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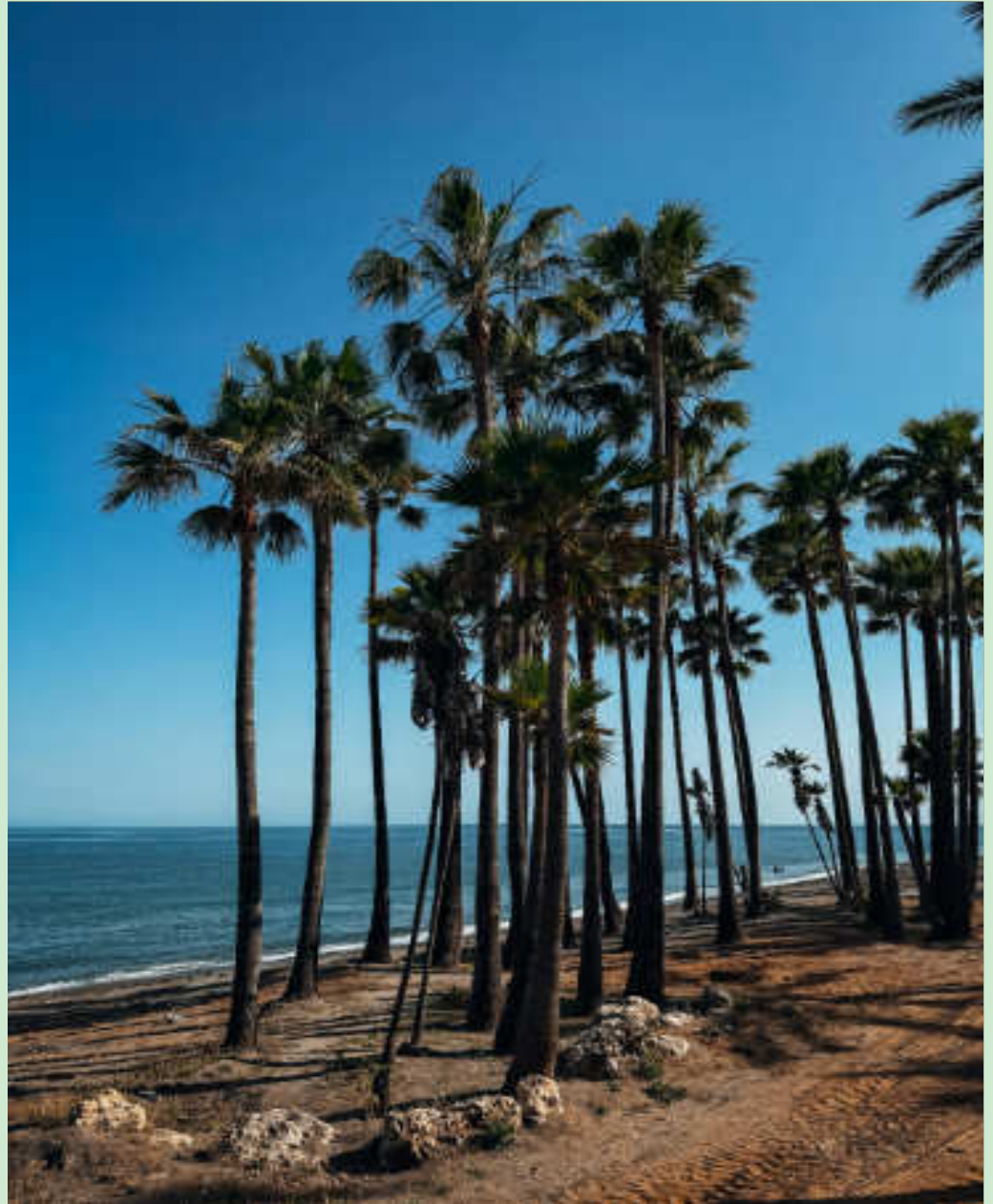
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June 2026

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Price reduced: €630.000

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 reduced: €395.000

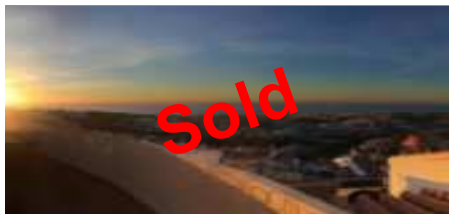
Ref: NV.3



Ground floor apartment comprising private garden , terrace, lounge-dining room, equipped kitchen , 1 bed bedroom , bathroom with shower. Several communal pools and gardens. Beach 15 minutes walk. Tennis and paddle courts (payable).

Price: €255.000

Ref: Casa Nieve



Terraced apartment with 180° of sea views, sun all day. Comprising 2 bedrooms, bathroom, lounge-dining room, equipped kitchen, and an ample terrace. Communal pools and gardens. A/C, wifi access. Steps to access the apartment, it is not suitable for people with reduced mobility.

Price: €235.000

Ref: Casa Capuchinos

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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 reduced: €330.000

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



Stunning 2-bedroom villa in Capistrano Village with 2 bedrooms, 2 bathrooms, living room, kitchen, garden and 2 terraces. 100m2 built. Totally renovated with high quality materials. Great location close to the main area.

Price: €495.000

Ref: NV.ROM



Ready to move into with 2 bedrooms, spacious living room, kitchen, bathroom, and guest toilet. 1st floor; kitchen and living room, 2nd floor; 2 bedrooms and bathroom. prime location, 5 minute walk from Burriana Beach and close to the Balcón de Europa.

Price: €329.000

Ref: NV.AND2



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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Cirque du Soleil big top is in Malaga, June 4th to July 5th

The Cirque du Soleil big top is in Malaga for a month. Over 100 workers took part in the process to erect the structure at the Cortijo Torres fairgrounds, on the outskirts of the city.



New hanging bridge at Malaga's Caminito del Rey

June 9th saw the new 110 metre hanging bridge open. This new bridge is hung just before the historic iron railway bridge and El Chorro tunnel, this addition will make the world-famous trail even more exciting while delivering an unforgettable highlight for walkers with a head for heights.

July 7th to 12th - Feria de Estepona

One of the larger summer fairs on the Costa del Sol - packed with live music, dancing, rides, food stalls, and community celebrations.

Electricity and gas tax relief to be phased out as inflation eases

Households will start to pay the standard 21% rate on electricity and gas.

Alhaurin el Grande man arrested

Police officers in Alhaurin el Grande have a man has been detained believed to be the suspect to multiple thefts on rural properties.

Malaga Ibis Hotel's upper floors once again on fire

Fire once again returned to the Ibis Hotel in Málaga exactly a week after the original fire.

July 4th to 6th - Mijas Pueblo

For a few summer nights, the historic whitewashed streets are transformed into a fairy tale world lit by more than 15,000 candles creating a warm atmosphere that feels like stepping into a storybook. From about 9.30pm each evening, the cobblestone streets including Plaza de la Constitución, Calle Málaga and Plaza Libertad are filled with candlelight, live music, art, and cultural activities.



New toll prices for the Costa del Sol

Drivers on the Costa del Sol will have to prepare for much higher The new AP-7 toll charges started June 1st for the summer season ahead.

Vélez-Málaga industrial area fire

The fire which broke out at a refrigerated lorry depot in the El Trapiche area of Vélez-Málaga on the eastern Costa del Sol. The flames affected an industrial unit located next to the A-356 and A-7205 roads, two of the main transport routes in the inland Axarquía area, at a particularly sensitive location due to the proximity of a petrol station and other business premises, as well as residential properties.

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An opportunity has arisen for a new shop manager for our very successful charity shop on Torrox Costa opposite Mercadona. The post is volunteer and requires managing rotas and staff and ensuring the smooth running of the shop. There is no requirement to be present at the shop every day. The shop is open Monday to Saturday 10.00 till 14.00. Retail experience would be an advantage and this is a great opportunity to contribute to the work of Tail Torrox helping dogs and cats in the locality.

