000

Ref: NV.112



Beautiful townhouse in Capistrano Village. Divided into 2 floors. Ground floor:- living room-kitchen with access to the large garden. Upper floor:- 2 bedrooms and a bathroom. The master bedroom has a large balcony with beautiful views. South facing and communal swimming pool.

Price: €350.000

Ref: NV.002



Beautiful Apartment in Capistrano Village. Single, step-free level with 2 separate entrances. Comprises bright living room, fully equipped kitchen, 2 bedrooms and 1 bathroom. South-facing with abundant natural light and attractive views.

Price: €275.000

Ref: NV92A



Villa in Urb. Alhambra. Comprising 3 bedrooms, 2 bathrooms, fully equipped kitchen and various terraces with views. Communal pool and parking. Totally reformed with high quality materials.

Price: €519.000

Ref: NV.FER



Villa on 2 floors near Nerja. Comprising 2 bedrooms, lounge/dining room, fully equipped kitchen, bathroom and a terrace with sea views. Private garden, several communal pool and garden. Close to all amenities.

Price: €365.000

Ref: NV.VILLA NARANJA



A 2 bedroom apartment in Capistrano Village. It comprises of living room, kitchen, 2 bathrooms, 2 bedrooms, terrace and garden.

Price: €329.000

Ref: NV.JAZ



House in Maro, 146 m2 built and distributed over two floors. It consists of four bedrooms, living-dining room, kitchen, bathroom, patio, terrace and a solarium with sea views.

Price reduced: €450.000

Ref: NVMAR4

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Thursday, November 27, 2025

Algarrobo - 08:45 Caleta - 08:50 Torre del Mar - 09:00

Arrival at Viveros Guzmán at 10:15 approx.

Departure at 11:30 to go to Mijas Pueblo with

arrival at approx 12:15. Departure at 13:00 to go to

the Miramar shopping

centre/Iceland with arrival at approximately 15:20.

Departure from Iceland and Miramar at 17:00.

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BOOK REVIEW

Book 2 – Rectifying Accounts Editorial.

The second in the trilogy of The Rectifier thriller series has just been released.

Stuart Reece an ex SAS Captain having helped to successfully thwart an attempted coup by disenfranchised senior UK military commanders, ex-servicemen and far right political extremists funded through the proceeds of the UK drug trade sets about tracking down the king pin of the drug trafficking rings, his nemesis ex-Soviet Army Major Leonid Levesky who despite the setback continues to exploit the drug supply market across Europe and the UK from his base in Northern Afghanistan.

Reece returns to Pakistan on route into Afghanistan, where he narrowly escapes the first of several attempts on his life.

Captured by Levesky and being given the opportunity to join him in the drug trade with the promise of safety for his partner, Tamara, in Spain and a share of the drug proceeds, he escapes and continues to track the drug's passage.

A local Chinese gang ambushes the drug delivery and redirects it to Southeast Asia. Levesky engages with the Chinese in the Bay of Bengal and recovers the load shipping it into Russia for onward delivery.

Reece, with the help of an old acquaintance from the Balkans war, now a senior executive with a Bratislava bank, managed to move the funds banked by Levesky from previous drug deliveries from a British Virgin Islands Bank account into a UK government account. Both benefiting from the transfer.

Once again, he finds himself in dangerous and mysterious locations following yet another horde of deadly drugs as the cargo is transferred across countries and oceans.

The massive cargo in the hold of an old Russian steamer eventually arrives at a prescribed location, where a number of the UK's underworld Dons have assembled to determine the distribution into their various cities' markets.

Available from: Amazon Books or
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Book 1 in the series – The Rectifier - Available from:
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Townhouse Property of the month

Nerja:

Price: €350.000

NTH044



Charming fully renovated traditional Spanish townhouse in the Heart of Nerja, blending classic Andalusian character with high end modern finishes, this home offers comfort. Ground floor:- a bright, cosy living area perfect for relaxing or entertaining, spacious bedroom, full bathroom with a walk-in shower and a fully equipped kitchen featuring top quality finishes. The home is fitted with air conditioning for year round

comfort. Upstairs:- master bedroom and a third bedroom. From this level, step directly out onto a private designed terrace complete with lush greenery, a built-in storage area, and plenty of space to lounge and soak up the sunshine. Quiet neighbourhood. This property is ideal as a full-time residence, holiday home, or rental investment. Experience the best of Nerja living, just moments from beaches,



Nerja:

Price: 299.000€



- Living space: 56m²
 - Bedrooms: 1
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Countryhouse
- Ref. NCP023**

Sayalonga:

Price: 1.100.100€



- Living space: 170m²
 - Bedrooms: 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Sea views
 - Area: Countryhouse
- Ref. CP753**

Torrox Costa:

Price: 285.000€



- Living space: 87m²
 - Bedrooms: 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Townhouse
- Ref. TAP389**

Almayate:

Price: 480.000€



- Living space: 95m²
 - Bedrooms: 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Countryhouse
- Ref. CP747**

Nerja:

Price: 435.000€



- Living space: 88m²
 - Bedrooms: 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Village
 - Area: Townhouse
- Ref. NAP070**

Árchez:

Price: 149.000€



- Living space: 80m²
 - Bedrooms: 3
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Village
 - Area: Townhouse
- Ref. TH1213**

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Welcome to Streetwise magazine -

The front cover this month was taken by Patricia Rothwell from her latest trip to Parauta during October.

She enjoyed her visit to Parauta so much that I decided to put an article about Parauta in this month's magazine. The cooler winter weather is great for visiting our beautiful region.

As always during November there are several activities for the locals who return yearly for the winter season.

When speaking to people, many who are visiting this area would like to settle and buy properties, so the market is moving well and businesses are busy.

As always enjoy this month's magazine!



streetwise
MÁLAGA

Nov/Nov 2025
Issue Nº 332

Web Site: www.streetwise.es

Email: info@streetwise.es

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Published by Streetwise
Apartado de Correos 136,
Torrox, 29770 Málaga, España
Publisher: Dawn Ashurst
Sales: (0034) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
Deposito Legal: MA 3272-2009

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ART EXHIBITION - TORROX

Artist, Margaret Riordan, has paintings on exhibition at the Hotel and Restaurant La Casa, Calle Baja, Plazuela De Barajas 3, Torrox pueblo, 29770.

Mobile:- 662 039 741 for November/December 2025, 9.00a.m. - 1.30p.m. every day and Thursday, Friday and Saturday evenings.

She has an additional exhibition at JEMS, Avenida el Faro, Torrox Costa 29793 (closed Mondays) for November 2025. To view others, and see signed prints, please contact her on mariordan@aol.com.



MOVE IT TO MUSIC!

Release those feel-good hormones at Nerja's friendliest dance fitness class. Saturdays, 11-12 noon, at Millenium Wellness Center in Pasaje Milenio 3 (just off the far entrance to Nerja's Carabeo car park).

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Price: €599,000

Ref: CN48666



ALMIJARA III

Townhouse with 3 bedrooms, 2 bathrooms, and several sunny terraces. Requires modernisation. Communal pool and gardens. Walking distance to town.

Price: €250,000

Ref: CN48689



LA EXOTICA

Bright 2-storey house, modern kitchen, 2 beds (1 en-suite), rooftop terrace with stunning views. Independent guest house. Plot 1,300 m², 50 m² pool.

Price: €695,000

Ref: CN48687



EL ZOCO

Large commercial space for sale in Nerja's Zoco. Approximately 190 m² plus a terrace with a garden for use and enjoyment.

Price: €215,000

Ref: CNP48100



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REF:- TV430 Almjara, Nerja Townhouse

Large bright and sunny semi-detached house close to Nerja centre. Distributed over two floors. Comprising of living room, separate kitchen, 3 bedrooms and 2 bathrooms. Chill out terrace with a Jacuzzi and a backyard converted into a cozy relaxation area. East/West facing with panoramic mountain views. Communal pool, sauna and parking. Quiet residential area, about 5 minutes from the centre and the beach.

PRICE: €350.000



REF:- TV494 TORROX CAMPO

Country house for sale in Pago del Marqués, 25 mins. To Torrox Pueblo and 25 mins to Frigiliana. Plot 5.046m2 with 3 small, detached and semi-detached farmhouses. One has 2 bedrooms and a living room (one with a bathroom). Two of them are on one floor, and the third is on two floors. There is also a large south-facing porch with incredible views of the mountains and the sea. It has electricity and water.

PRICE: €212.000



REF:- TV483 TORROX PUEBLO

Large town house spread over 3 floors. Ground floor with an open-plan kitchen, living room, and bathroom with bathtub. 1st floor with 2 bedrooms. 2nd floor has another room that could be used as a 3rd bedroom or an office, opens onto a large east-facing terrace with mountain views. Approx. 300 meters from a public parking.

