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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



Apartment in Capistrano Village. Comprising 1 bedroom, open-plan living room, kitchen and a spectacular terrace. Bedroom has access to the terrace. Superb location, communal pools, restaurant, and a bar. Elevator, making it easily accessible. Don't miss this unique opportunity!

Price: €249.000

Ref: NV12



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



**Nerja Villas wish everyone
a Merry Christmas
and a very
healthy, peaceful and
happy 2026.**



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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Step into the Sun Shine

Andalucian candidate for the National Ferrero Rocher Christmas advert

Article by Maurice Jonker

Photos by Paul Tilly

Here is a story bright enough to make even your newsroom coffee look dull. C mpeta, our hilltop diva draped in white and perched above the Axarqu a, has been chosen as the official Andalusian candidate for the National Ferrero Rocher Christmas Village. And this is Ferrero Rocher we're talking about, the international brand synonymous with Christmas, responsible for more golden pyramids in living rooms than anyone cares to admit.

At last, a village that looks as golden as the wrapper.

And let us be clear. C mpeta is not representing just itself. It is representing the entire autonomous region of Andalusia. A win here is a win for all eight provinces, from C diz to Almer a. The tourism boost, visibility, investment and prestige will be felt far beyond our own mountaintop. Which means every Andalusian, no matter where they live, has a solid reason to vote.

C mpeta does not merely compete. It shows off. With 51 nationalities woven into its sunlit streets, the town proves that when people pull together, even a tiny mountain village can stand tall on the national stage. Here Belgians chat with Brits, Spaniards with Dutch, Germans with South Africans, and roughly half the planet while sipping their morning coffee. Multiculturalism, but with better scenery.

The campaign highlights three things that make C mpeta stand out.

1. The Golden Village above the clouds

Morning light rolls across the valleys like someone has poured molten gold from a jug. The first photo shows C mpeta rising through the clouds in a way that would have Turner throwing his paintbrush across the room in jealousy.



2. History, culture and nature

The second image reveals the cliffside homes and historic architecture that continue to cling to the rock, as if waiting for their next chapter. This is everything visitors expect from Andalusia, only more dramatic and considerably more photogenic.

Continued on page 10



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Country Property of the month

Cómputa:

Price: €375.000

CP759



Beautiful property set in its own grounds with uninterrupted stunning views Cómputa and Canillas de Albaida. 5 minutes from Cómputa. Concreted road access and 25 minutes to the coast. Immaculate condition. Electric gated driveway leads to parking area for multiple vehicles. Bright and modern, yet traditional. Comprising a fronted conservatory with panoramic views, spacious open plan living room, full kitchen complete with A/C heating/cooling system and an exposed brick fireplace with log burning stove. Three spacious double bedrooms, an attractively, modern tiled family bathroom with walk in rain shower unit. Master bedroom is a beautifully furnished self contained room complete with ensuite shower room, AC/heating/cooling unit, built in wardrobes, and a large flat screen TV and wifi. (Currently sectioned off as a rental unit). Bedroom 2 includes A/C and fully fitted wardrobes. Bedroom 3 is spacious and



**Competa Properties
wish everyone a
Merry Christmas and a
happy 2020.**

has a fitted heating unit, and hanging/wardrobe style unit. Cultivated gardens surround the property, secluded dining area, outside kitchen and bbq area with outside sink,. Retractable overhead blinds. Private garden area with hot tub, solar outside shower and gas BBQ. Separate, wooden casita; comprising kitchenette, dining area and relaxing sofa with all dining amenities. Mains water supply (plus a large water deposit), mains electricity, gas boiler and fibre optic internet supply. Operated as a successful hospitality business providing owners with the ability to choose between a permanent private residence, a commercial opportunity or indeed a combination of the two via the sectioned of master bedroom unit.



Cómputa:

Price: 445.000€



- Living space: 122m²
- Bedrooms : 3
- Pool: Yes
- Garage : No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref.CP766

Frigiliana:

Price: 365.000€



- Living space: 55m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Countryside

Ref. NCP024

Torrox Costa:

Price: 439.000€



- Living space: 75m²
- Bedrooms : 2
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Apartment

Ref. TAP390

Cómputa:

Price: 249.000€



- Living space: 100m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Townhouse

Ref. TH1237

Cómputa:

Price: 170.000€



- Living space: 103m²
- Bedrooms : 4
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Townhouse

Ref. TH1247

Torrox:

Price: 279.000€



- Living space: 104m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Townhouse

Ref. TTH692

In conjunction with Cómputa Properties S.L.

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Merry Christmas
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Dawn x



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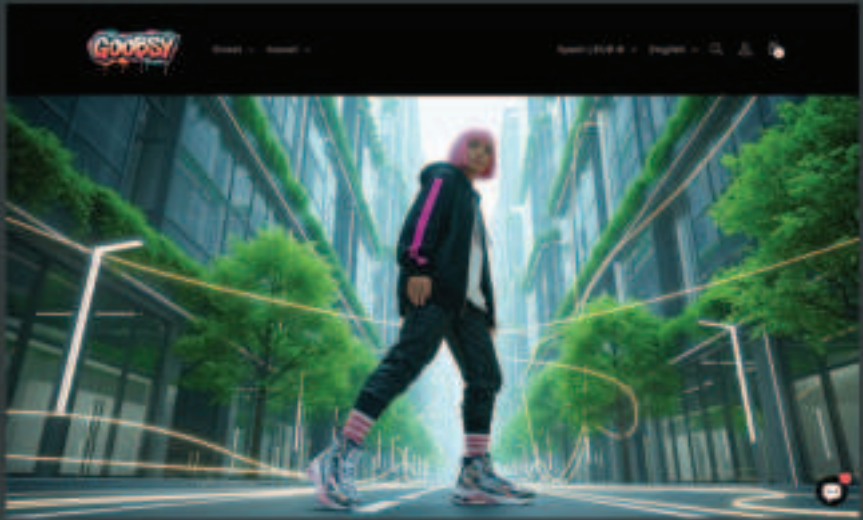

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3. A place for all in gold

The final image shows the village glowing at sunset, making it clear C mpeta doesn't even need Christmas lights to look festive. The same warm golden light that inspired Ferrero Rocher's iconic wrapper seems to settle naturally over the town every evening.



And remember, this is not just a beauty pageant. Every vote helps fund improvements in C mpeta and across the wider region.

When Andalusia wins, everyone wins.

So genuinely, every person living in Andalusia should vote.

If ever there was a village born ready for a golden spotlight, this is the one and we hope you will help us by voting.

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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). Gentle, jump-free moves set to spirit-lifting tunes. Option to chat over coffee afterwards.



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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.



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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)**

Something you always thought was true will be shown to be false this month but don't feel bad about being misled. It's better to be the trusting sort who sometimes gets it wrong than the cynic who never believes anything at all.

Luckiest day:- Thursday**TAURUS:-****(April 21st - May 21st)**

You may be out of favour with someone you work alongside but don't change what you say and do just to please them. If they want to get along with you that's fine, but if they don't then that's fine as well. It's not the biggest of deals.

Luckiest day:- Tuesday**GEMINI:-****(May 21st - June 20th)**

Mercury begins its retrograde phase in your opposite sign this month, so be careful when dealing with partners and colleagues. If you leave any doubt in their minds about what you are up to they will assume you are up to no good!