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Village Property of the month

Cómputa: Price: €255.000 TH1236



Traditional townhouse with roof terrace and workshop in the centre. A rare opportunity to acquire a 1 bed with possibility of 2 bed house with stable/workshop close to the square and all amenities and a former spacious family Carpenters Shop. Reformed 15 years ago. Comprises small reception room, laundry room with storage area and its own door onto the street, kitchen, spacious area with dining room/office that could be converted into a second bedroom, main bedroom with a shower room and toilet and a bright living room with double doors onto

a small terrace. Metal stairs to a second and bigger terrace. In the adjacent street with high double doors and large window enter the spacious former Carpenters Shop. Cool and airy an excellent place to work for two artists. Preferably connected to the Arts, this could also be used for teaching painting, working with wood, sculptor, occasional 1 day classes in Life Drawing etc. The owner has been working with textiles for the past 12 years.



Árchez: Price: 395.000€



- Living space: 139m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage : No
 - Terrace: Yes
 - Bathrooms: 2
 - View: Mountain
 - Area: Countryside
- Ref. CP778

Cómputa: Price: 325.000€



- Living space: 121m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - View: Mountain
 - Area: Countryside
- Ref. CP793

Torrox: Price: 195.000€



- Living space: 47m²
 - Bedrooms : 2
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - View: Sea views
 - Area: Village
- Ref. TAP398

Sayalonga: Price: 699.000€



- Living space: 185m²
 - Bedrooms : 6
 - Pool: Yes
 - Garage: Yes
 - Terrace: Yes
 - Bathrooms: 5
 - View: Sea views
 - Area: Countryside
- Ref. TCP266

Salares: Price: 87.500€



- Living space: 89m²
 - Bedrooms : 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - View: Mountain
 - Area: Village
- Ref. TH1268

Cómputa: Price: 165.000€



- Living space: 180m²
 - Bedrooms : 3
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - View: Village
 - Area: Village
- Ref. TH1269

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Cover photograph was taken by G Cicconeto. A beautiful beach on the Eastern Costa del Sol.



Welcome to this months Streetwise magazine. Summer has well and truly arrived and it's wonderful to see the Costa del Sol buzzing again. I do love the summer months, the sea comes alive with water sports and people happily enjoying the cool water. The bars and restaurants are filling and the sound of music fills your ears. The relaxing atmosphere being enjoyed by everyone. If you are wanting a break from the beach, why not visit Granada, we have an article in this months issue about what you can do and see there. As always enjoy this packed issue and please support our advertisers and your local businesses. **Dawn xx**

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A Life Reclaimed, One Day at a Time

"My name is Charlotte. I am 43 years old, married, and the mother of an eight-year-old girl. I work as a corporate law solicitor, a profession that from the outside suggests structure, certainty, and success. For many years, I believed that if I could keep achieving, performing, and holding everything together, then no one would ever see how much I was struggling inside. What I did not understand then was that alcohol had been shaping my inner life long before my career ever began.

I was brought up in a household where both of my parents were alcoholic. My father was a functioning daily drinker; my mother was a binge drinker. There was not a great deal of shouting or overt chaos that I can remember. What I remember instead is a constant underlying tension and a sense that I needed to be responsible. Even as a very young child, I felt more like the adult in the room. I learned early how to read moods, how to adapt, and how to manage myself in order to keep everything feeling stable.

Alcohol was always present, and because of that, it felt normal to me. I did not grow up thinking my home was particularly unusual. What I did grow up with was a quiet sense of unease and a deep feeling of disconnection that I could never quite put into words.

I took my first drink at the age of 15, and it felt marvellous. Alcohol gave me something I had never felt before: ease. It softened the anxiety, quietened my thoughts, and allowed me to feel comfortable in my own skin. From the very beginning, it felt like a solution. I drank like everyone else around me, but I always drank for effect.

By the age of 19, I had started using cocaine. What initially felt like an extension of that freedom quickly became something much darker. The paranoia was overwhelming. The depression that followed was crushing. The anxiety escalated to a level I had never experienced before, leaving me feeling empty, numb, and without any real desire

to live. I did not recognise it at the time, but I was already trapped in a cycle of using substances to escape feelings I did not know how to tolerate. By this point, both of my parents had found Alcoholics Anonymous. I knew what AA was. I knew where the meetings were held. I had even attended Al-Anon and CoDA years earlier. Still, I never imagined that I would one day find myself in AA as an alcoholic. That felt like a line I could never cross.

From the outside, my life appeared to be going well. I had just graduated from law school. I had been working since I was 15, including modelling work. I was in a long-term relationship of four years. Nobody, including my parents, was aware that I had a problem. I had become highly skilled at hiding my drinking. I made sure I surrounded myself with people who drank more than I did, so that I never stood out. Everything looked fine, even when I was slowly falling apart inside. In July 2008, at the age of 24, I reached emotional rock bottom. There was no dramatic external collapse. Instead, it was an internal surrender.

I felt completely defeated, exhausted, and empty. I knew I could not go on living the way I was, but I also could not see a way out.

Walking into my first AA meeting, I felt an overwhelming sense of shame. I felt that I had let myself down. I had watched my parents struggle with alcoholism, had seen the consequences of this illness, and now I was sitting in the same place. I remember thinking that I belonged everywhere except there. I had once attended meetings for families of alcoholics; I never thought I would end up in the "room upstairs" with the alcoholics themselves.

Very quickly, something began to change. I was met with kindness, understanding, and acceptance. I heard people describe feelings I had never been able to articulate. For the first time, I did not feel different or broken. I began to understand that alcoholism is not a failure of willpower or character, but an illness.

As I started to work the Twelve Steps, I realised that this way of living was not optional for me. A life guided by the Steps is the only way I experience relief from my disease. Through this process, I have come to know myself more honestly than ever before. I have identified patterns of self-defeating behaviour and learned to take responsibility for my actions without shame.

I have also come to understand that my addiction does not limit itself to alcohol. I am addicted to anything that promises relief from the anxiety and dis-ease I feel at my core. That addiction can attach itself to shopping, eating, exercising, achievement, or control - anything that offers temporary escape.

The Steps have taught me that these behaviours must be substituted with a spiritual way of living if I am to experience peace and balance.

Today, I live a very simple life. I take things one day at a time. I try to stay present with my family and connected to others. I no longer chase perfection or approval. Instead, I aim for honesty, humility, and willingness. What the Steps have shown me is that my true purpose is to help - to be there for another human being who is suffering, just as others were there for me when I could not help myself.

I have been privileged to attend meetings in many different places, and recovery has followed me wherever I have gone. When I first came into AA on the Costa del Sol, most of the members were much older than I was. At times, that made me feel even more out of place, but it also gave me hope. I was looking at people who had found a way to live sober for decades.

Today, the recovery community here includes people of all ages and backgrounds, and it continues to grow in depth and strength. Alcoholics Anonymous has given me a life I did not know was possible. Not a life free from challenges, but a life with meaning, connection, and peace. For that, I remain profoundly grateful, one day at a time."

CALL THE AA HELPLINE FOR SUPPORT:

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June 23rd - Noche de San Juan

The magical beach night of the year that officially welcomes summer. Family and friends gather on the beaches to build bonfires and enjoy picnics.



July 3rd to 5th - Feria de Corumbela

Traditional village feria where local music and dancing celebrating the first weekend of summer.

July 9th to 11th - Torre del Mar Beach Festival

A mayor summer music festival right on the beach with pop, rock, electronic and more. It's lively and energetic, perfect for older kids and teens who love music festivals, and families who enjoy a beach party.

Fuengirola to fine motorhomes

Fuengirola council teams have cleared motorhomes and caravans from the Feria grounds and repainted all parking and market stall markings with stricter dimensions to stop oversized vehicles. No spaces are large enough for a motorhome, so parking is not legal. Motorhomes that stay overnight could receive fines reaching €200.

Migrants sleeping rough in Torrox Costa

There are several tents where people are sleeping. They are situated in the reed beds, on beaches and under public infrastructure. The mayor of Torrox, Óscar Medina (PP), called on the central government on Monday to "guarantee and ensure the safety and decent living conditions" of vulnerable migrants in the eastern Costa del Sol town. The mayor has issued his appeal following the emergence in recent weeks of makeshift shelters in various public spaces.