PRICE: €127.000



REF:- TV466 TORROX PUEBLO

Charming town house divided into 3 floors. Ground floor comprises of a living room, separate kitchen, and toilet. 1st floor with 2 bedrooms (you must pass through one to access the other). 2nd floor has another room that could be a third bedroom with a full bathroom and access to a sunny terrace. Located near public parking, 4 minute walk from the centre. Partially renovated.

PRICE: €125.000

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REF:- TV478 TORROX COSTA

Spacious 2nd floor apartment with sea views. Comprising of a separate kitchen with laundry room, large living room with access to the terrace overlooking the sea, 3 bedrooms and 1 bathroom. Located in a small, family friendly block, very central, approx. 200 meters from the sea and the promenade. South facing with sea views.

PRICES:- €239.000



REF:- TV462 TORROX PUEBLO

Townhouse. Ground floor has a small living room with stairs to the kitchen, bathroom, and a small office. Stairs from living room lead to the 1st floor with 3 bedrooms (one of them is accessed through another one; the 3rd is independent). Large terrace with panoramic views of the mountains access from a bedroom, where you can enjoy beautiful sunsets. In need of renovation. Quiet location in old town.

PRICES:- €127.000



REF:- TV431 TORROX CAMPO

Small semi-detached house to renovate approx. 6 mins to coast in Pago Manzano Bajo. Built 25m2. Needs complete renovation. Attached, with a separate entrance, south facing, sea views. The property is attached to another house, which has been completely renovated and is in good condition and belongs to a different owner. 3 plots 13,500m2 currently undeveloped. It has no water or electricity.

PRICES:- €84.900



REF:- TV287 TORROX COSTA

Exceptional luxury home with garage, attic, and stunning sea views. Built on one floor and comprising of a spacious living room with fireplace and access to the porch, a fully equipped independent kitchen, extra room, 3 bedrooms (the master bedroom with en-suite), 2 single bedrooms, 2 bathrooms, large terrace, a bbq area with a wood-burning oven, private garden with a jacuzzi. Parking. Excellent sea views.

PRICES:- €675.000

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ARIES:- (March 21st - April 19th)

An opportunity to make some serious money could come your way this month, so stay alert and be ready to act if you see a financial opening that other people appear to have missed. The universe wants you to be rich.

Luckiest day:- Saturday

TAURUS:- (April 21st - May 21st)

You don't like having to depend so much on other people but the Sun's move into your opposite sign means you have no choice in the matter. If you are prepared to be more of a team player you could reap considerable rewards.

Luckiest day:- Friday

GEMINI:- (May 21st - June 20th)

You have worked so hard and achieved so much in recent weeks that you could probably do with a rest. So take it. No one is putting pressure on you to get things finished, so why put pressure on yourself? Treat yourself gently.

Luckiest day:- Monday

CANCER:- (June 21st - July 22nd)

The most important thing now is that you have a crystal clear picture in your mind of what it is you most want to accomplish. The sharper the vision the more likely it is you will be able to turn it from a dream into a reality.

Luckiest day:- Thursday

LEO:- (July 23rd to August 22nd)

If you are smart you will find a way to spend time with your nearest and dearest this month. No matter how heavy your workload may be there are ways you can make a bit more space for yourself and the people you love.

Luckiest day:- Tuesday

VIRGO:- (August 23rd - Sept. 22nd)

Get out into the world and have some fun. The Sun's move into the most sociable area of your chart will make it easy for you to find new friends with whom you can start projects that fulfil your creative needs, while making some money as well.

Luckiest day:- Wednesday

LIBRA:- (Sept. 24th - October 23rd)

If there is something you hoped would be finished by now you may have to accept that it isn't going to get done any time soon and drop it from your wish list. Also, make sure what you are working on pays off financially. Time is money after all.

Luckiest day:- Tuesday

SCORPIO:- (Oct. 23rd - Nov. 22nd)

The Sun joins Mars and Mercury in your sign this month, so your instincts will be super sharp and you will see in a moment what needs to be done while others remain completely confused about what's going on. You are way ahead of your rivals.

Luckiest day:- Sunday

SAGITTARIUS:- (Nov. 23rd - Dec. 21st)

You don't often look back and wonder what might have been but cosmic activity in the most sensitive area of your chart makes that essential. Aim to make what you did last month the foundation stone of all the great things you will be doing this month.

Luckiest day:- Monday

CAPRICORN:- (Dec. 22nd - Jan. 20th)

If you feel inclined to break a few rules and cut a corner or two today then go for it and don't worry what the consequences might be. Others will be so amazed by your lack of caution that they stand back and let you get on with it.

Luckiest day:- Friday

AQUARIUS:- (Jan. 21st - Feb. 18th)

The Sun enters the career area of your chart this month, so forget about personal issues for a while and devote yourself fully to getting ahead in the world. Don't pretend that you are not that ambitious, you want to make your mark like everyone else.

Luckiest day:- Saturday

PISCES:- (Feb. 19th - March 20th)

Almost every cosmic indicator is working in your favour this month, so be ruthless with yourself and banish any doubts you may have about where you are going and what you are doing. The path you are on is exactly the right one for you.

Luckiest day:- Thursday

Horoscopes



SeaLine homes, Peñoncillo Beach

Just steps from Peñoncillo Beach, this stylish two-bedroom apartment combines comfort, elegance, and accessibility. Set in an exclusive complex with a pool, it offers a bright living area, modern kitchen, spacious terrace with sea views, en-suite master, twin guest room, two sleek bathrooms, lift access, and underground parking with storage.

Price: 399,000 euros Ref. JG1089TPM

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Las Lomas de Frigiliana

Located in Las Lomas de Frigiliana, this elegant detached villa combines Andalusian character with modern comfort. Set on a 388 m² plot, it offers panoramic sea and mountain views, open-plan living areas, three bedrooms, two bathrooms, terraces, a private pool, garden, and parking—ideal for stylish year-round living or holidays.

Price: 799,000 euros Ref. JG1093TPM



Urb. San Juan de Capistrano

Set in the picturesque San Juan de Capistrano community in Nerja, this charming two-bedroom apartment offers sea and mountain views from a spacious south-facing terrace. Featuring landscaped gardens, pools, restaurants, and transport links, it includes a bright open-plan living area, modern kitchen, stylish bathroom, and two air-conditioned double bedrooms.

Price: 339,000 euros Ref. JG1088TPM

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Edf. Florida, Nerja

New to the market, this fully refurbished 2 bedroom apartment offers stunning panoramic sea views from its south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Edf. Florida complex, with a large communal pool, gardens, and secure parking. Ideal as a full-time residence or holiday rental investment.

Price: 350,000 euros Ref. JG1053

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga





Parauta and its Enchanted Forest

The white village of Parauta and its enchanted forest is located in the province of Málaga.

Parauta is one of only three villages in the province of Málaga to have become a member of the “Pueblos más bonitos de España” association. The other two villages are Frigiliana and the village-museum of Genalguacil.



What to see and visit in Parauta.

Parauta is part of the Sierra de Las Nieves Natural Park, declared a Biosphere Reserve by UNESCO for its high ecological value. Parauta is located in the Genal valley. The village forms part of what is known as the Serranía de Ronda. It is a natural area of great beauty in which to enjoy nature. Parauta was also named an Ecological Municipality in 1999.

This village has several curiosities. There's one that's particularly pleasing for fans of photography and Instagram posts: there are virtually no electric cables in the streets and the rubbish bins are either underground or built into the walls!

Its fame has been growing since the opening to the public in 2022, of its enchanted forest – Bosque Encantado – where wizards, elves and fairies can be seen!



The origin of the name Parauta.

According to historians, the village of Parauta comes from its former Arabic name, under Al-Andalus: Hins Autha.

Parauta is a white village inland from Andalucía, set in a unique natural environment.

What to see in Parauta?

On the outskirts of the village, the contrast between the grey mountains with their sparse vegetation and the hills covered in pine, chestnut, holm oak and olive trees overlooking the Genal valley is striking.



The best of Parauta to see.

- 1 - It's an ideal village for a getaway and to relax, in connection with nature.
- 2 - The narrow streets of the village
- 3 - Fuente de la Alquería.
- 4 - The Valdecilla holm oak, Encina de Valdecilla.
- 5 - The Rincón del Beso, Besame en Parauta, (Besame in Parauta).
- 6 - Statue of Omar Ben Hafsun..
- 7 - Arch in Calle Altillo.
- 8 - Ceramic plaques.
- 9 - Church of the Purísima Concepción.
- 10 - Pinsapo de la Escalereta.
- 11 - The enchanted forest of Parauta.
- 12 - The chestnut forest in autumn, Bosque de Cobre.
- 13 - Typical village streets.
- 14 - Parauta is an authentic white Andalusian village.