Luckiest day:- Thursday**CANCER:-****(June 21st - July 22nd)**

The only way your rivals can undermine your confidence is if you allow what they say to get to you. Keep them at arm's length if you can but, if you cannot, treat everything they say about your efforts as mere sour grapes.

Luckiest day:- Tuesday**LEO:-****(July 23rd to August 22nd)**

Your likes and dislikes are exceedingly strong, so much so that some people are in fear of you. But is that really how you want to be seen? Maybe you should tone down your act a bit while keeping your standards high, of course.

Luckiest day:- Friday**VIRGO:-****(August 23rd - Sept. 22nd)**

Your ruling planet Mercury begins its retrograde phase this month, which means there will be times when what should make sense makes no sense at all. That will apply double on the home front, so don't be too critical of the people you love.

Luckiest day:- Saturday**LIBRA:-****(Sept. 24th - October 23rd)**

Be careful about what claims you put out into the world as this month begins, because there is a danger you could speak too soon and say something that turns people against you. Librans are supposed to be peacemakers, not warmongers!

Luckiest day:- Wednesday**SCORPIO:-****(Oct. 23rd - Nov. 22nd)**

The more advice you get from friends and relatives the more inclined you will be to ignore it, especially if it goes against what you want to believe. You often find it hard to admit that you could be wrong but, on this occasion, it looks like you are!

Luckiest day:- Saturday**SAGITTARIUS:-****(Nov. 23rd - Dec. 21st)**

Now that communications planet Mercury is going through its retrograde phase you must make sure that all your claims can be backed up by facts. If you make even the smallest of errors today your rivals will be on your case in a flash.

Luckiest day:- Sunday**CAPRICORN:-****(Dec. 22nd - Jan. 20th)**

As mind planet Mercury turns retrograde in the most deceptive area of your chart this month you should act on the assumption that what other people call "facts" may be nothing of the sort. Make sure you hear every side of every story.

Luckiest day:- Monday**AQUARIUS:-****(Jan. 21st - Feb. 18th)**

Something you overhear (maybe when you should not have been listening) will shock you this month but don't take action on it until you have dug deeper and found out if it is true. Some people love to gossip, regardless of the facts.

Luckiest day:- Friday**PISCES:-****(Feb. 19th - March 20th)**

As one of the zodiac's Water signs you can be overly emotional at times and that could cause problems in your career. No matter what happens on the work front over the next month act as if it doesn't matter because, really, it doesn't.

Luckiest day:- Sunday

Horoscopes



Edf. Bahía, Nerja

Charming apartment, situated on Calle Carabeo in the sought-after Parador area of Nerja. The property consists of a spacious open-plan living area leading to a south-facing terrace with enchanting views, two bedrooms, the master bedroom offers direct access to a private terrace, a separate modern kitchen and bathroom. Plenty of storage space. A/C & Heating in living area and main bedroom.

Price: 320,000 euros Ref. JG100

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Urb. Pueblo Andaluz, Nerja

A charming two-storey townhouse in Nueva Nerja, just 400 metres from Burriana Beach, featuring an open-plan living area with fireplace, a modern kitchen, and a new guest toilet. Upstairs offers two double bedrooms, a full bathroom and balcony. With A/C throughout and two communal pools, it's ideal as a holiday home or permanent residence.

Price: 329,000 euros Ref. JG11000TPM



Urb. San Juan de Capistrano

Set in the picturesque San Juan de Capistrano community in Nerja, this charming one-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, fitted kitchen and shower room.

Price: 220,000 euros Ref. JG1102TPM

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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

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CHRISTMAS ABC'S

"Christmas ABC's" captures the essence of the holiday season with joyful rhymes from A to Z. Each letter embodies festive elements, creating a heart warming and magical atmosphere that defines the holiday season.

A is for ANGELS - With robes so bright. Whose carols were heard on that first Christmas Night.

B is for BABY - The Christ Child so dear. We celebrate His birthday on Christmas each year.

C is for CANDLES - That so brightly shine. To give a warm welcome to your friends and mine.

D is for DOORWAYS - With garlands of green. To make Christmas merry as far as they're seen.

E is for EVERGREENS - A Christmas décor. We see at the windows and hung on the door.

F is for FUN - The whole season long, from trimming the tree to singing a song.

G is for GREETINGS - A merry "Hello" with a heart full of love for people we know.

H is for HOLLY - With berries so red to make into wreaths to hang overhead.

I is for ICE - On snow covered hills where sledding is fun. Along with the spills.

J is for JINGLE BELLS - Merrily ringing. To the whole wide world Joy they are bringing.

K is for KRIS KRINGLE - So happy he stands. He's also called Santa In some other lands.

L is for LANTERNS - I'm sure that their light helped Mary and Joseph that first Christmas night.

M is for MARY - Her heart full of love for her Son, little Jesus, Who came from above.

N is for NOEL - The angels did sing to herald the birth Of Jesus, the King.

O is for ORNAMENTS - So shiny and bright, with lights on the tree. They sparkle at night.

P is for PACKAGES - Presents so gay all 'round the tree. For our Christmas day.

Q is for QUIET - Christmas Eve night with snow covered hills. Glistening so bright.

R is for RED - A colour so gay, makes things look bright. For that one "special" day.

S is for SHEPHERDS - Who first saw the star over Bethlehem's manger, and followed it far.

T is for TREES - We decorate so gay. They wait for old Santa to hurry their way.

U is for UNIVERSE - All countries and places where the spirit of Christmas shows on bright, happy faces.

V is for VIXEN - That lively reindeer who always helps Santa deliver the toys each year.

W is for WISE MEN - Who brought gifts so rare and fell down and worshipped the Christ child so fair.

X goes with O - And expresses much better the kisses and hugs in our Christmas letter.

Y is for YULE LOGS - Whose bright sparks fly high and give a warm welcome to friends passing by.

Z is the last of the letters, and yet - It's the only one in the alphabet that doesn't stand for something you see and usually found on the Christmas tree. But as Santa said as he ZOOMED out of sight, "Merry Christmas to all and to all a good night."

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12 Christmas Festive Plants

Christmas trees, Holly and Ivy wreaths and Poinsettias might be the first plants we think of at Christmas, but they're not the only way to add colour and life to your home on chilly December days. Here are some of the best plants and flowers for decorating homes throughout the festive season, from traditional winter Poinsettia, to big, blooming Azaleas and even the Christmas cactus.

Think of Christmas, and you'll likely think of the traditional tree in all its glory, some tinsel, baubles and ornaments, and maybe a garland or two. But behind all the artificial glitz and sparkles are some fantastic plants and flowers which are not only easy to care for throughout the chillier months, but they really add to the spirit of Christmas and festivities. 'With growing concerns about plastic use, they're much more eco-friendly options too. Many of them also make fantastic presents, so are worth bearing in mind when buying for green fingered friends or family.

1. Rosemary

Rosemary has been associated with the Christmas period long before Poinsettia became the poster child, as the herb is believed to have been one of the plants in baby Jesus' manger. In the Middle Ages, people believed that if they smelled rosemary on Christmas Eve, they would be healthy and happy throughout the new year.

So they walked on rosemary spread across the floor, starting a tradition of Rosemary in Christmas decorations that we continue today, with the table top Rosemary Christmas trees, wreaths, festive swags, and evergreen bouquets.



2. Holly

Holly as long been a symbol of eternal life and fertility. People believed that hanging the plant in their homes would bring good luck and protection all year round.