Phoenix Social Club

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 would be happy to accept any greeting cards you may have to re-cycle into fantastic cards.

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

Activities:- All trips include a driver's gratuity.

June 2026

June 2nd - Trip to Gibraltar €20pp
June 24th - Trip to Estepona Market day and a visit to the Orchid House. Price €25. Entry to the Orchid House is €3pp not included. Opening hours are 10a.m. to 1.30p.m. and 3p.m. to 6p.m.

July 2026

July 3rd - Visit the Victoria Brewery AM, Car Museum PM. Lunch not included. Price €32pp includes entry to both Museums.
July 17th - A visit to the Zoo in Castellar, Cadiz Province. Price €52 and includes a Guide at a cost of €22pp. This rescue centre is a private initiative that has been operating since 1998 and opened to the public in 2002 and founded to help animals seized by the authorities.

For information call Gail
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Email:- phoenixsocialclub@yahoo.co.uk

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Price: €360,000

Ref: CN48691



LA EXOTICA

2 storey villa, plot 1.300m², pool 50m². kitchen, 2 beds (1 ensuite), rooftop terrace with stunning mountain views. Guest house. Garden and garages.

Price: €695,000

Ref: CN48687



PUNTA LARA

Villa 141m², plot 643m² with 3 beds, 3 baths. Private pool, garage, beautiful gardens. Terraces with great views over the sea, Nerja & mountains.

Price: €599,000

Ref: CN48666



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REF:- TV515 TORROX PUEBLO Spacious townhouse in the heart of the pueblo with 2 entrances. Built 190m2. Comprises of 3 bedrooms, 2 bathrooms, fully furnished kitchen, living room with 2 balconies, dining room with private patio. Roof terrace south facing with village and sea views. Needs some work to make it into a cozy home.

PRICES:- €265.000



REF:- TV517 TORROX PUEBLO

Spacious townhouse on one floor. Built 130m2 and facing East. Furnished. Comprises of 2 bedrooms, living room, kitchen, dining room, bathroom, laundry room and a large terrace with mountain, village and sea views. It also has a private patio that is accessed from the kitchen. Several storerooms are located under the property. Quiet pedestrian street.

PRICES:- €215.000



REF:- TV440 TORROX COSTA

Country house on one floor, located 300 metres from the beach, with good access and close to all amenities. Built 80m2, plot 1.187m2. Comprises living room, separate kitchen, 3 bedrooms, bathroom and an East facing terrace. Private garage for 1 car and a plot with several fruit trees. An ideal country property but yet waling distance to the sea.

PRICE:- €370.000

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REF:- TV462 TORROX PUEBLO

Town house 66m² on 2 floors facing south east. Comprising 3 bedrooms (you have to pass through 1 of the bedrooms to reach another bedroom) the 3rd bedroom is independent, living room and 1 bathroom. Terrace with panoramic views of the mountains. Needs reforming and situated in a quiet street in the old part of the pueblo.

PRICE:- €127.000



REF:- TV521 TORROX PUEBLO

Townhouse in the centre of Torrox. Divided over 3 floors and facing East. Built 64m² and surrounded by shops and on one of the prettiest streets in the village. Comprises of 2 bedrooms, bathroom, living room and kitchen. The nearest carpark is only 4 minutes away.

PRICE:- €147.000



REF:- TV505 LA EXOTICA, NERJA

Fabulous luxury villa recently renovated in La Exotica, Nerja. Main house is built on 2 floors. Attractive 1st floor comprises outdoor porch, furnished separate kitchen, bathroom, bright living room, master bedroom with en-suite. 2nd floor 2 bedrooms, bathroom, large solarium with 360 degree views to the mountains, village and sea. Private pool, 2 closed garages, covered parking, several terraces and a tropical garden on a plot of 1.299m². Guest house comprises living room, kitchen, 1 bedroom and a bathroom. Sold fully furnished in a privileged location.

PRICE:- €695.000

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

Your confidence will soar this month as your astrological chart is extremely powerful. The only danger is you may start to believe that all those hyped-up things people say about you are true. Only some of them are.

Luckiest day:- Wednesday

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

You will have plenty to say for yourself during the next month, but be careful you don't say too much and let slip what you are planning. Secrecy is something you need to cultivate if you are to increase your chances of long term success.

Luckiest day:- Friday

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

Your astrological chart is in a very powerful state this month but due to a retrograde phase, you must take care. You may think you are invincible and can do as you please, but the universe is unlikely to agree.

Luckiest day:- Thursday

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

If you don't feel much like facing the world this month, then by all means stay behind the scenes for a bit. There is no cosmic law that says you have to put on a show, and time spent in your own company is rarely time wasted.

Luckiest day:- Sunday

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

Friendships and group activities are under excellent stars, so get out into the world and take the lead in some way. Others will be inspired by your can do attitude and together you can make some serious, and fun, things happen.

Luckiest day:- Saturday

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

It does not matter what other people think you can and cannot do. It matters only what you think you are capable of. Deep down you may have a few self doubts this month but until you test yourself you won't know for sure if you've got what it takes.

Luckiest day:- Tuesday

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

You don't have to do something just because others expect it of you, but you should certainly do it if it will be good for you personally. You may be a good guy by nature, but pleasing other people is not always the best way to show it.

Luckiest day:- Wednesday

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

Your sign is energized this month, so now is the time to press ahead with something you know is going to be challenging. There is no such word as "cannot" in the Scorpio vocabulary, as your rivals are about to find out.

Luckiest day:- Saturday

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

Will your latest project end in success or failure? The only way you are going to find out is to give it your all and refuse to let other people's doubts slow you down. If you get some momentum going, you will smash through all obstacles.

Luckiest day:- Friday

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

If someone you work or do business with fails to live up to your standards and expectations you must be ruthless and cut them adrift. You are under no obligation to carry passengers. It's simple: If they won't pay then they don't ride!

Luckiest day:- Thursday

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

It's time for a clear out of all the physical and emotional junk you have been dragging around. Be ruthless, both with yourself and with other people. You don't have to chuck it all out though!

Luckiest day:- Monday

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

If you are looking for ways to make life more exciting, you could do worse than get together with someone who shares your values, your ambitions, and also your sense of humour. Feed off each other and strike sparks that light up the sky.

Luckiest day:- Tuesday

Horoscopes



Edf. Acapulco, Nerja

Attractive apartment in the sought-after Edificio Acapulco, just a short walk from Burriana Beach and the Balcón de Europa. Features 2 double bedrooms, open-plan living area, fitted kitchen, modern bathroom, guest toilet, and a spacious southeast-facing terrace with stunning sea and mountain views. Large communal pool and gardens. Excellent holiday home, residence, or rental investment opportunity.

Price: 475,000 euros Ref. JG1131TPM

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La Alcazaba, Tamango Hill

Bright apartment in the sought-after urbanisation of Tamango Hills, between Nerja and Torrox Costa, offering stunning Mediterranean Sea views. Features 2 bedrooms, 2 bathrooms, open-plan living area, fully equipped kitchen, and a spacious 19 m² terrace. Includes private parking and storage room. Communal swimming pool. Ideal as a holiday home, permanent residence, or investment opportunity.

Price: 445,000 euros Ref. JG1112TPM



Calle San Juan, Nerja center

Modern second-floor apartment on Calle San Juan, Nerja centre, in a small building of four. Features two bedrooms, bathroom, guest toilet, and bright open-plan kitchen, living, and dining area with balcony and sea views. Air conditioning in living room and main bedroom. Large entrance cupboard. Ideal home, holiday base, or investment.