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Low maintenance plants!

In November, focus on low-maintenance, drought-tolerant houseplants that handle indoor conditions well, such as the Dracaena, Christmas Cactus, Cast Iron Plant, and Yucca. These plants are hardy, tolerate temperature fluctuations and dry air, and require less frequent watering during the colder months.

Low-maintenance and resilient

Dracaena: Often called the "dragon plant," this is a very hardy and drought-tolerant option, perfect for homes with inconsistent watering or dry winter air.



Cast Iron Plant (Aspidistra elatior): As the name suggests, this plant is incredibly tough and can withstand a wide range of conditions, including lower light and temperatures.



Yucca: This resilient plant loves sunlight and can tolerate temperature fluctuations and drafts, making it a great choice for sunny spots near windows.



Philodendron: A popular and easy-care houseplant that comes in many varieties.



Rubber Plant (Ficus elastica): Another sturdy option that tolerates a variety of indoor conditions.



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We offer our clients a wide assortment of indoor plants and seasonal, shrubs, fruit trees and ornamental plants.

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Plants for holiday and seasonal interest

Christmas Cactus: These succulents bloom around the holidays, making them a popular choice for November, but they require a specific watering and light schedule to keep them blooming year after year.



Plants for dramatic foliage

Swiss Cheese Plant (Monstera deliciosa): Known for its large, dramatic leaves.



Bird of Paradise: Adds an exotic, tropical look with large, broad green leaves.



Fiddle-Leaf Fig (Ficus lyrata): A very popular choice for a statement piece, though it can be more finicky than other options.





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Online video

Cómpeta New this month!

A unique opportunity to purchase a 3 bed, 2 bath villa (184m²) recently modernised and finished to a high standard. Spacious outdoor terraces, large pool and beautiful country views. A fantastic home or high-quality rental property.

Price: 595.000 euros

ref: v 1579

EPC: In progress



Online video

Torre del Mar New this month!

A 3 bed, 3 bath townhouse (317m²) in the sought-after Viña-Málaga area. Bright, spacious with multiple sea view terraces, underfloor heating, private garage. An ideal family home, stylish holiday retreat, or high-quality rental investment.

Price from: 540.000 euros

ref: t1581

EPC: E



Online video

Canillas de Albaida Sea views!

Renovated 1 bed, 1 bath village house (90m²) with sofa bed in the spacious lounge. Attractive rustic style, this traditional house has many stunning features. The superb sun room and roof terrace have open countryside and sea views.

Price from: 152.000 euros

ref: t1565

EPC: In progress



Salares

Price reduced!

Large beautifully renovated 3 bed, 4 bath village house (200m²) with on street parking right outside, huge living/dining room, 3 double en suite beds, terrace, walled courtyard and roof terrace.

Price: 211.000 euros

ref: t1132

EPC: D



Cómpeta

Sea views!

Spacious 4 bed, 1 bath (154m²) townhouse, needs some updating with a large roof terrace with magnificent sea views. Plus an undeveloped area of approx 147m², great project for someone with vision and design flare.

Price: 189.000 euros

ref: t1483

EPC: In progress



Sedella

Rustic property!

Spacious bright countryside villa (165m²) 3 beds, 2 baths, separate living, kitchen/dining, private pool terrace with sea, mountain and village views, 2 stables, 2 additional plots of land, potential for horse-riding business.

Price: 398.000 euros

ref: v1515

EPC: In progress

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

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VSR2224 EAST NERJA - Detached villa, 115m2, comprising three bedrooms, two bathrooms, office, air con, open plan lounge/dining/kitchen area, leading to a lovely terrace, BBQ, Sea and mountain views, private pool, lawn, parking, just a short walk to Burriana beach. **Price:- €649,000 Must be viewed!**



VSR2223 CAPISTRANO AREA - Apartment two bedrooms, two bathrooms, large private terrace, stunning sea views, well maintained communal pool, and gardens, private parking, plus a store room, quiet location. **Price:- €455,000 Book a viewing now!**

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Exclusive

VSR2218

LOS TABLAZOS

Country property, 3/4 bedrooms, lounge, sun room, private pool, various terraces, including a roof terrace, views to the sea and the countryside, good location, situated between Nerja and Frigiliana,

Price:- €395,000



VSR4134

MARO

Spacious detached villa 262m2, 3 bedrooms, 3 bathrooms, heated pool, Garden, various terraces, sea view. Large garage, close to the National park, A quality residence. Must be viewed.

Price:- €599,000 Book a viewing now!



Exclusive

VSR2206

ALMIJARA III, NERJA

Townhouse with stunning sea views, spacious lounge/diner, 2 large beds, (originally 3), front patio, large south facing terrace, panoramic views. Communal pool, walking distance to Burriana beach and in to Town.

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The Costa Animal Society...



Waiting at the airport



Holly



Holly with her new owners

Two Happy Tails

We've had some fantastic news this month! Two of our resident dogs have left for their new homes! Holly and Star were rescued as young pups on Christmas Day over three years ago, when they were found by a Swedish holidaymaker who was taking a walk along the Rio Chillar in Nerja. The Costa Animal Society (CAS) was contacted for help by the lady on Boxing Day, stating she would only be in town for a week and she did not know what to do with the pups.

A foster home is difficult to find at normal times and with it being the holidays the local kennels were full with private customers but after a reshuffle of the schedule emergency accommodations were secured on a temporary basis. However, after the Christmas season passed and things quietened down it was decided that Holly and Star would be able to stay at the kennels on a permanent basis until new homes could be found.

At last, they have both been adopted by different families, in different countries.

But, the most amazing thing is... they were both found on that Christmas Day together and have just gone to their new homes, on the same day! Star has gone to Sweden and Holly went to France.

Good luck girls! We're all going to miss them! A lot of credit for Star goes to one of our staff members, Hayley, as she organised the traces and did the 3am airport run.

**If you would like to meet any of our other dogs, please contact
Seacrest Kennels at 711 028 847 or 646 613 885,
or email us on costaanimalsociety@gmail.com**

You can find us on Facebook - Costa Animal Society CAS where there is more information.

Or pop into our shop in Calle Antonio Millon 13 (Next to Café Aloha), Nerja,

Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

If you would like to help CAS in their work and donate, please go to our website where you will find our bank details, costa-animal-society.square.site

AXARQUIA ANIMAL RESCUE

As ever, AAR is indebted to our incredible volunteers, supporters, adopters and fosterers and sponsors. We could not function without you - THANK YOU. AAR relies completely on public donations, fundraising and our charity shop in Torre del Mar. In the first half of 2025 we have had some extremely complex and difficult cases, some of which are still ongoing. But we will always do the very best we can for the animals in our care.

We rehomed 19 animals, supported several external cases and are supporting an additional 14 animals in their permanent foster homes.

KEY COSTS JAN - JUNE 2025:

Kennels - €8,536.07. This is why we need more fosterers - please help us save a soul in need.

Vets - €9015.96

Meds, Food, Running costs - €6861.99 This includes animal equipment, seresto collars, animal travel costs, meds as well as the costs we are required to operate as a fully legal charity and look after our animals and volunteers which includes: rent, utilities, tax, accountants, various insurances, utilities etc.

We currently have 39 animals in our care looking for their forever homes - 32 are in foster homes, 7 are in kennels, plus our 14 cases in permanent foster. We continue to help external cases when we have the resources.

EVERY LIFE SAVED IS A TESTAMENT TO THE HARD WORK AND DEDICATION OF EVERYONE WHO VOLUNTEERS AND SUPPORTS AAR.

WE PROMISE TO KEEP DOING OUR VERY BEST.

We were 14 in August, and what a 14 years it has been, we never imagined we would have grown as much as we have, nor saved over 5000 lives. Plus the amount of stray cats that have been avoided with the help of our Neutering Team. If you would like more information, or would like to become a volunteer, please contact us.

Email: axarquia-rescue@hotmail.com

Fostering

**Here at AAR we are crying out for fosterers.
Could that be you?**

Fostering is vital to the welfare of the animal. It gives them a better chance of finding their forever family and teaches them what it's like to live in a home and be cared for.

Maybe you've had a dog or cat in the past, but you're worried having a pet would tie you down; or maybe you're concerned about the rising cost of owning an animal, after all veterinary care isn't cheap. Well, here at AAR we work with you.