Christmas continued the Holly tradition from Druid, Celtic and Roman traditions, changing its symbolism to reflect Christian beliefs.

Today Holly is a symbolic of Jesus Christ in

two ways; its red berries represent the blood that Jesus shed on the cross, and the pointed leaves refer to the crown of thorns Jesus was



wearing when he died.

3. Ivy

Although it has a bit of a reputation for covering the floors and walls of gardens with its creeping vines, Ivy is actually a very popular plant during the Christmas period. Its distinctively shaped, rich green leaves are often a key component of floral wreaths and other festive decorations. They're also said to represent the shape of Christ's crown of thorns.



4. Christmas Cactus

Despite its name and the fact it flowers over the Christmas period, the Christmas Cactus actually has nothing to do with either the Christmas tradition or the story of Christ's birth! But, these succulents do make for a great Christmas gift. They're affordable, long lived, easy to maintain in the cooler months, and look great.



5. Mistletoe

Having long been a symbol of love, peace, and goodwill, the custom of using Mistletoe to decorate houses at Christmas is a Druid tradition. Yet, despite its pretty appearance and associated affectionate gesture, Mistletoe berries are actually toxic to humans!



4. Poinsettia

Instantly recognisable due to its pointed red bracts and rich red and green leaves, Poinsettia has become a symbol of the festive season due to a Mexican legend. The story goes, a 'poor girl's present to Jesus (a bouquet of weeds) was made into red flowers we now call Poinsettia.



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7. White Chrysanthemans

As the Chrysanthemans symbolises optimism and joy, its come as no surprise that it's now synonymous with 'the most wonderful time of the year.' However, White Chrysanthemans also have another sweet link to the festive season.

German homes are filled with flowers on Christmas Eve because of an old legend in which a peasant family urges a beggar man in from the cold. Claiming to be the Christ Child, he then fled, leaving two of the flowers behind.



8. Cyclamen

Cyclamen thrives in cooler temperatures, so its bright blooms and beautiful heart shaped leaves are a great choice if you want to add some colour to your home over the winter.



9. Azaleas

Often overlooked in favour of other festive plants and flowers, Azaleas' bright colours and big, open blooms make them the perfect addition to indoor planting displays at Christmas.



10. Christmas Rose

The Christmas Rose is revered during the festive season for the deep green foliage and delicate white flowers it brings to cold, dark winters. But, despite the resemblance it bears to wild roses and the fact that it's known as the Christmas Rose, this delicate evergreen perennial is actually quite deceptive as it is, in fact a member of the buttercup family. Ranunculaceae.



11. Amaryllis

The massive, six pointed Amaryllis bloom makes an impressive festive decoration on grey days. If you want to have a blooming amaryllis for Christmas, you should plant the bulbs no later than the beginning of November, although it's always safer to just buy one already in bloom.



12. Christmas Tree

Although the evergreen fir tree has traditionally been used to celebrate winter festivals for thousands of years, the pivotal Christmas tree is a relatively modern addition to British Christmas traditions.

Bringing a tree inside and decorating it in the way we know today first happened in 16th Century Germany, and became popular elsewhere in the 19th Century.

The first Christmas trees came to Britain sometime in 1830s and became an annual fixture almost a decade later, when Queen Victoria and her German husband Albert had a Christmas tree set up in Windsor Castle.



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Cómpeta Fantastic B&B!

Stylish boutique guesthouse (156m²) run as a successful business. Fully reformed to a very high standard. 4 double en-suite guest rooms & single guest room with sep. shower room. Prime situation - sensible offers considered!

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ref: b 1578 EPC: E

Online video

Almarchar New this month!

Recently renovated village house (38m²) with 2 beds 1 bath, spacious open plan living/dining/kitchen. Store room and space for table and chairs outside.

Price: 84,950 euros

ref: t1582 EPC: G

Online video

Cómpeta New this month!

Great 3 bed, 2 bath villa (105m²), with heated private pool and covered BBQ/outside kitchen. Easy to maintain gardens and short concrete access from the road. A great villa for holidays, rental investment or full time living.

Price: 350,000 euros

ref: v1583 EPC: In progress

Online video

Cómpeta New this month!

Modern new-build villa (184m²) with 4 bedrooms and 3 bathrooms, offering bright open-plan living spaces. Private plot with pool, terraces and stunning views - perfect for stylish, comfortable living in upper C6mpeta.

Price: 587,000 euros

ref: v1577 EPC: In progress

Online video

Torrox New project!

These new 2 beds, 2 baths apartments (73m²) are located in a prime area, offering stunning sea views and crafted with the highest quality materials for a luxurious living experience.

Price: 220,000 euros

ref: t1563 EPC: In progress

Online video

Periana Fantastic views!

Fantastic, private 4 bed, 4 bath villa with spacious outside space that includes cover outside kitchen and glazed garden room. Stunning sea and lake views and surrounded with beautiful gardens.

Price: 795,000 euros

ref: v1511 EPC: I

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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Price:- €370,000



VSR4148

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VSR2222

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The Costa Animal Society...

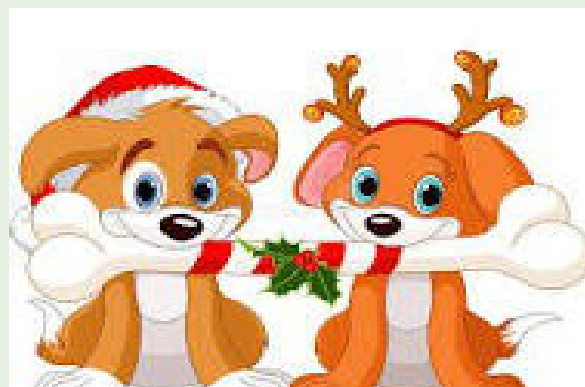
Merry Christmas from CAS



Costa Animal Society would like to thank the readers of this magazine, the subscribers to our Facebook page and all the people that give cash and clothing donations to our shop, a very Merry Christmas and a Happy New Year. We could not have done it over the years, without your continued support.

Next year, 2026, CAS will have been helping the abandoned, the sick and the injured cats and dogs of Nerja, Maro and Frigiliana for 40 years!!

So once again, "Thank You All" and I shall see you here in January with a summary of the past year.



Tara



Nina

Tara and Nina.

Tara and Nina were adopted about 10 years ago when they were young dogs by a local man named Les, who had lived in Nerja for over 30 years. Tara was adopted from APAA while Nina was a waif from CAS and Les wanted the two to be similar in size to keep each other company. Les was a bit of a local fixture in that he walked the girls daily on the streets of Nerja and was known by many people both Spanish and Expats. In fact, recently a Spanish lady asked me about Tara and Nina whilst I was at the Vet clinic. She knew them because she was a neighbour of Les and used to see them out and about 2-3 times a day.

Unfortunately, Les was an elderly man in his early 80s and he passed away suddenly in December 2024. The gentleman who was seeing to his affairs approached both APAA and CAS about caring for the dogs and CAS agreed to take them both as they had become like sisters and had lived together for nearly 10 years.

Both girls are medium size Podenco dogs with Tara being slightly larger at 10 kilos and about a year older. Even though Nina is smaller in stature she makes her presence felt with boundless personality. They are in good health considering they are both about 11 years old but Nina takes daily medication to treat epilepsy. Both dogs are fully vaccinated, castrated and chipped.

Even if you can't adopt, a share could help our dogs find the homes they deserve. Thank you!