Price: 299,000 euros Ref. JG1129TPM

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Colina Alta, Nerja

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Price: 368,000 euros Ref. JG1132TPM

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Seven things to see and do in Granada and the surrounding areas

1. The Alhambra Guided Tour

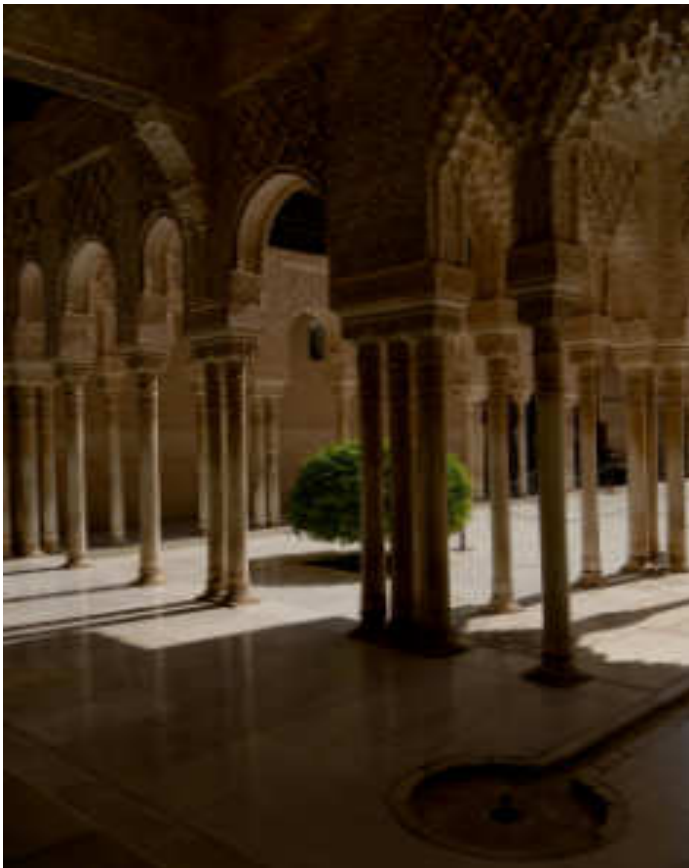
Duration:- 3 hours.

Time:- Multiple departure times from 9am to 5pm

The guided tour is in Spanish, English, French, German, Italian and Portuguese and the tickets are prebooked to the Alhambra and Generalife Gardens.

The tour began in the Generalife Gardens, a peaceful retreat once used by Granada's rulers. With fountains, shaded courtyards, and lush greenery, it was easy to see why they chose this spot to escape the heat! From there, we wandered through the Alhambra Medina, the old residential quarter where nobles, artisans, and palace workers once lived.

From the top of the Alcazaba you had some of the best panoramic views! The steep stairs and winding pathways led us through ancient stone walls, with whitewashed houses on one side and the Sierra Nevada mountains on the other.



2. E-bike ride through the historic neighbourhoods of Albaicin and Sacramonte

Duration:- 2 hours

Time:- Multiple departure times from 10am to 6pm

We started in Plaza Nueva, where the guide gave us a rundown of the city's history before leading us onto Carrera del Darro. The cobbled street looks like it's straight out of a medieval painting! We cruised past centuries old buildings toward Sacromonte. This neighbourhood is the soul of Granada's flamenco scene, filled with cave houses where the Romani community have lived for generations.

3. Sierra Nevada Mountains in a 4x4 vehicle

Duration:- 7 hours

Time:- 9am and 4pm

Exploring Spain's largest national park is already incredible, but doing it in a 4x4 takes it to another level! This full-day safari tour into Sierra Nevada National Park is the best way to get off the beaten path. Ride along ancient trails, cutting through some of Spain's wildest landscapes. Climbing steep rocky paths and weaving through thick pine forests was an adventure in itself! You can see some incredible view points.



4. Granada tapas and wine tour

Duration:- 3.5 hours

Time:- 11.30am, 6pm, 6.30pm and 7pm

Granada is a paradise for food lovers. A knowledgeable guide leads you between family-run taverns, each serving up generous portions of local specialties. No set route means no two tours are exactly the same. Your guide tailors the experience to the group's tastes, interests, and even the freshest offerings of the day! The tour blends history, hospitality, and amazing Spanish flavours!



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The Dog-Friendly Garden

by Ayshica

Cute picture right! This was taken a few years back when this hoop house was almost all the gardening space I had. It was Mothers day and we had been out all day. A quick Trader Joes pre-packaged dinner was in order. We started to set up a little table and chairs, and food in the hoop house. We went indoors for the rest of what we needed and came out to find this. Whiski decided it was a good spot for him to enjoy dinner! Surprisingly he did not get into the food that was on the table, but that was probably because we were back out before he could. What does this have to do with gardening you ask? My dogs are always in the garden when I am out there and I am guessing yours are too.



It is on Rebecca's Nelson's suggestion that I write this post to consider the plants that are safe and beneficial for our dogs. For many of us, there's a dog or two, or even more that keep us company as we tend our gardens. It may be time to think about what plants would be good for them. Dogs are natural explorers and having plants that are safe and enjoyable for them in the garden space means peace of mind for you and more fun stimulation for them.

Over the years I have noticed that my dogs always nibbled on young corn plants and even lemongrass. When I first noticed this, I started planting a small pot of pet grass for them to enjoy. However, they eat much more from the garden than just a few blades of grass. There are many veggies, herbs, and even some fruits that are beneficial to our best friends. When considering any suggestions, always be mindful of allergies your pet may have.

Grass For Dogs

Dogs have always instinctively nibbled at grasses. Grass contains essential minerals and nutrients that are beneficial, improves digestion, and in some cases soothes an upset stomach. Additionally, it is possible that they simply enjoy the taste of it! Regular summer and winter lawns are fine for nibbling, but make sure they are not treated with chemical herbicides and pesticides. Grass also provide a cushy spot for a little dog nap. Plant the following to keep your dog well supplied with a bit of grassiness.

Corn: Good for aiding digestion, rich in minerals.

Oat straw: Very nutritious and helps with dry skin conditions and coats.

Barley: Strengthens the immune system, aids digestion, and improves skin and coat.

Wheatgrass: Rich in iron, calcium, magnesium ,and many more nutrients. It is also a source of protein.

Millet: Another good source of minerals and some iron. All

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grasses are rich in chlorophyll which improves overall wellbeing and oxygenates and builds blood.

A few taller ornamental grasses would also be fun for your best friend to play games of hide and seek. Do not use foxtail grass as it is very harmful to animals.

Note: Some dogs are allergic to grasses. It would be best to keep grass out of the garden for these dogs.

Make Your Own Pet Grass Blend

Make your own highly nutritious pet grass blend by combining wheatgrass, barley, millet, and oat straw seeds in any ratio. Do not use pearled barley from the grocery store, it will not germinate. It is easy to do this even if you live in an apartment and only have a small patio. If the pet grass grows much faster than your dog is enjoying it, snip off the extras, and use as green manure on your other plants. They will keep growing back and planting can be refreshed 2-3 times a year.

Herbs For Dogs

Herbs are beneficial in the diet, for grooming purposes, and to help when dogs are not feeling too well.

Thyme: Use in food to help with digestion and as a breath freshener. Patches of thyme will also help to repel bugs.

Oregano: Rich in antioxidants and helps with digestion, gas, and diarrhea.

Rosemary: High in calcium, iron, and vitamin B6. Use to flavor meals. Rosemary is also excellent as a tea added to the rinse water on bath day. It soothes skin and keeps away bugs.

Peppermint: Peppermint is helpful for upset tummies, and even travel sickness. Too much peppermint can affect the kidneys, use in small doses.

Basil: Besides being yummy, basil also has antioxidant, antiviral, and antimicrobial properties. Add chopped basil to your dog's food as often as possible. Don't forget holy basil which is and adaptogenic and supports overall wellbeing and helps the body to better cope with stress factors.

Parsley: An excellent addition to your dog's meal. It is known for its breath freshening properties but it is also rich in antioxidants, lycopene, and carotenes.

Plantain: This is an excellent herb to have in the garden for both dogs and humans. Plantain herb (Plantago major) should not be confused with plantain banana. Plantain is used when there is a bit of trouble. It has "drawing" properties, drawing out toxins from the body. It can be used as a tea added to the drinking water, as an oil both topically and internally, and even ripped into thin strips and fed to a dog. If a dog gets into something concerning this is one of the best herbs to have on hand. Together with calendula, it is also excellent to calm and treat scorpion stings by using externally and internally.