All our dogs are fully funded so you are never expected to pay for anything. Plus, if time is a concern, then we offer a buddy service to help you on the days having an animal to care for isn't convenient. Fostering brings so many rewards, and not just for the animal. You know you're making a real difference as you watch them thrive and find their forever home. Yes, there will be tears, but they will be happy tears as you say goodbye knowing it was a job well done. If you're interested in fostering or becoming a buddy, then please get in touch as we would love to hear from you.

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Axarquia Animal Rescue



AAR 2744 - Valentia

Valentia is a 5 year old female Podenco Cross , medium size. She is fully vaccinated, neutered, chipped & passport. Valentia has been in kennels for over 17 months now and still waiting for someone to come forward to offer her a place in their home.

She is a sweet girl who loves people and is great playing with other dogs. All she wants is a family to love, spend and share her life with. Are you that family or person who is willing to offer Valentia her furever home? Please email AAR at axarquia-rescue@hotmail.com for more information.



AAR 2811 - Dexter

Dexter is such a happy boy and so handsome with an unusual characteristic of one blue eye and one brown making him even more adorable! 3 months old, vaccinated, and expected to be medium in size. A stunning pup, and has adapted well to his new foster home. He had adapted quickly to home life, where he is calm and confident. He loves being with other animals and adores human contact. He is ready for adoption in Spain and will be available for adoption abroad when he completes his vaccinations. You can reserve him now! See more photos of Dexter at

www.axarquiaanimalrescue.com/meetme.php?id=2811

For more information, email us at axarquia-rescue@hotmail.com and asks for Dexter AAR2811

AAR 2747 - Betsie

This is beautiful Betsie. She is 20 months old and currently living in foster care where she has been well trained. Betsie is used to going on car rides and loves to go on walks. She's very good on the lead. Betsie is a sweet, quiet natured girl. She is shy at first but once she gets to know you she loves to give big cuddles! Betsie is very loving. She loves to play with other dogs. Betsie also been neutered. Could you be the person to give Betsie her forever home? Please email: axarquia-rescue@hotmail.com



AAR 2780 - Willow

Willow is a beautiful, gentle girl, who loves everyone she meets. Approx 4 years old, fully vaccinated and neutered. medium in size. She has had a few health problems since coming into our care, but thankfully, she is on the mend, and now ready for a home of her own. Willow is great with children, cats and other dogs, she doesn't much, just love and to be with people.

If you can offer this gentle girl a home, please contact us at axarquia-rescue@hotmail.com for more information.



AAR 2810 - Dylan

It's been an exciting time for Dylan after moving to his foster home. Just 3 months old and has spent most of his life in a kennel. It was a bit daunting meeting new house mates. But they are friendly and made him welcome. He came across a frog too, but he didn't seem to want to play. Dylan is discovering what it's like to be part of a family and loves human company. Dylan can now be adopted in Spain and will be available for adoption abroad once he completes his vaccinations. You could be the forever family he needs to thrive and will bring you endless fun. To find out more about this lovely pup, email us and ask for Dylan AAR2810 at:

axarquia-rescue@hotmail.com



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Autumn: The Perfect Season to Train Your Dog

As the heat of summer gives way to cooler mornings and gentler evenings, autumn arrives as one of the best times of year to enjoy life with your dog. The sun is still shining, the beaches are quieter, and the countryside paths are calling. But while autumn invites us outdoors, it also offers the perfect opportunity to focus on something that can transform both your dog's life and yours: training.

Training isn't just about teaching a dog to sit or stay, it's about communication, trust, and building a relationship where both of you understand one another. A well-trained dog is a joy to live with, but more importantly, training gives your dog confidence, mental stimulation, and the ability to safely join you in more of life's adventures.

Why Autumn is Ideal for Training

Many dog owners find autumn a natural reset point. Summer holidays are over, routines are back in place, and the weather is much kinder for both humans and dogs to spend time outdoors. The cooler mornings and evenings make training sessions more comfortable, especially for puppies and older dogs who may struggle in the summer heat.

Autumn also brings unique training opportunities. With more fallen leaves, new smells, and exciting wildlife, your dog has plenty of distractions to test their focus. Training in this season helps your dog learn to listen and respond even in stimulating environments - skills that carry through to everyday life.

Benefits of Training Your Dog

At its heart, training is about giving your dog the tools to succeed. It:

- Builds confidence and reduces anxiety
- Creates safer situations, whether at home, on the lead, or off it
- Provides essential mental stimulation, helping prevent boredom-related behaviours
- Strengthens the bond between you and your dog

For owners, training provides peace of mind. Knowing your dog will come when called, settle when asked, or behave politely in public makes life together more enjoyable and far less stressful.

Dog School Nerja: Classes for Every Stage

If you're ready to take the next step, Dog School Nerja offers a variety of professionally run classes this autumn, tailored to every dog's needs.

- **Life Skills 1 - Beginners Class** (from Monday 6 October) is perfect for those just starting out. Over four weeks, you'll build solid foundations in focus, lead walking, recall, and everyday manners - essential skills for any dog.
- **Agility Club** (from Wednesday 29 October) offers six weeks of fun-filled agility for dogs over eight months old. It's a great way to boost your dog's confidence, fitness, and focus, while strengthening your teamwork. And if you can't commit to all six weeks, there's even a pay-as-you-go option.

Our classes aren't just about training dogs, they're about building a community of supportive owners who learn and grow together. Every session is positive, reward-based, and designed to help you and your dog succeed in real life situations.

Make This Autumn Count

The months ahead are a gift, cooler weather, quieter spaces, and the chance to spend more quality time with your dog. Why not use the season to invest in their training and well being?

From the Team at Dog School Nerja



By joining Dog School Nerja, you'll not only equip your dog with the skills they need but also discover how enjoyable training can be for you. Spaces are limited and classes are always popular, so be sure to secure your spot soon.

👉 This autumn, make training part of your dog's story, and enjoy a happier, calmer, more connected life together.

👉 Find out more and sign up at
www.dogschoolnerja.com

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www@dogschoolnerja.com

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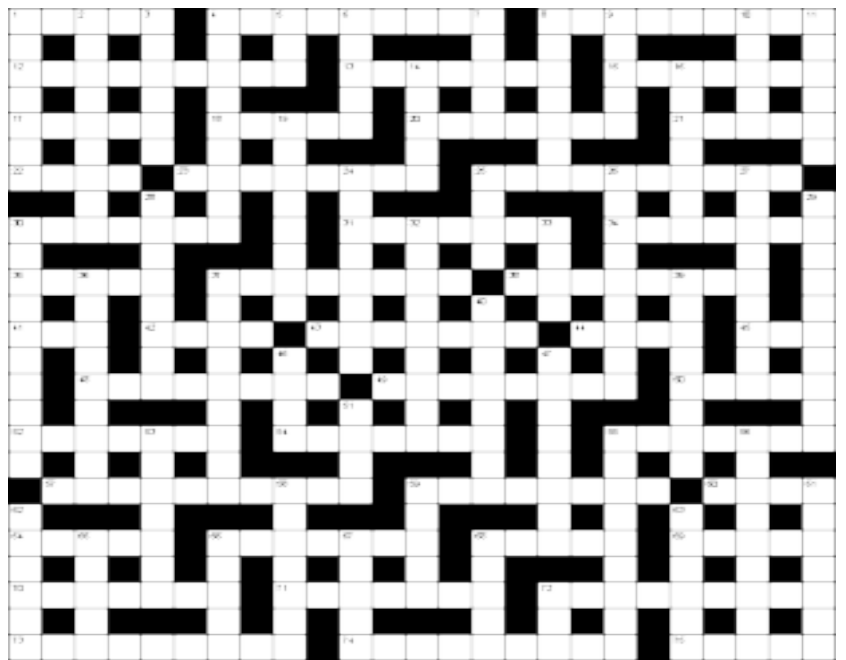
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Across

1. Visual communication (5)
4. Show for kids, mainly (9)
8. Exuberant (9)
12. Fair (9)
13. A person's brother or sister (7)
15. Humiliation (7)
17. Wall painting (5)
18. Pandemonium (5)
20. Acute (7)
21. Topic (5)
22. Charge per unit (4)
23. A drink before a meal (8)
25. Mixture (10)
30. Pensive (7)
31. Building (7)
34. Epidermis (7)
35. Even (5)
37. Sailor's dance (8)
38. Moguls (8)
41. Sense organ (3)
42. Not difficult (4)
43. Enduring (7)
44. Mature (4)
45. In the past (3)
48. Height (8)
49. Dwelling (8)
50. Panache (5)
52. A small piece of anything (7)
54. Loss of memory (7)
55. Article of clothing (7)