You can find us on Facebook - Costa Animal Society CAS, where there is more information. Or, pop into our shop in

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

Axarquia Animal Rescue Charity Dog Show

WOW!! What an incredible day it was at our

AAR dog show and market at

Restaurante Puerto Niza in Benjarafe.

The weather was fabulous and it was a wonderful day surrounded by happy humans and so many happy hounds.

We would like to thank the Puerto Niza team for hosting us at their incredible venue.

There are so many people that made the day possible - the judges, the photographers, the army of volunteers, the sponsors, the people and businesses who donated raffle and auction prizes, the stall holders and every single person that came through the doors.

**Delighted to announce that we raised
2258.92 euros - thank you so very much!!!!**

Massive congratulations to our Winner of Best in Show Charlie, Best In Show sponsored by GPS INSURANCE SERVICES, and winner of THE BOB JARRETT MEMORIAL TROPHY sponsored by David Pusey: Reserve Best In Show Mickey, one of our dogs that is in Permanent Foster - Little and Large - what a gorgeous pair.



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 1827 - Oscar

Oscar once had a family. Now he's spent over 2 years waiting to be loved again. Oscar is 7 years old, neutered, microchipped, vaccinated, has his passport and is negative of Mediterranean diseases. 28kg of pure love. Slightly shy at first, but incredibly loving once he knows you, great with other dogs. Registered PPP breed in Spain, AAR will support and cover the license costs. He's ready to give his whole heart.

Are you ready to open yours? Email us for more information at axarquia-rescue@hotmail.com

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



Meet Domingo, a 3 year old male Border Collie/Podenco mix whose strength and sweetness are shining through after a difficult start. Found emaciated and neglected, he's now in a caring foster home with lots of love, gaining weight steadily, and already showing how friendly and curious he is. He's great on a lead, enjoys meeting other dogs and humans (especially at the beach!), and delights in snuggling with his foster family. Domingo thrives in the company of his foster dog sibling and is gentle, trusting and eager to be part of a home. If you're looking for a loyal, affectionate companion who's brimming with joy and gratitude for his new lease on life, Domingo could be the one for you? Domingo has now been in a loving foster home for just over 2 months, and look at the difference from the day he was found, he has a weekly diary which you can read on our facebook group, or on our website www.axarquiaanimalrescue.com, you can follow his journey to health and happiness.



An extremely busy weekend recently, with **3 lots of abandoned puppies** being reported to us. Luckily, with the help of the finders giving us time, we were able to find foster homes for them. By the time you read this, they will all have settled into their foster homes, and had their first vaccinations and vet check. We don't think any of them are going to be large dogs, 2 are Bodeguero types, and the others are a mix of all sorts 😊 See the beautiful photos and if you would like more information on any of the pups, or know more about fostering, please contact us at axarquia-rescue@hotmail.com





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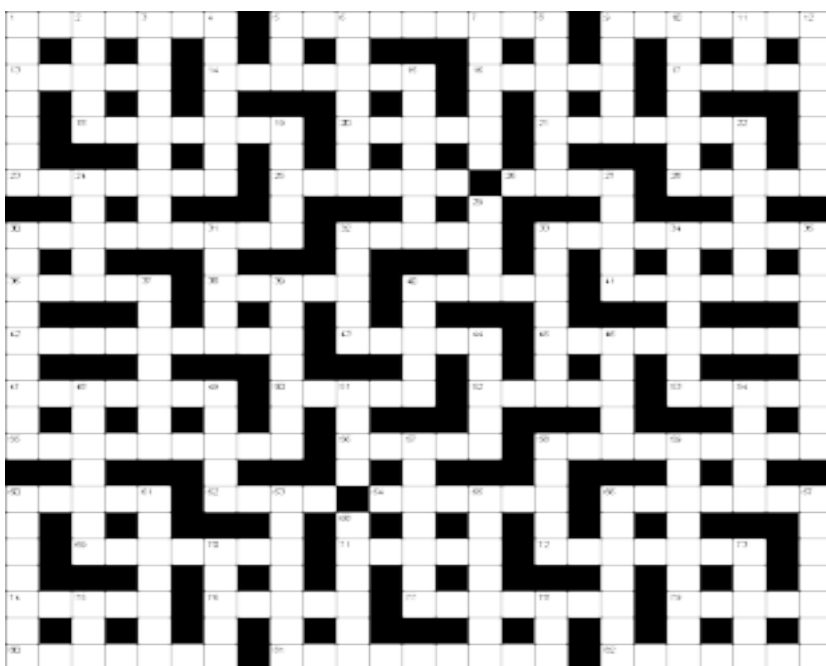
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Across

1. Japanese art of paper folding (7)
5. Highly involved (9)
9. Numbers (7)
13. Move from one position to another (5)
14. Cure-all (7)
16. Despised (5)
17. African equine (5)
18. Skilled artist (7)
20. Symptom of infection (5)
21. Conundrums (7)
23. Compares (7)
25. Nest of ants (6)
26. Surface boundary (4)
28. Elicit (5)
30. Pointer (9)
32. Prevent from happening (5)
33. Edible plant shoots (9)
36. Big (5)
38. Claw (5)
40. Found in a book (5)
41. Reading desk (7)
42. Step by step (9)
43. Tales (5)
45. Administrator (9)
47. Navigational heading (7)
50. Lawful (5)
52. Beginning (5)
53. Dodge (5)
55. Sincerely (9)
56. Aspect (5)

Down

58. Slopes (9)
60. Path of an object around another (5)
62. Halt (4)
64. Convict (6)
66. Resolved (7)
69. Storm (7)
71. Skilful (5)
72. Enduring strength and energy (7)
74. Main artery (5)
76. Quick (5)
77. Softly glowing (7)
79. Angry (5)
80. Flightless bird (7)
81. Soaked (9)
82. Gave (7)
1. See (7)
2. Dialect (5)
3. Veritable (9)
4. Driving force (7)
5. Lodge (3)
6. Diplomatic (7)
7. Stick (6)
8. Went in (7)
9. Waned (5)
10. Antelope (7)
11. Curved bone (3)
12. Height (7)
15. Go forward (7)
19. Happen (5)
22. Transport illegally (7)
24. Below (5)
27. Throw out (5)
29. Male deer (4)



30. Not readable (9)
31. Tally (5)
32. Irritate (5)
33. Replies (7)
34. Hermit (7)
35. Mindless (9)
37. Learned (7)
39. Allegiance (7)
40. Danger (5)
44. Brief (5)
46. Additional (5)
48. Athletic performer (7)
49. Movable barriers (5)
51. Present (4)
54. Cancel (5)
57. Hide (7)
58. Estimate (5)
59. Hunch (9)
60. Aromatic herb (7)
61. Large percussion instrument (7)
63. Aquatic creature (7)
65. Try (7)
66. Began (7)
67. Decided with authority (7)
68. Armed thief (6)
70. Planet (5)
73. Separate (5)
75. Rodent (3)
78. Conclusion (3)



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WORD SEARCH





LUMIZ:
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De Tropen
the Largest Exhibition
in Vélez-Málaga

When it comes to creating atmosphere, few elements are as instantly transformative as lighting. At De Tropen, located in Vélez-Málaga, visitors can experience this transformation first hand thanks to the largest exhibition of LUMIZ outdoor lamps in Andalucía. Entering the showroom feels like stepping into a garden of floating colour and pattern - an inspiring space where design, durability, and innovation come together effortlessly. LUMIZ lamps have earned their reputation as one of the most charming and practical lighting solutions for outdoor environments. Crafted from Tyvek®, a lightweight yet incredibly resilient material, these lamps resist tearing, moisture, and sunlight far better than traditional paper lanterns. Their durability means that even with constant exposure to the elements - sun, wind, or light rain - LUMIZ maintains its beauty and structure season after season. Whether suspended from a pergola, placed on a balcony table, or illuminating a quiet corner of the garden, these lamps deliver long lasting elegance with almost no maintenance.