Vegetables For Dogs

Most dogs will develop a fondness for a large variety of vegetables. They can be offered as treats or added to meals. Here are some of the easiest ones to add to your dog's diet.

Carrots: There is seldom a dog who will turn down carrots. They love the crunch and sweetness. Older dogs will appreciate softer cooked carrots. (my sweet Noel knew where the carrots were planted and would stand next to some when she wanted a fresh-picked carrot). Not all dogs will be as polite, be prepared for some to help themselves to the goodies once they have discovered where it has been planted.

Radishes: Some may enjoy these, others may not. Radishes are not harmful to dogs and once again it is the crunch they really enjoy. Radishes are part of the brassica family and should be given in moderation.

Celery: Great as a breath freshener but few dogs will really take celery if offered. It is better used added to their food.

Beets: Be prepared for some messiness if feeding red beets. This is one best-fed outside (or you may find it being enjoyed on the white sofa)! Steamed beets are a great addition to dog food or as a treat.

Part 2 in the July 2026 issue



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Cómpeta Sea views!

Beautifully villa with 5 beds, 3 baths (242m²) heated pool, stunning views, easy access and walking to the village. This property delivers exceptional value and lifestyle appeal.

Price: 575,000 euros

ref: v 1588 EPC: In progress



Salares Price reduced!

Large beautifully renovated 3 beds, 4 baths 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: t 1132 EPC: D



Canillas de Albaida Large property!

A unique townhouse (198m²) with scope for remodelling and developing, roof terrace with sea, countryside and village views, independent apartment. Located just a short walk to the main plaza.

Price: 139,950 euros

ref: t1534 EPC: E



Cómpeta Large terrace!

Spacious 4 beds, 1 bath (154m²) townhouse, needs some updating. Large roof terrace with sea views. Plus an undeveloped area of approx 147m² potential to create more living space, great project for someone with vision.

Price: 185,000 euros

ref: v1483 EPC: E



Almarchar Price reduced!

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

Price: 79,950 euros

ref: t 1582 EPC: G



Cómpeta Great price!

Unique rustic townhouse (185m²) 4 en-suite bedrooms, 3 of which can be independent to the main living area. Option to convert to B & B. Lovely roof terrace with village views.

Price: 174,000 euros

ref: t1542 EPC: E

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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VSR4152 BURRIANA -Townhouse on 2 floors, 3 beds, 2 baths, 81m², 2 large terraces, communal pool, 2 garages. Price:- €429,900



VSR2232 TORRECILLA AREA - Apartment, 1 bedroom, 60m², private terrace, views to the pool and the SEA, new kitchen, communal pool and gardens. Tourist licence, Great rental income, close to Torrecilla beach. Price:- €295,000 Book a viewing now!

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Price:- €420,000

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Nina

Nina is a lovely Podenco old lady. Her owner Les, sadly passed away recently and now she is with us at Seacrest. Les was a bit of a local fixture, in that he walked her and her sister Tara 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.

She is small (approx 12-15kg) and around 10 years old. Her and her sister had lived in a house before, so she is already house trained. She loves to be with people and is great with other dogs.

Nina's sister Tara, was adopted about six weeks ago, and in last month's magazine, she can be seen with her new family. Nina is on medication for epilepsy, but is fit and healthy. She is neutered, passport and vaccinated.

Bekka

Bekka was homed with another large female and lived with an elderly gentleman for a few years with no major issues.

Unfortunately, this year the girls began to fight regularly, with the other female as the aggressor and the gent decided they needed to be separated, so he kept the aggressive female and gave up Bekka.

She is a Spanish Mastiff female who is about 5 years old. She has a very sweet disposition and gets along well with other dogs. She wants nothing more than to receive cuddles and hang out with her humans. She is on good health and vaccinated. Bekka will make a lovely addition to most homes as she is good with kids and other dogs.

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Bekka

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

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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

AAR 2429 – Monty Monty a Dalmatian cross male dog, born 3rd January 2019.

A very loving happy boy found wandering along the road lonely and exhausted when rescued. Loyal dog staying at a fabulous kennel for a long time in Avila, Madrid where he is socialising with other dogs. Looking for good people to share life together, go on walks in the park or the countryside, play with other dogs. Best to be in a family with one dog only. Therefore, a home where he can belong there as part of a family. Fully vaccinated, neutered, chip & passport. If interested in fostering or adopting him please email Axarquia Animal rescue at axarquia-rescue@hotmail.com



AAR 2831 – Pepe Pepe was rescued from a life of neglect. In spite of his past, he is a friendly, sociable boy. Loves to be with people and calm around other dogs. He seems to take everything in his stride even trips to the vet. This lovely waterdog is around 4 years old and is ready for a loving home of his own. Please email: axarquia-rescue@hotmail.com if you can give Pepe his well deserved second chance.



Daisy was found alone on a country road, with a very bad eye. She has received vet treatment, and has sadly lost her eye. She is not bothered by having only 1 eye and is a normal happy healthy 2 month old mastín, Daisy will be a big girl, with lots of love to give, she loves cuddles, and enjoys playing with other dogs. She has started her vaccinations, and is now ready for adoption. She will make a fantastic companion, and family member. Please contact us for more information, or take a look at our website at www.axarquiaanimalrescue.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



Alfie - is the most affectionate dog, he just loves to please, and wants to be loved. 4 years old, German Shepherd mix, so large in size, fully vaccinated and neutered. Alfie has come back into our care due to his owners poor health, he is a strong dog, loves other dogs, but doesn't like cats, but loves everyone else.



Monty - in kennels for 5 years. Found starving on the streets. Dalmatian cross. He is medium to large in size, weighing 28kg. Fully vaccinated and neutered and 7 years old. Monty loves people, and really needs a home of his own. He isn't keen on cats, or small dogs that approach him off lead.

Would you consider adopting an older dog, or offering a foster home to them.

These are 4 of our older dogs, that have spent such a long time in kennels, nobody has shown any interest in them, as they aren't cute puppies, but they have so much to offer in many other ways. Adopting an older dog (typically age 7+) offers immediate companionship without the intense demands of a puppy, featuring perks like established house-training, lower energy levels, and calmer temperaments. These seasoned, affectionate pets are often already socialised and trained, allowing for an easier transition, while also letting you save a life, as they are frequently overlooked.

Key Benefits of Adopting an Older Dog

House-trained and well-mannered: Most older dogs have already mastered toilet training and basic commands, allowing you to skip the tedious puppy training phase.

Calmer demeanour: Older dogs are generally calmer, more settled, and less likely to be destructive, making them perfect companions, or for busy households.

Lower energy needs: While they still enjoy walks and play, they usually require less intense, high-energy exercise than puppies, making them great for people seeking a more relaxed pace.

"What you see is what you get": Their size, personality, and coat type are already established, allowing you to choose a pet that perfectly fits your lifestyle.

Immediate bond and gratitude: Many adopters report a deep, instant, and loyal bond, with older dogs often appearing incredibly grateful for a second chance.

Easier training: While it's a myth that you can't teach old dogs new tricks, their higher attention span actually makes them faster to train in new behaviours than puppies.

Saving a life: Senior dogs are often the hardest to place, so adopting one directly saves them from being overlooked and gives them a loving home for their final years.

Time to adapt: Everything won't be perfect from day 1, time and patience is needed when any new pet joins your family, but older dogs tend to settle in more quickly. We are always on hand to support you through the process, whether you choose to adopt or foster. If you would like to know more information about our dogs, or would just like to have a chat about adopting or fostering please contact us at axarquia-rescue@hotmail.com



Nancy - medium size. 8 years old, fully vaccinated and neutered. Bonded with her brother Oscar (photo below). 8 years old. Ideally, we would like to home them together, adopted from us as puppies, but due to their owners health, they came back into our care. Happy and carefree, and loves chasing a ball.



Oscar - is a happy 8 year old, fully vaccinated and neutered. He is medium in size. He is bonded with his sister Nancy (photo above). Ideally we would like them homed together if possible. Oscar is a bit shy at first, but once he gets to know you, he has so much love to give.