Down

57. Unbelievable (10)
59. Anatomical structure (8)
60. Performs (4)
64. Bulbous plant (5)
66. Apparition (7)
68. Small boat (5)
69. 4th letter of the Greek alphabet (5)
70. Rebukes (7)
71. Train (7)
72. Asked (9)
73. Worthy of imitation (9)
74. Cognition (9)
75. Display tripod (5)
1. Flash of light (7)
2. Equipment (9)
3. Harbinger (6)
4. Head teacher (9)
5. Nothing (3)
6. Fertile part of a desert (5)
7. Decree (5)
8. Locomotives (7)
9. Relative (5)
10. Spooky (5)
11. Bicycle for two (6)
14. A short duration (5)
16. Try (7)
19. Anteater (8)
24. Theatrical performer (8)
25. Dessicated (4)



26. Come to terms (9)
27. Absolutely essential (9)
28. Wealthy (8)
29. Philanthropic (10)
30. Large African antelope (10)
32. Impulsive (9)
33. Flair (4)
36. Fluctuation (9)

37. Dithered (9)
39. Pirate's hoard (8)
40. Imagine (8)
46. Notion (4)
47. One and a half dozen (8)
51. Part of the leg (4)
53. Low wall (7)
55. Monstrous (9)
56. Intensifies (9)

58. Courage (7)
59. Brazilian dance (5)
61. Disgraceful event (7)
62. Unchanging (6)
63. Stick (6)
65. Big (5)
66. Italian dish (5)
67. Large case (5)
68. Fishing basket (5)
72. Pole (3)



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Superhero Word Search

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 HULK
 PANTHER
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The streets and alleyways of Parauta are a delight to wander through. Fuente de la Alquería, this fountain, at the entrance to the village, is one of the oldest in the municipality. It is covered by a brick vault.



The 3 main fairs/fiestas in the village of Parauta

- 1 - The Parauta Fair, held on the 1st weekend in August.
- 2 - The Fiesta del Conejo – Rabbit Fair. This gastronomic festival is recognised as a provincial festival of tourist singularity. It takes place every year in November, with tastings of rice rabbit and a range of other local products.
- 3 - The Enchanted Forest Festival. This festival takes place in June and offers a wonderful atmosphere. When night falls, all the village lights go out. The village is lit up by 3,000 candles.



Where to eat in Parauta?

The typical dishes of the village and the Sierra de las Nieves; Wildboar with chestnut sauce, rice and rabbit, chestnut cake, olla a stew like soup made with chickpeas, vegetables, black pudding, chorizo and pork pieces, a homemade garlic soup, asparagus and bread soup and tomato soup.

In spring, many dishes feature plants picked in the surrounding area, such as fennel or wild asparagus. In autumn, there are also mushrooms picked in the surrounding forests.

The village restaurant Mesón Anafe is quite small and it is



Photos by Patricia Rothwell, pictured above during her recent visit to Parauta

better to reserve a table before visiting Parauta, telephone 952 18 10 35.



Where can I park in Parauta?

Parking in Parauta is often an impossible task. Access by car is often closed to non-residents of the village. The best place to park is directly at the entrance to the village. On days when access is open, there are parking spaces next to the swimming pool and sports ground. As the village streets are fairly flat, it's a real pleasure to be a pedestrian in this village and not have the noise of cars. The village is quite small and can be visited entirely and easily on foot.



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SCAN ME



Broccoli and Cheddar Soup

Broccoli and Cheddar Soup

Serves:- 2

Ingredients:-

2 - 3 tbsp olive oil
 ½ yellow onion, finely chopped
 2 stalks celery, finely chopped
 2 carrots, sliced into thin rounds
 2 tsp smoked paprika
 1 tsp black pepper
 1 tsp fresh thyme leaves
 3 large cloves of garlic, chopped
 1 large zucchini, shredded
 1 large head of broccoli, cut into small florets
 1/2 head of cauliflower, cut into very small florets
 1 32 ounce container of vegetable broth
 1 - 1 1/2 cups milk of choice, room temperature
 2 - 3 cups shredded cheddar cheese
 1 cup finely shredded kale
 Juice of 1 lemon

Preparation:-

In a large stove top pot, add the oil and bring up to a medium heat. Add the onion, celery, carrots, and a big pinch of salt. Sauté for a few minutes until the onion has started to become translucent. Add the paprika, pepper, thyme, garlic, and zucchini. Stir to combine, and cook for another few minutes until the vegetables have begun to turn golden.

Add the broccoli and cauliflower florets and stir to combine. Add the broth. Bring up to a simmer, then cover the pot and let cook for about 10 - 12 minutes, until the broccoli and cauliflower are tender.

Add the milk and stir to combine. Using an immersion blender, blend a portion of the soup to desired thickness. If using a blender, take about 3 - 4 cups of the soup and add to a blender. Carefully vent and blend the soup until thick. Add back to the pot and stir to combine.

Add the cheddar cheese to the pot. Add more if you want a cheesier texture. Adjust to your preference. Simmer soup until warmed through and the cheddar has melted.

Add the kale to finish the soup and stir to combine. Add salt to taste, and add lemon juice. Serve hot.



Tuna Pasta

Tuna Pasta

Serves:- 4

Ingredients:-

12 ounces pasta about 3 ounces/80g per person
 3 tbsp extra virgin olive oil
 ½ Medium onion diced
 3 garlic cloves minced
 10 ounces water or oil-packed tuna drained
 1½ cups crushed tomato
 10 large olives diced (optional)
 1 - 2 salt-cured anchovies optional
 ½ cup grated Manchego cheese
 Salt and pepper to taste

Preparation:-

Cook the pasta in salted boiling water until al dente. While the pasta is cooking, heat the olive oil in a heavy pan and add the diced onion. Sauté for about five minutes until translucent. Add the minced garlic and sauté for one more minute until just starting to brown.

Add the crushed tomato, drained tuna, and anchovies (if using). Stir and cook over medium-high heat for five minutes. Add the diced olives and any other embellishments, and add salt and pepper to taste.

Drain the pasta once al dente and add to the pan. Stir gently to fully coat the pasta in the sauce.

Top with grated Manchego cheese and serve with a drizzling of olive oil. Enjoy immediately!

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Coconut, Curry and Red Lentil Soup

Serves:- 4

Ingredients:-

2 tbsp olive oil
1 yellow onion, chopped
5 garlic cloves, sliced
1 2 inch piece ginger, sliced
4 large carrots, sliced
2 tbsp curry powder
1 13 ½ ounce can full fat coconut milk
4 cups water
Zest and juice of 1 orange
1 cup split red lentils
1/3 cup unsweetened shredded coconut
5 large kale leaves, stems removed and thinly sliced
2 tsp kosher salt
15 ounce can chopped tomatoes
optional garnish: plain yogurt, cilantro leaves, shredded coconut

Preparation:-

In a large pot, heat olive oil over medium. Sauté onion, garlic, ginger, and carrots in olive oil until veggies have softened. Add curry powder and stir together, then add remaining ingredients (except garnishes.) Simmer for 30 minutes until lentils are soft. Ladle into bowls, and top with yogurt, cilantro, and coconut.



Chicken and Chorizo Stew

Chicken and Chorizo Stew Recipe

Serves:- 6

Ingredients:-

6 bone-in chicken thighs or drumsticks
Salt and pepper to taste
2 tbsp olive oil
1 pound semi-cured or fresh chorizo sliced into ½-inch pieces
1 large yellow onion thinly sliced
2 red bell peppers thinly sliced
2 garlic cloves minced

4 sprigs fresh thyme or 1 teaspoon dried
1 tsp smoked paprika
1 tsp ground cumin
2 bay leaves
1 cup dry sherry or dry white wine
2 cups chicken stock
2 15-ounce cans tomatoes or 4 cups fresh diced tomatoes
1 tbsp tomato paste
½ cup pitted green olives whole or sliced

Preparation:-

Pat the chicken dry with paper towels, then season it liberally with salt and pepper. Place a large Dutch oven or heavy pot over medium-high heat and add the olive oil. When the oil is hot, sear the chicken on all sides until it's browned, about 7-8 minutes total. Work in batches if necessary. Transfer to a plate and set aside. Return the Dutch oven to medium-high heat and add the chorizo. Sear the chorizo until it's brown and rendering its fat, about 2-3 minutes. Add the onion and bell peppers to the chorizo and sauté until softened and translucent, about 5 minutes. Stir frequently to avoid burning. Add the garlic, thyme, paprika, cumin, and bay leaves and cook for 1 minute, stirring constantly. Deglaze by pouring in the dry wine and scraping off anything stuck to the bottom of the pan. When the wine has reduced by half, stir in the chicken stock, tomatoes, and tomato paste. Add the browned chicken to the stew, then bring it to a boil. Then simmer covered until the chicken has an internal temperature of 175°F (79°C), about 50 minutes. Stir in the sliced olives, chorizo, and cooked chicken (if you removed it) and cook until heated through.