The magic of LUMIZ lies not only in its strength but also in its variety. The collection includes a wide spectrum of colours, shapes, and meticulously designed patterns, from soft warm hues to vibrant tones and from organic floral motifs to precise geometric silhouettes. By night, their laser-cut patterns cast captivating shadows, turning terraces and gardens into atmospheric, inviting spaces. At De Tropen, customers can explore the entire range in person. The exhibition showcases all the sizes, designs, and mounting options, including hanging lanterns, tabletop versions, ground stakes for garden borders, and tall metal stands for larger outdoor compositions. This versatility allows LUMIZ to adapt to any exterior environment - subtle accent lighting or a bold decorative statement. Beyond lighting, De Tropen is also recognized as one of the most complete outdoor living showrooms

in southern Spain. Visitors will discover an impressive assortment of premium garden and terrace furniture from leading European and American brands, carefully selected for their durability, craftsmanship, and style. The showroom features everything needed to elevate outdoor living:-

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Slow roasted Spanish Ham

Slow roasted Spanish Ham

Ingredients:-

For the Marinade

½ cup dry white wine

¼ cup good quality olive oil

2 tbsp coarse salt

1 tbsp freshly squeezed lemon juice from half of a lemon

1 tbsp white wine vinegar

1 ½ tsp black pepper more to taste

8 cloves garlic ground to a paste

4 bay leaves crushed

2 sprigs fresh thyme crushed

For the Roast

4 pound leg of lamb bone in or boneless

6 medium potatoes

2 large sweet onions

Olive oil for frying the potatoes and onions

Preparation:-

Preparing the Marinade.

Mix the white wine, olive oil, salt, lemon juice, vinegar, black pepper, garlic paste, crushed bay leaves, and crushed thyme sprigs until well combined. Spread the marinade over the meat and wrap in plastic wrap. Marinate overnight, making sure every part of the lamb is covered in the marinade.

Preparing the Roast.

The next day, take the lamb out of the refrigerator at least one hour before putting in the oven. Preheat the oven to 350°F (175°C).

Meanwhile, peel and cut the potatoes into medium cubes.

Pan fry them in olive oil until softened, then remove with a slotted spoon. Thinly slice the onion and cook it in the same olive oil over medium heat until translucent and soft, about 8-10 minutes. Remove with a slotted spoon.

Spread the potatoes and onions in a layer on the bottom of a large roasting pan or rimmed baking sheet. Lightly season with salt and pepper, then unwrap the marinated lamb and place it on top. Roasting the Lamb.

Cover the pan with foil and roast for 3 ½ hours. Check on the lamb and cook for an additional 30 minutes if not tender enough. Remove the foil and raise the oven temperature to 425°F (220°C). Roast for 20 minutes uncovered, turning halfway through to brown each side of the lamb. Move the potatoes and onions if necessary to prevent over-browning.

Remove the lamb from the oven and rest on a large cutting board tented with foil for at least 20 minutes.

Smoked Salmon Pintxos

Ingredients:-

For the Pintxos

1 baguette

1 pound smoked salmon

1 pound cream cheese

Optional Garnishes

1 lemon sliced into thin wedges

½ cup fresh parsley leaves

optional



Preparation:-

Preheat the oven to 375°F (160°C).

Slice the baguette into ½ inch

thick pieces and arrange them on a baking tray. Bake for 6-8 minutes or until lightly toasted. Set aside to cool.

Generously spread the cream cheese on each slice of baguette. Cut the slices or fillet of salmon into pieces the size of the bread slices, and layer over the cream cheese. Garnish each pintxo with a few fresh parsley leaves and a thin slice of lemon and serve immediately.

Smoked Salmon Pintxos

Christmas Cookies Polvorones

Ingredients:-

1 ½ cups all-purpose flour

¾ cup raw blanched almonds

½ cup lard or ¾ cup unsalted butter

¾ cup granulated sugar

½ tsp ground cinnamon



Preparation:-

Preheat the oven to 350°F (180°C).

Place the almonds on a baking tray and toast in the oven until they are lightly browned, about 8-10 minutes. Reduce the oven temperature to 250°F (120°C). Take the almonds out of the oven and grind into a flour-like texture in a food processor.

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Beat the lard, sugar, and cinnamon with an electric hand mixer until smooth and creamy. Add the flour and ground almonds to the lard mixture and incorporate into a crumbly dough. Work the dough into the shape of a ball. Place a sheet of waxed paper or parchment onto a clean countertop or cutting board, then place the ball of dough on top. Carefully flatten it with a floured rolling pin to a rectangle that's about ½ inch (12mm) thick. Cut the dough into round cookies with a cutter, then gently move the cookies to a greased baking tray with a spatula. Bake the cookies for 25-30 minutes, until you see the edges start to turn a golden brown. Allow the cookies to cool on the tray, as moving them while they're hot will likely cause them to crumble.

Once the cookies have cooled completely, dust them with powdered sugar and serve at room temperature.



Burnt Basque Cheesecake

Burnt Basque Cheesecake

Ingredients:-

2.2 lbs Philadelphia cream cheese 1 kg. Note: you can also sub any other cream cheese, such as mascarpone.
7 eggs
2 cups sugar 400g. Note: for a slightly less sweet cheesecake use only 1.5 to 1.75 cups (300-350g)
1 tbsp of flour
6.5 fl oz heavy cream 200ml or ⅘ of a cup.

Preparation:-

Preheat the oven to 410°F (210°C). Using an electric mixer, whisk all the ingredients in a large bowl until smooth and creamy. Line a 10 inch (25 cm) springform pan or round baking pan with enough wax or parchment paper that it extends past the edges of the pan. This will help you remove the cheesecake from the pan later on, and will prevent it from sticking. You can use a smaller pan for a higher cheesecake but may need to bake longer so that the centre isn't too runny. Bake on the centre rack for 35-50 minutes. The cake will rise quite a bit but don't worry it will settle when it's out of the oven. If it isn't quite burnt enough on top turn the heat up for another minute or two, being careful it doesn't burn too much! If you like the centre very runny, remove at 35 minutes. When the cake is brown and almost burnt looking, turn the oven off. The centre shouldn't be completely set. It will wiggle a lot when you move the pan. Let it start to cool gradually by leaving it out on the counter. After an hour or so, move the cake to the fridge to cool completely.

After a few hours in the refrigerator (overnight is even better), your cheesecake should be chilled enough to cut. Don't remove the cake from the parchment paper until it's ready to be cut, plated, and devoured (as it can start to lose its shape).