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Axarquia Animal Rescues
 long term rescues looking for their forever homes. These dogs are older but have much love to give. These dogs would be loving loyal additions to your family. Please contact Axarquia Animal Rescue for more information.



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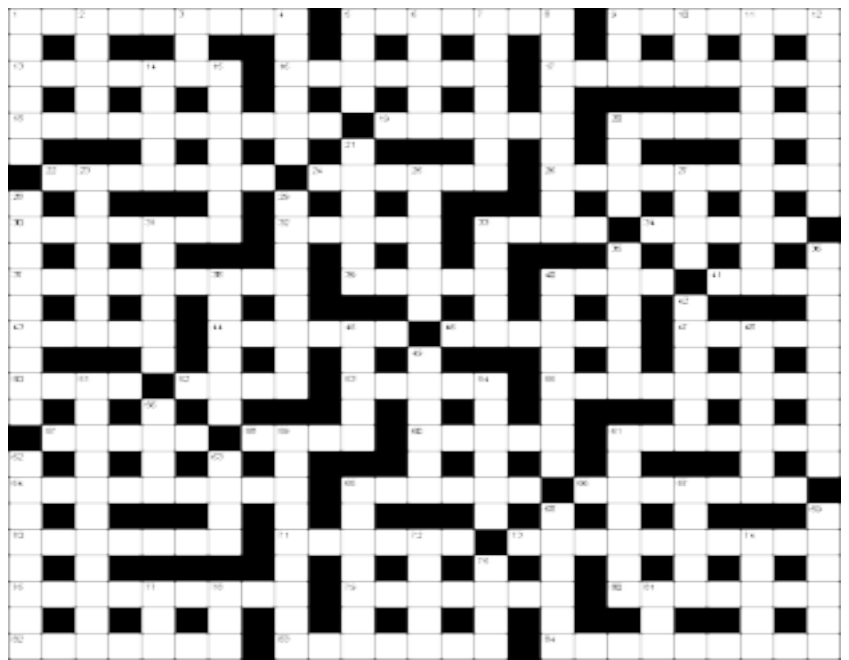
Across

1. Musician (9)
5. Clear of blame (7)
9. Edges (7)
13. Polo sticks (7)
16. Perils (7)
17. Deliberated (9)
18. Alimentary (10)
19. Eerie (6)
20. Type of bird (7)
22. Demolish (7)
24. Talented (6)
26. Custom (9)
30. Responses (7)
32. Part of a jacket (5)
33. Tallies (4)
34. Banquet (5)
37. Whirlpool (9)
39. Boredom (5)
40. Notice (4)
41. Continent (4)
43. Dapper (5)
44. Disregard (6)
46. Previously (6)
47. Greek epic poem (5)
50. Woodwind instrument (4)
52. Urban area (4)
53. Overwhelming fear (5)
55. Owned (9)
57. Legal excuse (5)
58. Corrosive substance (4)
60. Large oval fruit (5)
61. Green (7)
64. Consumption (9)
65. Pale (6)

66. Cane syrup (7)
70. Time interval (7)
71. Birds of prey (6)
73. Recalled the past (10)
76. Does away with (9)
79. Methods (7)
80. Aromatic herb (7)
82. Give evidence in court (7)
83. Show (7)
84. Spotted dog (9)

Down

1. Third sign of the zodiac (6)
2. Cove (5)
3. Rodent (3)
4. Dullness (6)
5. Female relative (4)
6. Slumber (5)
7. Roped (7)
8. Coded (9)
9. Implore (3)
10. Decompose (3)
11. Fans (11)
12. Askanee (8)
14. Decree (5)
15. Mariners (7)
20. Male deer (4)
21. Uncomplicated (6)
23. Requiring the least effort (7)
25. Claws (6)
27. Notion (4)
28. Court game (9)
29. Mercy (8)
31. Compositions (6)
33. Nimble (5)



35. Concurs (6)
36. Nominee (9)
38. Dried grape (6)
40. Arachnid with a sting (8)
42. Directly proportional (6)
45. Quick (5)
48. Set up (7)
49. Tooth coating (6)
51. Duties (11)

54. Frank (6)
56. Wading bird (4)
59. Talked (9)
61. Dizziness (7)
62. Watchful (8)
63. Business concern (4)
65. Mythical winged horse (7)
67. Stage whisper (5)
68. Stopped (6)
69. Abut (6)

72. Display tripod (5)
74. Omnivorous mammal (5)
75. Refuse to accept or believe (4)
77. Roman 3 (3)
78. Grass used as fodder (3)
81. Distilled from fermented molasses (3)



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1			4	5				7
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5				9	1			4
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	8			6	4			2

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9		1		4				
						7	8	3
	8	7	1	2	3	5	9	
3	4	9						
				6		3		5
			2		4		6	8
						9	4	





5. Hike the Los Cahorros trail / Monachil Town

Duration:- 3 to 4 hours

Time:- Multiple departure times from 9am to 5.30pm

Hiking through Los Cahorros feels like stepping into another world, one filled with narrow canyons, hanging bridges, and waterfalls tucked away in the Sierra Nevada mountains. The 4 mile route winds through stunning rock formations and along the Monachil River, with plenty of surprises along the way! Crossing the suspension bridges was thrilling, swaying slightly as you move over the rushing water below.



6. Granada History Tour

Duration:- 2.5 hours

Time:- Multiple departure times from 10am to 8pm

Granada's history isn't just found in its grand monuments, it's woven into hidden alleys, lively plazas, and centuries old buildings you might otherwise miss.

This private walking tour is the perfect way to experience the city!

You start at Plaza Nueva then walk through the winding streets to La Madraza, a former Moorish university, where you learn how Al-Andalus shaped education in ways that still echo today.

You visit the Royal Chapel of Granada where the tombs of Queen Isabella and King Ferdinand are.

Then you visit Granada Cathedral, then you walk through an old silk market, where the smell of incense and vibrant fabrics give it the Moroccan vibe. Then you reach Mirador Carvajales, a quiet spot with a fantastic view of the Alhambra at sunset!

This guided tour is one of the best ways to explore the city!

7. Flamenco show

Duration:- 1 hour

Time:- 8pm and 10pm

Dinner and a show take on a whole new meaning at El Templo del Flamenco, a cave restaurant tucked into the hills of the Albaycín district. The Flamenco experience isn't just about the performance, it was about the setting, the energy, and, of course, the food! The curved stone walls, dim lighting, and intimate layout made the whole place feel alive before the show even started. It is like we were in a secret underground club!



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Fried Chicken Burgers with Coleslaw

Fried Chicken Burgers with Coleslaw

Ingredients:-

Buttermilk marinade
 1 cup (250ml) buttermilk
 1 tbsp tomato sauce, plus extra for serving
 1/2 tsp salt and white pepper
 1/2 tsp ground chilli
 4 x 600g chicken thigh fillets, fat trimmed
 Coating
 3/4 cup plain flour
 1/2 cup corn flour
 1 tsp garlic salt
 1 tsp salt and white pepper
 Vegetable oil for shallow frying
 Coleslaw
 1/2 cup finely shredded red cabbage
 1 cup finely shredded green cabbage
 1 small carrot, grated
 2 green onions, finely sliced
 1 1/2 tbsp mayonnaise, plus extra for serving
 1-2 tbsp tomato sauce
 4 hamburger buns, toasted

Preparation:-

Buttermilk marinade
 Combine buttermilk, tomato sauce, salt and pepper and chilli and mix well. Pour into a shallow dish and add chicken. Toss to coat. Cover and refrigerate for 30 minutes or overnight.

In a separate bowl, combine flour, cornflour, garlic salt, white pepper and salt.

Fill a large frying pan with enough oil to come 2 cm up the side. Heat over medium-high heat until hot.

Remove one chicken thigh from marinade, allowing excess to drip off. Toss in flour mixture, making sure to coat both sides evenly. Cook in batches in hot oil for 4-5 minutes each side, or until coating is golden and crisp.