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RECOMMENDED EXERCISES FOR CARPAL TUNNEL SYNDROME.



Part 2

Stretching Exercises:-

The main reason why we should carry out stretching exercises before and after work and regularly, is to obtain a state of general relaxation of the musculature. Although this aspect includes many other muscles other than those located in the hand, we will focus mainly on these, as they are expected to respond faster, more accurate and effective during the work.

The following exercises not only contribute to improve the flexibility of the muscles they go to, but also to improve their mobility and physical state, thus helping to avoid the most common injuries suffered by them and also contributing to an improvement of the psychic state to relaxation resulting from their practice.

Stretching reduces muscle tension, creating a feeling of relaxation that is very beneficial. The stretching of muscle

fibers is parallel to that of the sensors between them. This increased stimulation increases your perception capacity leading to better coordination of movement. Also, the one that the stretch requires of the concentration in the zone that works, facilitates the development of the corporal consciousness.

In the recovery phase, the calculation of the pressure of the tension that, as a result of the working hours, accumulates in different parts of the body. The venous and lymphatic return is facilitated, contributing to eliminate the liquid deposit that the activity entails. This reduces muscle thickness, one of the origins of muscle pain, and facilitates recovery.

Flexor Wrist Stretching:-

1- With the arms fully stretched forward joined by the palms of the hands, we will approach the wrists towards the chest without taking off the palms, while at the same time the stretching of the forearm is required.



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20:00H	TORONTO: YOGA		TORONTO: YOGA: YOGA 20:00-22:00H		TORONTO: YOGA		TORONTO: YOGA: YOGA 20:00-22:00H		CLASES PRIVADAS - CON RESERVA

2- With the hands joined by the palms parallel to the face and the fingers upwards, the hands are lowered towards the abdomen in a direction perpendicular to the ground without taking off the palms.

3- With hands joined at the waist and fingers pointing towards the ground, climb up progressively until reaching the chest without separating the palms of the hands.

4- With the palm of the hand towards the ground and the extended arm we grasp with the opposite hand the fingers of this with the form of hook, one we must stretch upwards.

5- Let the back of the right hand rest on the palm of the left to later push down with the first and hold with the subsistence (left). Then perform the exercise in reverse.

6- With the arm extended and the hand in the horizontal position with the palm upwards we support the fingers of the other hand against this, that is to say facing downwards touching each other. Then with the supporting hand (upper hand) press down on the other hand, increasing the extension of the wrist and fingers. This exercise is also repeated in reverse, that is, by changing the position occupied by the arms. Mainly aimed at the common deep flexor of the fingers and the anterior cubital.

7- For this exercise you should close the hand fist on which you want to stretch, a slight bend of the elbow should be performed and the forearm and pronation (internal rotation) should be placed. After picking up the fist with the other hand to be able to flex the wrist little by little while extending the elbow. It should be done in both hands. Before and after practice with the flute. Aimed at extensor muscles of the fingers.

8- With the arm in the extension and the fist of the hand closed in, with the arm in the other hand and we will exert a slight pressure that forces the wrist a flexion for the body, while the same time makes an extension of the elbow. This exercise should be repeated in both hands for no longer than 20 seconds. Aimed at the extensors of the fingers.

9- With the palm of the hand to be stretched facing outwards and the elbow slightly flexed in internal rotation, the other hand was placed in the opposite direction (inwards) touching by the fingers and face a face. Progressively we will be flexing, with the hand that looks inwards, until obtaining the extension of the wrist and the fingers. At the same time elbow extension was also performed. Perform the same exercise on the other wrist. Intended for the common flexor of the fingers and the anterior cubital.

Approximation of the thumb:-

1- With the back of the hand up, grasp the thumb with the opposite hand and separate gently.

2- With the back of the hand down, you must grasp the thumb with the hand bet and bring it to the hand.

Strengthening exercises:-

The musculature responsible for the movements of the hand and fingers is in the forearm, so it is vital to understand that a correct training will help to strengthen those muscles that suffer more wear due to the requirement required by the work and reinforce the activity Of the less active ones, and therefore with less muscular tone, all this will benefit to a large extent the tasks performed by that member. Next, some of the possible exercises to promote this muscular toning will be named, which should be performed with a minimum of 3 sets of 10 to 15 repetitions each.

1- Exercise of fingers with resistance: with the palm of the hand facing downwards, we must place some rubber between the fingers, so that they resist the movement of these, then try to

Continued on page 36

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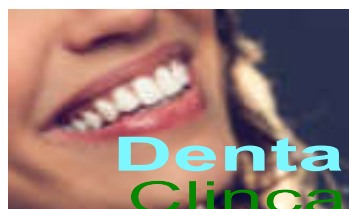
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separate them as much as possible, keeping the tension in the Maximum point for a few seconds.

2- Place a small rubber ball, not too hard, between each finger and exert pressure with all the fingers at the same time against them for a few seconds. Intended for lumbrical and interosseous palms and dorsal.

3- With the palm of the hand resting on a flat surface and facing upwards, we hold a ball of hardness and small size. Then we will close the fist until exerting considerable pressure on the ball, holding this contraction for about 5-10 seconds. Aimed at strengthening the flexors of the fingers.

4- With the help of a forceps or Hand grip, which will be held by the hand, you should perform contraction and relaxation movements, holding a few seconds at the point of maximum pressure, then relax until returning to the starting position. Aimed at toning the flexors of the fingers.

5- For the following exercise, we will use a weight of not more than 1 kg, which we hold with the hand facing up (supination) and the arm extended, then firmly grasp the weight and flex the wrist upwards as much as possible, without becoming annoying or painful, holding the contraction for a few seconds, to later relax and recover the initial position. Intended for the strengthening of the flexors of the wrist.

6- Holding the weight with the arm extended and starting from a palmar flexion, we make an extension movement (upwards), maintaining the contraction for a few seconds. Then slowly return to the starting position.

7- With the arm extended and starting from the palmar flexion, hold the weight, and then make a slow rotation until the hand is supinated and then return to the main position.

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The Sense of Smell as a Predictor of Age-Related Health Problems

Researchers from Johns Hopkins University School of Medicine have found that problems with the sense of smell may predict a higher risk for age-related health problems. The study suggests that smell dysfunction can act as an early indicator of cognitive decline, as well as signs of frailty in the brain and unhealthy aging. This discovery may prove to be an important tool for clinicians who care for aging populations.

The sense of smell is often taken for granted. As with vision and hearing, the sense of smell weakens as one ages. However, impaired olfactory identification and sensitivity functions are associated with frailty. This is interesting because it shows that it is not just the aging brain at work here. It may also be something peripheral, such as something involving the nose, that makes it possible to predict impending frailty and death.

To measure identification skills, study participants were exposed to five scents; to measure sensitivity, they were exposed to six scents. These measures were then matched to their frailty scores. For each 1-point increase in both olfactory identification and sensitivity scores, frailty status declined significantly. This suggests that the ability to smell well has a connection to better overall health in the aging population.

Impairment of the sense of smell may serve as an important biomarker and risk factor for frailty. Smell tests may become an integral aspect of clinical care for aging people who may be cognitively impaired. A simple smell

test that takes only minutes could potentially be a valuable tool to assess the risk of frailty or unhealthy aging. Failure to pass a smell test may indicate the need for the patient to improve their nutrition, or it may indicate the need for a more comprehensive neurologic or medical workup.

COVID-19 has added an additional layer of complexity to the study of the sense of smell. Many patients infected with the virus have reported a loss of smell, which can last for weeks or even months after recovery. This symptom has been one of the earliest indicators of COVID-19, and research suggests that smell tests could be used to identify infected individuals who are asymptomatic.

As we age, the sense of smell is often overlooked, but it plays an essential role in our overall health and well-being. This study highlights the importance of preserving and assessing the sense of smell in older adults. Smell tests may be able to enhance clinical and research efforts for improving care for older adults, especially with COVID-19, which affects the smell of many patients around the world.

The sense of smell may be an overlooked but vital tool in predicting age-related health problems. This study suggests that smell dysfunction may act as an early indicator of cognitive decline

and signs of frailty in the brain and unhealthy aging. Smell tests may become an essential aspect of clinical care for aging populations, helping to identify and assess the risk of frailty and unhealthy aging. As our population continues to age, it is critical to recognize the importance of the sense of smell and the role it plays in our overall health and well-being.