Traditional Spanish Ham Croquettes

Ingredients:-

4 tbsp unsalted butter
¼ cup extra virgin olive oil
1 scant cup all-purpose flour

1 medium onion very finely diced
4 cups whole milk at room temperature
1 pinch nutmeg
8 ounces Serrano ham finely diced
2 beaten eggs
Flour for breading
Breadcrumbs for breading



Ham Croquettes

Preparation:-

Heat the butter and oil in a heavy pan over medium high heat for about 2 minutes. Add the diced onion and sauté for a few minutes, until it just starts to colour, then add a pinch of salt and the nutmeg. Add the diced ham and sauté for 30 seconds, then add the flour and stir continuously until the flour turns light brown. Don't stop stirring, or the flour will burn! When the flour changes colour, gradually add the milk, stirring constantly. It should take about 15-20 minutes to add it all. Turn off the heat and let the dough cool to room temperature. Place the croquette dough inside of a buttered bowl and cover with plastic wrap, making sure the plastic touches the surface of the dough to prevent a skin from forming. Refrigerate for at least 4 hours, but preferably overnight. To make the ham croquettes, shape them into little logs with two spoons, or pipe the mixture with a pastry bag. Heat a pan of olive oil on the stove. Bread the croquettes by tossing them in flour, rolling them in beaten egg, and then coating them with the breadcrumbs. Fry the ham croquettes in the hot oil for 5 minutes, turning them halfway through so they brown evenly. Drain on paper towels to catch excess grease, and let them cool for a few minutes. Enjoy immediately.




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ACUPUNCTURE AS TREATMENT OF FIBROMYALGIA



A study recently published in the Journal of Pain Research claims that acupuncture can decrease pain and improve quality of life in fibromyalgia patients.

Acupuncture May Ease Fibromyalgia Pain and Improve Quality of Life

Fibromyalgia is a disease characterized by widespread musculoskeletal pain and can affect up to 9.3% of the population. It is often accompanied by fatigue, sleep difficulties, cognitive dysfunction, depressed mood, or depressive episodes. This disorder occurs more frequently in middle-aged women, and is usually associated with a high health cost, as well as that associated with loss of productivity.

Management of fibromyalgia requires a multidimensional approach that includes patient education,

behavioural therapy, exercise, and pain management. Unfortunately, no really effective treatments are currently available. The most common pharmacological therapies include amitriptyline, anticonvulsants, and serotonin and norepinephrine reuptake agents. However, recent European guidelines indicate that the effects of most treatments are relatively modest. Furthermore, they suggest that the initial management in the treatment of fibromyalgia should focus on non-pharmacological therapies.

Acupuncture Properties

Acupuncture is one of the most significant techniques within non-pharmacological therapies. Recent research shows how acupuncture works in the treatment of pain, since it can activate the pain control systems in the body (peripheral and



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central) releasing substances such as endogenous opioids, and non-opioid compounds such as beta-endorphins, enkephalins, dynorphins, serotonin, norepinephrine, gamma-aminobutyric acid and ATP. All these substances are essential to decrease hypersensitivity to pain and therefore reduce pain symptoms.

Study on acupuncture and fibromyalgia

The study consisted of a Systematic Review and Meta-analysis of clinical trials, for which 12 trials were used that compared the efficacy of real acupuncture with sham acupuncture or treatment with usual medication. Its conclusions state that real acupuncture showed better results than sham acupuncture and conventional medication in relieving pain and improving the quality of life of patients with fibromyalgia, both in the short and long term. No serious adverse effects were found during acupuncture treatment. In summary, acupuncture is an effective and safe treatment for fibromyalgia patients, and can be recommended as a therapeutic option. However, more trials are needed to pinpoint the long-term effects of acupuncture on this disorder.

Source: Zhang, XC et al: Acupuncture therapy for fibromyalgia: a systematic review and meta-analysis of randomized controlled trials. J Pain Res. 2019; 12: 527-542.



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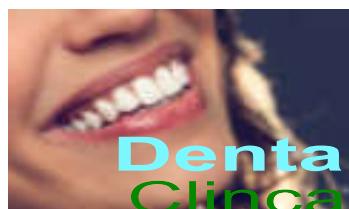
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The Vital Role of Iron for Women's Health: Beyond Anemia



Iron, often associated with its role in preventing anemia, plays a far more crucial role in women's health than one might imagine.

Beyond its contribution to red blood cell production, iron has been linked to various aspects of wellness, from combating fatigue and hair thinning to alleviating symptoms of restless leg syndrome (RLS).

Recent studies have shed light on the importance of maintaining adequate iron levels, especially for nonanemic women with specific ferritin level thresholds.

Iron Deficiency: A Global and Local Challenge:

Iron deficiency isn't just a minor concern; it's the most common mineral deficiency worldwide, impacting approximately 20% of the global population.

Iron deficiency anemia alone affects this large portion of the world.

However, iron deficiency without anemia is even more widespread, indicating an urgent health issue. This challenge is certainly relevant to Australia.

The World Health Organization (WHO) estimates that in the land Down Under, 8% of preschool children, 12% of pregnant women, and 15% of non-pregnant women of reproductive age grapple with anemia, with iron deficiency serving as the major culprit.

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Taking a Closer Look at Fatigue:

We've all experienced tiredness at some point, but persistent fatigue can have a substantial impact on a woman's daily life. A recent case study highlights the story of a 45-year-old woman who struggled with fatigue for six months. Despite normal hemoglobin levels, her ferritin level was found to be as low as 35 mcg/mL, suggesting a possible iron deficiency. Studies like those by Verdon and colleagues emphasize the potential benefits of iron treatment for nonanemic women with ferritin levels below 50 mcg/L.

Their research found that those who received iron experienced a significant reduction in fatigue scores, emphasizing the importance of maintaining optimal iron levels.

Unlocking the Connection with Hair Thinning:

Hair thinning can be distressing for many women. Surprisingly, iron deficiency may contribute to this concern.

While research linking low ferritin levels to hair loss is established, the effectiveness of iron treatment has been debated.

A study by Hard et al. uncovered that among women with diffuse hair loss, 19% had iron deficiency without anemia. Strikingly, all patients who received iron treatment experienced hair regrowth. A ferritin goal exceeding 40 mcg/L is recommended to address hair thinning effectively.

This underscores the need for women with ferritin levels below 50 mcg/L to consider iron therapy as a possible solution.

Easing Restless Leg Syndrome (RLS):

Restless leg syndrome, characterized by

an irresistible urge to move the legs, can be disruptive to sleep and overall well-being.

Surprisingly, iron deficiency has been identified as a trigger for RLS. Allen and colleagues have proposed clinical practice guidelines suggesting ferric carboxymaltose as an effective treatment for moderate to severe RLS in individuals with serum ferritin levels below 300 mcg/L.

Additionally, oral iron supplementation might be beneficial for those with ferritin levels less than 75 mcg/L.

The significance of iron in managing RLS cannot be underestimated, emphasizing the holistic impact of maintaining proper iron levels.

The significance of iron for women's health goes beyond its role in preventing anemia. Research has shown that iron deficiency, even in the absence of anemia, can contribute to fatigue, hair thinning, and restless leg syndrome.

Addressing these issues requires understanding the specific ferritin level thresholds: a ferritin level below 50 mcg/L for fatigue and hair thinning, and a ferritin level below 75 mcg/L for restless leg syndrome.

By recognizing and acting upon the

importance of maintaining optimal iron levels, women can enhance their overall well-being and quality of life. Iron is truly a crucial element that should not be overlooked.