Transfer to a tray lined with paper towel. Keep warm in a low oven

Coleslaw

Add cabbages, carrot and green onion in a large bowl. Mix together mayonnaise and tomato sauce and toss through coleslaw

To serve, spoon extra mayonnaise onto the bottom of the hamburger bun. Drizzle over extra tomato sauce. Add crispy chicken and top with coleslaw. Cover with bun tops. Serve immediately.



Fennel, Apple and Cabbage Coleslaw with Green Mayonnaise

Fennel, Apple and Cabbage Coleslaw with Green Mayonnaise

Ingredients:-

1 large fennel bulb, trimmed and thinly sliced
 1 large green apple, cored, cut into thin matchsticks
 1 1/2 tbsp lemon juice
 1/4 cup fresh flat-leaf parsley leaves, roughly chopped
 1/2 cup fresh mint, roughly chopped, plus extra for garnish
 1/3 cup mayonnaise
 Salt and pepper
 1/2 small savoy cabbage, shredded
 1/3 cup pecan nuts, toasted, chopped

Preparation:-

Combine fennel and apple in a large bowl. Add lemon juice and toss to coat then set aside. Process herbs in a small food processor until finely chopped. Add the mayonnaise and process again until well combined. Season with salt and pepper then add cabbage, half the pecans and dressing to fennel mixture and gently toss to combine. Serve sprinkled with remaining pecans and mint leaves



Steak Tomato and Sweet Onion Sandwich

Steak Tomato and Sweet Onion Sandwich

Ingredients:-

4 x 150g fillet steaks, slightly flattened
 Olive oil cooking spray
 2 ripe tomatoes, thickly sliced
 4 slices sourdough bread

Aioli or mayonnaise, to serve
 Rocket or lettuce leaves, to serve
 Sweet onions
 1 tbsp olive oil
 2 brown onions, thinly sliced
 1/4 cup red currant jelly
 1 tsp balsamic vinegar

Preparation:-

To make sweet onions, heat oil in a medium frying pan over medium heat. Add onions and cook, stirring occasionally, for 12-15 minutes or until soft and golden. Stir in red currant jelly and vinegar. Cook for 2 minutes. Set aside and keep warm.

Spray steaks with oil and season with salt and pepper. Heat a char-grill (or use a non-stick frying pan) over medium-high heat. Char-grill steaks for 2-3 minutes on each side or until cooked to your liking. Transfer to a plate, cover and set aside to rest.

Meanwhile, char-grill tomatoes for 30 seconds on each side. Transfer to a plate. Spray bread with oil and char-grill until golden.

Spread char-grilled bread with aioli or mayonnaise. Top with rocket or lettuce, steaks, tomatoes and sweet onions and serve.



BBQ Squid with Salsa Verde

BBQ Squid with Salsa Verde

Ingredients:-

Salsa Verde
 2 cups parsley leaves
 2 cups basil leaves
 2 cups mint leaves + extra leaves to serve
 2 tablespoons finely grated lemon zest
 1 tablespoon baby capers
 1 cup olive oil
 1/4 cup red wine vinegar
 Sea salt and black pepper
 Squid and Potatoes
 1kg baby potatoes, scrubbed
 50g butter, cubed
 4 large squid, cleaned
 Olive oil for brushing
 2 tsp sea salt
 1 tsp chilli flakes
 Fresh lime to serve

Preparation:-

Salsa Verde
 Put the parsley leaves, basil leaves, mint leaves, lemon zest, baby capers, olive oil and red wine vinegar into food

processor, season and blitz.

Squid and Potatoes

Drop the potatoes into a large pot of salted boiling water for 8-10 minutes. Drain and place into a serving bowl, top with a few cubes of butter, and once cool toss with a little of the salsa verde. Preheat the barbecue to a high heat, give your squid a little brush of olive oil and sprinkle with some of the sea salt. Grill the squid and tentacles for 3 minutes each side.

To finish, slice the squid into rings, drizzle with salsa verde and sprinkle with chilli flakes and remaining sea salt. Serve with fresh lime, mint and the baby potato salad.

Iced Green Tea


Ingredients:-

Green tea, either tea bags or use loose leaf tea.
 Water, filtered
 Lemon juice
 Fresh mint leaves
 Honey or sugar if preferred



Preparation:-



Prepare your tea bags, either use bags, filter, sieve, or strainer. Then, boil water. The ideal brewing temperature for green tea is generally around 160°F to 180°F. Let it steep for 1-3 minutes. You don't want to steep it for much longer or your tea may be bitter. While the tea is brewing, prepare the mint leaves by rinsing them and tearing the leaves from the stems. Once the tea has steeped, remove the tea bags and drop the fresh mint leaves into the pot. Put the pot in the fridge for at least an hour to chill. Once chilled, pour it into your pitcher. And add freshly squeezed lemon juice. Add sweetener if needed.



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MOST FREQUENT ERRORS AT THE TIME OF TRAINING OR PERFORMING A PHYSICAL ACTIVITY

IMPROPER EXERCISE LEADS TO TRAINING INJURIES



I am not one of those who believe that in order to train, it is always necessary to do it with a coach or to eat it must be done by a nutritionist.

This is not or should not be so complicated as to not be able to do anything without a professional that will give us everything. And is that to train or get fit, we can do it in many ways, depending on:

- Our concrete goal
- Of the days that we can train
- Training place
- Of the material we have
- How long we have
- The type of training that we like the most

That is, there is no unique way to getting fit. We can run, swim, bike, we can be one hour going at medium pace or doing intensity series, we can work with weights, with machines, with our own body, outdoors, 5 days a week, 2 days.. and everything can work for us. In short, we have to give things very badly, as to do everything wrong.

But as with everything in this world, no one has been born knowing. And experience is a degree; who has spent time training on their own, surely something will have been learnt. But today, with the amount of information we have (thanks mainly to new technologies), we can access any knowledge. We have no excuse. Anyone can train with

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10:30H	TORRÓN PLATES*** preinscripción	TORRÓN PLATES	TORRÓN PLATES*** preinscripción	PLATES	TORRÓN PLATES*** preinscripción	
11:30H	TORRÓN NIÑOS	TORRÓN YOGA*** preinscripción	TORRÓN NIÑOS	TORRÓN YOGA*** preinscripción		
17:00H	TORRÓN PLATES	TORRÓN PLATES	TORRÓN PLATES	TORRÓN PLATES	CLASES PRIVADAS - CON RESERVA	
18:00H	TORRÓN PLATES*** preinscripción	TORRÓN YOGA*** preinscripción	TORRÓN PLATES*** preinscripción	TORRÓN YOGA*** preinscripción	CLASES PRIVADAS - CON RESERVA	
19:00H	TORRÓN PLATES FUNKY	TORRÓN PLATES	YOGA 19:00-21:00H*** preinscripción	TORRÓN PLATES FUNKY	TORRÓN PLATES	CLASES PRIVADAS - CON RESERVA
20:00H	TORRÓN ZUMBA	TORRÓN YOGA NIÑOS 20:00-21:00H	TORRÓN ZUMBA	TORRÓN YOGA NIÑOS 20:00-21:00H	CLASES PRIVADAS - CON RESERVA	

minimal basic training. But still, it would not be rare for us to be wrong or even thinking that we do everything well but do not see the results we would like.

Errors or mistakes more frequent when training

Intensity in training.

For me intensity is a variable key. And we can both sin by excess as by default. But to begin with, one of the main mistakes people make is to train at the same intensity.

The body adapts to what we give it. If we always run for one hour at the same rate, the body adapts to that stimulus, it gains efficiency, but each time it burns less. The body improves on the basis of small (progressive) imbalances. I will try one day to run a little faster, another day slower, another day of intervallic (series), another day lifting more weight, another day less weight, another day doing multi-articular exercises, another day with analytical exercises ...

In short, "I will force" my body to have to continuously adapt to different stimuli (intensities)

The body has to rest

And here's another mistake: we do not get enough rest. We are very keen to keep fit, we have been doing nothing for a long time and we go from one end to the other.