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Zucchini Smoothie

Ingredients:-

1 medium zucchini, chopped and frozen
1 cup unsweetened almond milk, plus more as needed
4 soft Medjool dates, pitted*
2 tbsp almond butter, plus more for drizzling
1 tbsp cocoa powder
½ tsp vanilla extract
¼ tsp nutmeg
Handful of ice
Chocolate chips, optional, for sprinkling
Coconut flakes, optional, for serving

Preparation:-

In a high-speed blender, place the zucchini, almond milk, dates, almond butter, cocoa powder, vanilla, and nutmeg. Blend until smooth, adding more almond milk as needed to blend. Add a handful of ice and blend again. Pour into glasses. Drizzle with almond butter, sprinkle with chocolate chips and coconut flakes, if desired, and serve.



Mark Shurey D.O.

Osteopath



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Preparing your body for winter!!!

Preparing your body for winter.

Focus on boosting your immune system, adapting your diet, updating your skincare routine, and staying active to counteract the colder weather and shorter, darker days.

Boost your immune system

Get your vitamins. Take supplements for Vitamin C and Vitamin D, which is especially important because of reduced sunlight during the winter months. Consult a doctor to see if you have any deficiencies and what supplements are right for you.



Eat a balanced diet. Focus on warm, nutritious foods like soups, stews, and casseroles. Incorporate seasonal fruits and vegetables such as citrus fruits, leafy greens, and root vegetables.

Prioritize sleep. Aim for 7 - 9 hours of sleep per night, as quality rest is vital for a robust immune system.



Stay hydrated. Drink plenty of water and herbal teas, as cold weather can reduce your sensation of thirst. Proper hydration helps maintain healthy mucous membranes, which act as a barrier against infection.



Practice good hygiene. Wash your hands frequently with soap and water to prevent the spread of germs, especially during cold and flu season.

Manage stress. Chronic stress can suppress immune function. Try stress - relieving activities like meditation, yoga, or deep breathing.

Get vaccinated. Talk to your doctor about getting a flu shot and staying up-to-date on COVID-19 boosters to protect yourself against common winter illnesses.

Adapt your skincare routine

Switch to a thicker moisturizer. The dry air from indoor heating can strip your skin of moisture. Replace your lightweight summer lotion with a richer, more nourishing cream or ointment to repair your skin's protective barrier.

Use gentle cleansers. Avoid harsh, stripping cleansers. Instead, use a cream - based or oil - based cleanser that helps maintain your skin's natural oil balance.

Keep showers short and lukewarm. Hot water can remove your skin's natural oils. Take shorter, cooler baths or showers and apply moisturizer immediately after.

Use a humidifier. Running a humidifier in your home can help restore moisture to the dry indoor air, combating skin dryness.

Protect your lips. Use a hydrating lip balm to prevent chapping and dryness.

Apply sunscreen. UV rays are still present in winter and can damage your skin, especially with reflective snow. Continue to use broad-spectrum sunscreen.

Stay active and warm

Keep exercising. Exercise improves circulation and boosts your mood. If the weather is too cold, move your workouts indoors by joining a gym or using online exercise videos.

Walk outdoors. Take walks during daylight hours to get natural sunlight and boost your Vitamin D, which can help combat seasonal fatigue.



Dress in layers. Wear multiple thin layers of clothing instead of one thick one. This traps warm air, keeping you insulated. Cover extremities with a hat, gloves, and warm socks.



Keep your home warm. Close doors to trap heat in rooms you are using and use a hot water bottle or heated blanket to stay cosy.

Move regularly. Even if you are mostly indoors, avoid sitting for longer than an hour at a time. Simple movements like stretching or walking around the room can help boost your circulation.

To effectively prepare your body for winter, you can follow comprehensive guidance on several key areas, including boosting your immune system, adapting your diet, updating your skincare routine, maintaining mental health, and staying active.

COVID 19 to vaccinate or not to vaccinate that is the question???

I have started taking people along to the Health Centre for their flu and Covid Vaccines... Yesterday a lady refused as she had "heard things..." about the Covid 19 vaccine... but couldn't elucidate... but ended the conversation by saying that she had "...had it the day before".

FACT. Only 0.06% were hospitalized as a result of the adverse reactions to Covid Vaccine.

First Fact:-

The Vaccine against Covid 19 is constantly being updated and improved upon.

The Risk Factors:-

Smoking, asthma, physical inactivity and obesity.

It is especially important for people who are immunocompromised, pregnant and elderly and people with underlying medical conditions eg; Chronic obstructive Pulmonary disease and cancers that effect the blood.

Will the injection stop me from getting Covid? Will it keep me out of hospital?
Simple answer no it won't... but it gives you a better chance of remaining healthy.
AND... we want to stay healthy!



Palliative care - Companionship
Heart monitoring - Hospital sitting
Respite at home - House keeping
Correspondence & communication
Medical collection & dispensing systems
Dressing, bathing & daily hygiene
Shopping & meal preparation
Fast response fall team
Provision of medical equipment such as wheelchairs & hoists



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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

Tel:- 951 55 05 81 / Mobile:- 692 419 548
englishnurse@rocketmail.com
www.englishnurse.net



University of the Third Age (U3A)

November activities

▲ ▲ EARLY CHRISTMAS ADVISORY ▲ ▲

Open to ***MEMBERS ONLY*** (*remember annual membership is only €5 per person!*).

Christmas party and 3 course special menu.

5th December, at Lews, Torrox Costa.

Price €22 per person, and complimentary drinks to be offered by U3A.

Contact Jan: janjanshed@yahoo.co.uk



!!NEW GROUPS STARTING THIS AUTUMN!!

Petanca, open to all abilities (!) Last Thursday of the month to coincide with the monthly coffee morning. (25th Nov) Meet at Mena Golf at 10.30a.m. Contact Ian Butcher on butcher16720@gmail.com

Craft Group - 3rd Thursday of the month (18th Nov) Mena Golf at 10.30a.m. Contact Lorrainefraser.lorraine.1955@gmail.com

Art Group - 4th Wednesday of the month. (22nd Oct/ 26th Nov) Venue: El Morche, the Azotea Bar (was Bio Beach) Contact Jeanne: Jeannespana@yahoo.com

Games group held EVERY Monday at Mena Golf, 1p.m. for 1.30p.m. start. Contact judyannspain@yahoo.com Inside and out, several groups playing a variety of games this week



HISTORY GROUP - On Monday Nov 24th at 11a.m. will be the second part of a talk on the **Forbidden City in Beijing**. Venue: El Pozuelo, Laguna Beach. Contact Sue: suelharrison@hotmail.com

MONTHLY MEAL DEAL (MMD) - held on the 2nd Wednesday of the month. On the 12th Nov it's at TKs on Laguna Beach All welcome but must contact judyannspain@yahoo.com to reserve

LECTURE GROUP - held on the 3rd Wednesday of the month. Contact. norma2kk@aol.com

WRITERS WORKSHOP - 2nd and 4th Tuesday. 10.30a.m. at Media Cana. Contact. norma2kk@aol.com

BOOK CLUB/READING GROUP - held on the last Wednesday of every month (12th Nov) at La Cabaña cafe in Algarrobo Costa. Contact Robert Skippon (Skip): skippon@gmail.com

MUNCH BUNCH - held on the 3rd Thursday of the month. Must contact Norma to go on her members list for this months' details. norma2kk@aol.com

MEDITATION GROUP - to be held on the 1st and 3rd Saturdays, online or at Sue or Norma's house. Contact Ewa Celinska: celinska21@gmail.com for more information.

DISCUSSION GROUP - held on the 2nd Friday of the month at Media Caña, Penoncillo at 11a.m. Contact Gerry: gersil197@yahoo.com. This group covers all sorts of topics, usually concerning worldwide news, but lighter topics too.

Not forgetting the coffee morning open to all on the last Thursday of the month at Mena Golf. 11a.m. Chance to find out about the groups and to sign up, for just €5 yearly membership! Warm welcome awaits.

U3A November activities

NERJA

REF: A4U2525

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Directory

AIR CONDITIONING/HEATING SUPPLIERS

Malagaclima – 95 296 7803
Avda. Victoria Kent 3A, Torre del Mar

ART GALLERIES

Galeria de Arte – 669 678 967
Pasaje Fuente de Cantarero, Blq. 1, bajo D, Nerja

BEAUTICIANS

All about beauty – 95 296 7968
C/. Infantes 23, Torre del Mar

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perms and much more...