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Christmas Gingerbread Smoothie

Ingredients:-

2 Cups Milk Dairy, Almond or Oat milk
1 Banana Very ripe
½ tsp Vanilla bean paste Or extract
1 tsp Maple syrup Or honey
1 tsp Ground ginger
½ tsp Ground cinnamon
¼ tsp Ground nutmeg
1 Cup Ice

Preparation: -

Add all ingredients to a blender and whizz up until
completely smooth.
Serve with a little
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Chocolate Peppermint Smoothie

Ingredients:-

3 pitted large dates
1 cup unsweetened almond milk
¾ cup frozen cauliflower
1 1/2 tablespoons cacao powder
1 tablespoon chocolate almond butter
½ teaspoon vanilla extract
⅛ teaspoon peppermint extract
Pinch of sea salt
Optional:
1 shot of Bailey's cream

Preparation:-

Soak pitted dates in 1 cup of hot water for 5 mins. Add all ingredients to a high powered blender: pitted dates, almond milk, frozen cauliflower, cacao powder, almond butter, vanilla and peppermint extract and a pinch of salt. Blend until smooth, adding more almond milk to thin, if necessary. Pour into a glass and enjoy!



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Merry Christmas from the English Nurse Care Team

AN ALMOST RESCUE....

English Nurse Care Team has a great variety of people who we care for and no two days are the same...

The phone number of a lovely lady who we had recently met came on screen (we will call her "Anne")... There was no response. This is always a concern... Anne lives alone in an apartment block with no functioning lift...

Anne doesn't have a landline... if she did she could have a "Red Button"

EMERGENCY PENDANT FREE because she is over 80.

After what felt like a life time Anne did respond... she had dropped her phone in shock whilst taking her washing on to the terrace. Anne couldn't believe it and sent me a photo of a tortoise.

There had been high winds and it could have blown from anywhere...

It only took one phone call and we had a "for ever" home organised in Nerja with grassy lawns a haven of fruit trees, a pond full of fish and as much compost as the little guy could eat (if indeed he ate compost).

We arranged "delivery" of Totty (we had now named him) to Colin (not his real name) after siesta.

It was an especially busy day... Anne called back after four. Totty (the tortoise) had been reunited with his rightful owner and was back with "Mrs Totty" in a teenage boys bedroom none the worse for his adventure.

Colin and I still think he would have been happier in Nerja... thanks for the promise of a "safe house", Colin a total gem as always xx



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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- And we welcome guests for the day



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

Spain's Roscón de Reyes cake - Exploring Spain's Roscón de Reyes: A sweet journey through tradition and flavour

The Sweet Tradition in Spanish Homes

January 6th isn't just a date on the calendar; it's a sacred celebration in Spanish homes, it's Roscón de Reyes Day. This isn't your run of the mill dessert; it's a cherished companion that transcends mere indulgence. Known by various names such as 'Rosca de Reyes' or simply 'Roscón,' this culinary masterpiece isn't confined to a post dinner delight; it's a steadfast ally in the days leading up to and following Christmas.

The majority of Spanish families opt for the convenience of purchasing their Roscón from local bakeries rather than navigating the complexities of homemade preparation.

Unravelling the Historical Tapestry

The origin of the Roscón de Reyes is a tapestry woven with historical threads and diverse interpretations. Some trace its roots to the Roman 'Saturnalia,' a pagan festival featuring round cakes with hidden symbols of prosperity. From gold coins in Louis XV's France to its arrival in Spain with Felipe V, the Roscón evolved over centuries. Another perspective links its origins to an 11th century Christian festival, 'the King of the Bean,' where a chosen child became the King of the Epiphany, echoing the crowning tradition associated with the Roscón.

Varied Fillings and Modern Twists

Though the original Roscón may not have been filled, contemporary variations often include lightened cream fillings to enhance its texture. The 'roscón de nata' or cream-filled Roscón reigns supreme, though alternatives such as chocolate, confectioner's cream, and angel hair are also popular. The article encourages readers to explore the diverse world of Roscón fillings and flavours, adding a personalized touch to this time honored tradition.

Nutritional Insights and Worldly Connections

Prepare to be pleasantly astonished because the illustrious Roscón de Reyes isn't just a delightful dessert, it's a nutritional powerhouse that defies expectations. Surprising as it may sound, this delectable treat generously bestows upon indulgers a trove of essential nutrients. Packed with vitamins A and E, and boasting a mineral line up that includes iron, magnesium, zinc, and calcium, the Roscón de Reyes isn't merely a guilty pleasure; it's a guilt-free indulgence. So, when you find



yourself tempted by its irresistible charm, remember that you're not just savouring a moment of pure bliss; you're treating your body to a wealth of nourishment. Indulgence in moderation never sounded this appealing!

Conclusion

Unravelling the origins and rich history of the Roscón de Reyes is the key to unlocking the mystique behind this delectable Christmas recipe. This holiday season, go beyond the superficial allure of its taste and embark on a journey through time, understanding the cultural tapestry woven into every delectable layer. As you gather family and friends around, immerse yourself in the enchanting



flavours that have stood the test of time. Become the maestro of tradition by preparing this age old dessert, and watch as the magic unfolds, endearing you to all. This isn't just about a Christmas feast; it's a communion with authentic flavours, a celebration of heritage that will make you the heart and soul of the festivities. Let the aromas of tradition fill your home, and in each bite, create a symphony of love, company, and the genuine essence of an age-old culinary masterpiece.





University of the Third Age (U3A)

December 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



Our Brand New Website will be up and running soon.
Launch day 12th January 2026.
We have a dedicated email address for queries relating to any of the groups.
Please contact us for any information -
u3axmail@gmail.com

!NEW GROUPS STARTED THIS AUTUMN!

PETANCA - Open to all abilities (!) Last Thursday of the month to coincide with the monthly coffee morning. December's will be 18th. Possibility of twice monthly if popular. Meet at Mena Golf at 10.30am. Contact Ian.

CRAFT GROUP - 3rd Thursday of the month, 18th December, at Mena Golf at 10.30am. Contact Lorraine.

ART GROUP - Every Wednesday. Held at the Azotea Bar (was Bio Beach). Contact Jeanne.

MAHJONG GROUP - Contact Ramon for details.

GAMES GROUP - held every Monday at Mena Golf, 1pm for 1.30pm start. Contact Judy.



HISTORY GROUP - New Venue at Media Caña el Penoncillo. Contact Sue.

MONTHLY MEAL DEAL (MMD) - Held on the 2nd Wednesday of the month. 12th December is at Azotea in El Morche (former Bio Beach). Contact Judy to book.

LECTURE/DISCUSSION GROUP - held on the 3rd Wednesday at Media Caña Contact Norma for details.

WRITERS WORKSHOP - 2nd and 4th Tuesday 10.30am at Media Caña Contact Norma for details.

BOOK CLUB/READING GROUP - held the last Wednesday at La Cabaña in Algorrobo Costa. Book will be Blue eyed Boy by Joanne Harris. *change of day to 19th December*. Contact Robert (Skip.)

MUNCH BUNCH - 3rd Thursday. Contact Norma for details.

MEDITATION GROUP - held on 1st and 3rd Saturdays, either online or at Sue or Norma's house. Contact Eva.

DISCUSSION GROUP - 2nd Friday of the month at Media Caña. All sorts of topics are covered, including news and lighter topics. Contact Gerry.

Not forgetting the **COFFEE MORNING** open to all on the last Thursday of the month at Mena Golf. 11am.

December's will be brought forward a week, to the 18th.
Chance to find out about the groups and to sign up, for just €5 annual membership!
A very warm welcome awaits.



U3A December activities

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CHARM.