C/. Infantes 23, Torre del Mar Tel:- 95 296 7968

Rebecca Curtis Wellness Centre – 95 253 0122

Urb. Laguna Beach, Centro
Comercial B no.16, Torrox Costa

CAR RENTALS

Lessaggo – 95 252 4699

C/. Los Huertos, Nerja

CHARITY SHOPS + CLUBS

Axarquia Animal Rescue
email:- axarquia-rescue@hotmail.com

Choir group

657 951 755 Vélez Málaga

689 111 352 Almuñecar/Salobreña

Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

Give me 5 animal charity –

603 416 632

Lux Mundi – 95 254 3334

Avda. Moscatel 1 (Jardines Viña),
Torre del Mar

Pocapucunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -

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CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

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the latest offers

DENTAL TECHNICIANS

English Dental – 633 157 891

DENTISTS

Clinica Dental Innodenta –

95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

C/. San Miguel s/n, Maro Club, 125,
Maro

ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

Hernando de Carabeo, Nejra

Cómpeta Properties - 95 251 6107 /
95 253 8337

Avda. Sayalonga 24B Còmpeta

Avda. Constitución Edif. Costezuela
Local 1, Còmpeta

Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucia 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosarico la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial

B, Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,
local D, Alcaucin

**For advertising offers call
Dawn on 638 47 47 18**

FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 187, Caleta de
Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez
Málaga

GYMNASIUMS

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

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Cruce Puente Don Manuel, Alcaucin

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Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

Costa del Oro, Blq. 3 nos. 3 + 10,

Torrox Costa

OPTICIANS

Chaves – 95 252 1994

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Heiko by Heiko 95 296 7923
Avda. Andalucia 119, Torre del Mar
Nerja Vision – 95 252 3911
Avda. Castilla Pérez 3, Nerja
Nueva Optica – 95 2525 5876
Avda. Pescia 18, Nerja
ORTHOPAEDICS
Chatelin – 658 773 857 / 695 481 082
C/. de la Cruz no.60, Nerja
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Dog School Nerja – 711 020 098
www.dogschoolnerja.com
PHYSIOTHERAPY CENTRES
Fisio Nerja – 95 252 8144
Avda. Pescia no.1 bajo, Nerja

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RESTAURANTS

Restaurant Jing – 95 253 4637
Blq. 9, local 8 (on sea front) Torrox
Costa
RnR Bar & Dining - 95 215 5620
C/. Los Huertos 40, Nerja



SOLICITORS

Del Prado – 95 252 7274/1747
Plaza Cavana no.5 bajo, Nerja

STAIRLIFTS

618 490 186 / 95 296 7015

VETERINARIANS/PET STORE

Fiercillas Pet Shop – 95 252 7295
Avda. Castilla Pérez 14, Nerja
Laguna Veterinary Clinic – 95 253 0463
Urb. Laguna Beach, Torrox Costa
San Fernando – 95 252 1838
C/. Chaparfil, Edif. Corona, Local 5, Nerja

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NEWS & What's ON

Emergency numbers

Emergency services 112
Guardia Civil 062
Ambulance 061
Fire Brigade 080
National Police 091
Sea Rescue 900 202 202
Emergency / Helpline in
English 902 102 112

Guardia Civil

Frigiliana-952 533 003
La Herradura-958 640 015
Nerja-952 520 091
Torrox-952 538 008

Local Police

Frigiliana-952 533 126
Nerja-952 521 545
Torrox-952 539 828
Torre del Mar-952 549 238

Bus Stations

Almuñecar-958 630 140
Málaga-952 350 061
Nerja-952 521 504
Torre del Mar-952 540 936
Vélez Málaga-
952 501 731

Taxis

Frigiliana-952 533 231

Nerja-952 524 519
La Herradura-958 630 017
/ 670 995 257
Torrox-952 531 030

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

Belgium-952 599 159
Denmark-952 211 797
France-952 226 590
Germany-952 363 591
Ireland-952 475 108
Sweden-952 604 383
UK-902 109 356 /
913 342 194

Tourist Offices

Frigiliana-952 534 261
La Herradura-958 610 314
Nerja-952 521 531
Torrox Costa-952 532 155

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

Town Halls

Frigiliana-952 533 002
La Herradura-958 827 794
La Herradura Foreign
Residents-958 838 618
Nerja-952 548 400
Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

Hospitals

Motril-958 603 506
Nerja Ambulatorio-
951 289 662
Vélez Málaga-
951 067 000
Carlos Haya-951 290 000

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339.
www.nerjaalmuñecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.
Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about an hour and half. With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".
John 14:6
Sunday Service 11.00 a.m.
Prayer Meetings Wednesdays 11.00 a.m.
Pasaje San Miguel, Nerja, 29780.
Email: info@nlcnerja.com
Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284
Tel: 952 030 461. www.stbarnabas-spain.com.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
Chaplain: Fr.Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplacy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.
Tel: 634 540 519.
Minister Rev. Colin Dickson. Tel: 654 884 658



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ºI", (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR NOVEMBER COMING EVENTS & EXCURSIONS

The Food Drive is still taking place every month. We appreciate your contributions with a packet of imperishable food or monetary donations given to our reception for that purpose.

Every Monday - Monday Club. Friends meet at various restaurants for a chat. Please contact the Centre for more information. Time 11.00a.m.

Every Tuesday - Axarquia Business Networking group. Time 07.30a.m. to 09.00a.m.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00a.m. to 13.00a.m.

Wednesday and Friday - Come and Learn Spanish. Practice groups for beginners or intermediate levels depending on the language levels required by the students. Time 11.30a.m. to 13.30a.m.

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, autumn and winter clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00a.m. to 1.00p.m.

Every Thursday - NA (Narcotics Anonymous) English group. Time 7.00p.m. to 8.30p.m.

Every Friday - Conversation group. Time 10.00a.m. to 11.00a.m.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00a.m. to 1.00p.m.

Monday 10th November - Food Drive Celebration. There will be a meeting at the Centre, with all the

volunteers involved and representatives from Caritas and Hermandad del Rocio to celebrate all the efforts they have put together to help the families in need, which at the moment is 35. Also to see ways of growing and/or sustaining the actual number of families involved. Time 11.30a.m. to 1.30p.m.

Friday 28th November - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time 7.00p.m. after the Mass.

Coming Excursions

Thursday 27th November - Coach Excursion to Guzmán Nurseries, Mijas Pueblo and the Miramar shopping centre/ Iceland, Fuengirola. The first stop will be Guzmán Nurseries at approximately 10:15a.m., where you will be able to admire their beautiful Christmas decorations, garden plants and furniture. May be replenish your own decorations and also enjoy their refreshments. You will depart at 11.30a.m. to visit Mijas Pueblo, where you can stroll through the village and admire the beautiful view of the Costa. There will be time for more shopping and lunch before departing at 3.00p.m. to go to the Miramar shopping centre/Iceland with arrival at approximately 3:20p.m. Departure from Iceland and Miramar at 5:00p.m. Tickets available at the Centre, price €25 for Friends and €28 for visitors. Basic Insurance included. Proceeds for fundraising. Coach Departure times: Algarrobo (Lidl) 08.45a.m. Caleta (Vets) 08.50a.m., Torre del Mar (Bus station) 09.00a.m.

Thursday 18th December - Coach Excursion to see the Malaga Christmas Lights.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, help each other & share information but primarily to have fun in a friendly and inclusive association.

You do not have to be a member to join us on our trips.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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Jueves de 17:30 a 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

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Thursdays, 17:30 - 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

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Axarquia Animal Rescue
Rescue and care for stray dogs and cats in the Axarquia region of Málaga.

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FUNDACIÓN cudeca
CIUDADES DEL CÁNCER / CANCER CARE HOSPICE

Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m.
In Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

We can also assist by telephone
on 95 256 4910 or
email: cudeca@cudeca.org

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.
We will publish your events or news for free.
Please send all information to info@streetwise.es
or call Dawn on 638 474 718.
All information is required by the 15th monthly.

YOGA FUSION DANCE
Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.m. on the ZOOM platform.
Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her career, she meets real yogis who teach her and pass on their knowledge.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com

41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770 41 Club
Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Vélez-Málaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 29700 Vélez-Málaga, near San Juan Church and the Language School.
Parking nearby at the San Francisco market (1 euro).
For more information please contact 657 951 755 (English) or 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice monthly for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.
Everyone is welcome to join us. Booking is essential.
Please contact Kimon on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

POPAPECUNIA CHARITY SHOP
Avda. Rodríguez Acosta, Edif. Tucuman (opposite Cafe Trebol), Nerja.
Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...
Anything you think will still be of use to other people.
Opening hours:-
Monday to Saturday 10 a.m. till 2.30 p.m.



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