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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

All about beauty

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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 -

+44 759 071 7384

CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

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directory is less than
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Call Dawn on 638 47 47 18 for
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 Almirante 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

Rosario 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/. Chaparril, Nerja

HOUSE AND HOME

MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin

INSURANCE COMPANIES

Axa – 95 252 0952

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

Avda. Castilla Pérez 24, Nerja

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
PET SCHOOLS/TRAINING
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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WINDOWS + DOORS MANUFACTURERS

Juan Verdun – 95 250 2527
Pol. Ind. LA Mata, Cno. del Higueral
9, Vélez Málaga

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 chaplaincy 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 1ª, (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 DECEMBER COMING EVENTS & EXCURSIONS

The Centre will be closed for the Christmas and New Year holidays as follows 24th of December until the 1st of January, open only for coffee morning 2nd January and re-opens again for full business Monday 7th January.

Open for Christmas religious services for the Lutheran Danish church on the 24th 1pm and 31st 3pm and St Barnabas Anglican church Thursday 25th dec 11am)

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. December special because of the toys and Christmas food included in the bags

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

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 10.00 to 13.00.

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

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 to 13.00.

Every Thursday - NA (Narcotics Anonymous) English group. Time 19.00 to 20.30.

Every Friday - Conversation group. Time 10.00 to 11.00.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

Tuesday 2nd and 16th December - Axarquia Business Networking group. Time 07.30 to 09.00.

Saturday 13th December - Carol Service in the Parish Church of San Andres. Please come and join in the celebrations and sing along with the choirs of los cantors, amigos de Lux Mundi and choir Costa Pop Nerja and the German choir. Los Cantores. Time 17.00.

Monday 15th December - Monthly Lunch. This month's restaurant is the Eclipse restaurant on the paseo in La Caleta. It includes menu of the day plus tip. Information will be advised from the Centre or please contact the Centre if you are interested. Lunch time 1.30 for 2.00.

Week from 15th to the 19th December - There will be an art exhibition, timetable to be confirmed.

Thursday 18th December - Malaga Christmas Lights.

Please come and join friends and experience the beautiful light display. Plenty of time to see the various nativities and take refreshments. Departure from Malaga 22.30. Tickets available at the Centre price 15 euros for Friends and 18 euros for visitors. Departure times: Algarrobo (Lidl), Caleta (Vets) 16.50. Torre del Mar (Bus station) 17.00.

Friday 19th December - Coffee morning from 10.00 to 13.00 during which the Christmas raffle will be drawn.

Wednesday 31st December - New Year Celebration with 12 Grapes. Please come and join in the fun with your friends at our annual party. There will be cava or a soft drink. Ticket price 4 euros at the Centre and please purchase them beforehand so that the Centre can plan for numbers. Time 11.00 and Grapes at 12.00.

Coming Excursion

Thursday 8th January - Coach excursion to Gibraltar. Tickets on sale at the Centre price 22 euros for Friends 25 euros for visitors. Departure time: Algarrobo (Lidl) 7.45, Caleta (Vets) 7.50, Torre del Mar (Bus Station) 8.00.

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.

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

COME AND JOIN US !
653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

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YEAR ROUND."
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Axarquia Animal Rescue
Registered Charity No. 1011094 - 1-02-00000000
Dedicated to saving lives and ensuring abandoned animals are rehomed.
We have a variety of animals available for adoption.
Contact: Paula - Aragon, London or August 1
Paula: paula@axarquia.org.uk
www.axarquia.org.uk

Save a Life

Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!

FUNDACIÓN cudeca
CURADORES 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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Torrox Costa

Ref: PS-2025-157 Price: €220.000A

Beach apartment 65 m² with panoramic sea views on the 5th floor. Comprising of independent kitchen, living room, bathroom, bedroom with built in wardrobes, a/c, double glazing, private garden and a communal pool, tennis courts and gardens. Equipped glazed terrace 8m². Adapted for reduced mobility, pets allowed, fully furnished.



Torrox Costa

Ref: PS-2024-147 Price.- €375.000

Beach apartment 101m² with exceptional sea views on the 1st floor. Comprising of equipped American kitchen, living room, 2 bathrooms, 2 bedrooms with built in wardrobes, a/c, storage room, double glazing and parking place. Furnished. Equipped terrace 15m². Reduced mobility access, pets allowed.



Torrox Park

Ref: Los Olivos Price: €399.000

Detached villa approx. 311m², plot approx.. 726m². Ground floor, living room, dining area, office (could also be converted), bedroom with built-in wardrobe, bathroom, and a glazed terrace. Pool, outdoor shower. Basement apartment with bedroom, living room, bathroom, kitchen, and a glazed terrace. Bbq area. Roof terrace, garage. Garden.



Mequitilla

Ref: PS-2024-146 Price: €399.000

Beautiful townhouse 128m² facing south with sea views. Ground floor: independent kitchen, toilet, large living room with a/c and stove. Large terrace. First floor: 2 bathrooms, 3 bedrooms (1 en-suite). Master bedroom with lovely balcony and sea views. 2 parking places, green areas, communal pool and a gated entrance. Pets allowed. Close to all amenities.

Torrox-Costa | Urb. Costa del Oro | Centro Comercial B
al lado / next to / neben Caixa Bank

951 084 054



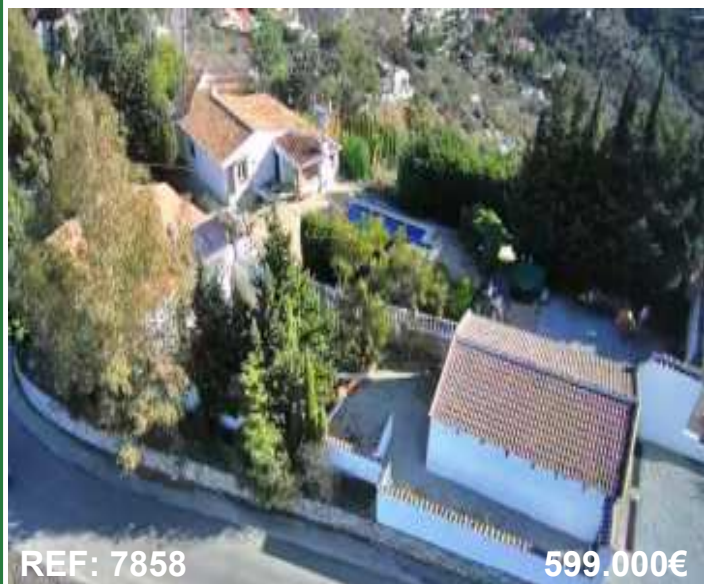
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REF: 7858

599.000€

CÓMPETA

EXCLUSIVE: Country property and guest house walking distance to Cómpeeta. Sea and mountain views. 4 bedrooms, 3 bathrooms, 2 lounges and a double garage. Private pool and sauna.

Built: 231m² **Plot:** 2.374m² **EPC:** In progress



REF: 7956

285.000€

EL MORCHE

Modern apartment in the seafront with 1 bedroom, 1 bathroom, lounge, fitted kitchen, terrace with wonderful sea views, a few seconds from the beach. Great investment opportunity!

Built: 69m² **EPC:** In progress



"Once again, we would like to thank our clients and partners for the trust they have placed in us throughout the year.

The Country Properties team wishes you a Merry Christmas and a prosperous New Year 2026"

MERRY CHRISTMAS

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