We train every day and without stopping. And this will lead to overtraining. The overtraining beyond provoking that we do not improve, in addition we can cause some type of injury. A serious overtraining can take us over six months of "rehabilitation". In fact it is with rest when the body processes what we give in the workouts. If you alternate the workload (intensity) and rest when it turns, we will see results and without injury.

Eye with technique

It does not matter if we weight train, run, bike, swim ... but each of these disciplines has a technique. I am not a puritan of it, but we must look at it a bit simply for an issue not of efficiency itself but of injury prevention. Here we do not want to compete or be the best in the world running or swimming, but if we practice some of these disciplines we should try to do it with maximum safety for our organism.

Nothing happens if I to do an exercise poorly executed one day, but if over the weeks, months, years, I'm doing something wrong, that will end up repercussing in the

form of an injury. Swimming is very good, but maybe on the one hand we are improving on one aspect, but on the other I am brewing an injury. W

Who has not been injured lifting weights or running? If we have decided to train and do it on a regular basis would not be too much, make sure to correctly execute the different exercises and disciplines.

3 mistakes to keep in mind not to injure ourselves in our training

- Intensity
- Break between workouts
- Execution technique.

Obviously there are many more, but this is a good place to start.



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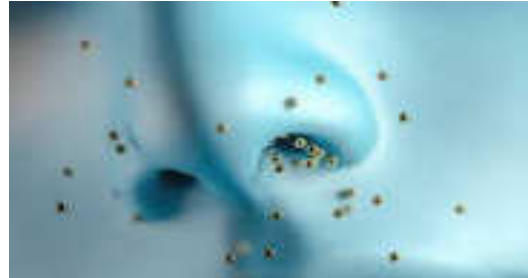
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The Sense of Smell as a Predictor of Age-Related Health Problems



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



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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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Knee Pain: Stay Active & Enjoy Life on the Costa del Sol

Living on the Costa del Sol offers a fantastic lifestyle - walking along the promenade, playing golf, enjoying the sunshine. But knee pain can quickly get in the way of the things you love. The good news? With the right treatment and guidance, most knee problems can be managed effectively.

What causes knee pain?

Knee pain is very common, especially as we get older. A frequent cause is Osteoarthritis - a natural wear-and-tear condition where the joint becomes less smooth, leading to stiffness, swelling, and discomfort.

Other common causes include:

- Muscle weakness (especially around the thigh and hip)
- Old injuries that were never fully rehabilitated
- Ligament or cartilage problems
- Increased activity (more walking, golf, or exercise than usual)

Many expats notice knee pain after becoming more active in Spain - which is great, but your body may need time and support to adapt.

How physiotherapy can help

At our clinic in Nerja, we specialise in helping expats and retirees stay active, mobile, and independent.

We don't just treat your knee - we look at how your whole body moves.

Your treatment will include:

1. A thorough assessment

We identify the real cause of your pain - not just where it hurts.

2. Pain relief strategies

Simple early steps may include:

- Advice on activity levels
- Ice or gentle support if needed
- Reducing strain without stopping movement completely

3. A personalised exercise programme

This is the key to long-term improvement:

- Strengthening the muscles that support your knee
- Improving flexibility and joint movement
- Working on balance and confidence

4. A gradual return to activity

Whether it's walking, golf, or daily tasks - we help you get back to it safely.

Even top athletes like Tiger Woods rely on structured rehabilitation after knee injuries - but the same principles apply to everyday life.

When should you seek help?

Don't wait too long to get advice. You should consider physiotherapy if:

- Your knee pain is not improving after a couple of weeks
- It's limiting your walking, golf, or daily activities
- It keeps coming back
- It has lasted more than 6 weeks

Early treatment can prevent small problems becoming long-term issues.

What about painkillers?

Simple medications like paracetamol or ibuprofen can help reduce pain.



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Blq. 76, Bajo 6, Torrox Costa (Málaga)
www.manantiawellness.com
surymamarixa@hotmail.com



However, they:

- Only manage symptoms
- Do not fix the underlying cause

That's why combining pain relief with the right exercises is the most effective approach.

Always check with your pharmacist or doctor before taking new medication.

Is surgery necessary?

In most cases - no.

The majority of knee problems improve with the right physiotherapy and exercise programme.

Surgery is usually only considered if:

- Pain is severe and persistent
- Mobility is significantly affected
- Other treatments haven't worked

We can guide you honestly on whether further medical input is needed.

Simple steps to help your knee at home

- Keep moving - resting too much can make stiffness worse
- Stay consistent with exercises
- Build strength gradually
- Listen to your body, but don't fear movement

Most knee problems improve within 6 - 8 weeks with the right approach.

When to seek medical advice urgently

Although rare, speak to a doctor if you notice:

- A hot, swollen joint
- Severe or worsening pain
- Night pain that affects sleep
- Fever, weight loss, or feeling unwell
- Sudden difficulty walking or weakness

Stay active, independent, and pain-free

Knee pain doesn't have to stop you enjoying life in Spain.

With the right guidance, you can:

- Walk comfortably
- Stay active and social
- Keep your independence
- Continue doing the things you love

At our clinic in Nerja, we provide friendly, English-speaking care tailored to your needs.

Ready to get back to doing what you love?

If knee pain is holding you back, we're here to help.

Book an appointment today and take the first step towards moving better and feeling better.

Sarah Lazenby British Physiotherapist

Friendly & experienced UK trained physio. Treats a broad range of musculoskeletal & neurological conditions.

Based at Clínica Quiropráctica,
Calle Mérida 2, Nerja

+34 689 253 769

sarahlazenbyphysio@yahoo.com

Home visits available in Axarquía.

<https://www.britishphysiomalaga.com>



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healthwise



It's THAT Time of year again....

The sun is out and we are getting the yellow weather warnings for extreme heat "and still the mad dogs" and English men (and women are out in the midday sun).

Heat Stroke and exhaustion isn't just for the young on the beach it can rapidly effect the older generation...Please beware of the signs ;

1. Confusion
2. Dizziness
3. Rapid pulse
4. Profuse sweating
5. Muscle Cramps
6. Nausea vomiting
7. Red, dry skin

HEAT STROKE IS AM EMERGENCY

Call 112

Remove the victim to a cool place.
Listen/remove all unnecessary clothing.
Cover with cool water and ice packs and cool sheets.

If cooled down sufficiently in 30 minutes a medical emergency may be averted.

Once cool the victim must rehydrate ideally with plain water (but many older people won't drink plain water).

Up to 40% of older people over 80 are dehydrated ... it must be true because Google says so!



The English Nurse Care Team - Liz 692 419 548



Palliative care - Companionship
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Jubilee House has a Physiotherapist.

English Nurse

 Care Team



LIZ



Contact Liz on: 692 419 548

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www.englishnurse.net

Nerja

www.streetwise.es



Streetwise

NICA 17.408

Telephone:
952 52 81 44

Clinica de Fisioterapia
NERJA

Physiotherapy - Physiotherapie

Carmen López - Mariví Díaz

Mobile:
649 96 40 47

Avda. Pescia, 1
E-29780 NERJA (Málaga)





University of the Third Age (U3A)

June/July activities

Please take a look at our exciting BRAND NEW webpage U3Ax.com. Here you will find all the details you need about any of the groups and also a helpful monthly calendar to help you plan your leisure time

For any information about any of the groups or U3A membership, (currently held at €5 per person for 2026) you can email us on: U3axmail@gmail. You can also consult our website: U3ax.com

Our table **GAMES group** is very popular and is held EVERY Tuesday afternoon, 1pm for a 1.30 start, at Mena Golf in Laguna Beach. Contact JUDY for more information .

The **ART group** meets EVERY Wednesday morning, 10.30 to 12.30, at it's NEW VENUE at Media Caña, on el Penoncillo. There will be some basic materials to get you started. Contact JEANNE.

HISTORY group meets once a month, back at it's original venue at el Pozuelo, on Laguna Beach. The talk on May 25th: "A 30 Year Timeline. 1660- 1689, Charles 11 to William 111 and Mary 11" Contact SUE for directions and for all information.

Media Caña is the meeting place for the monthly **DISCUSSION group**. Contact GERRY to find out what topics are suggested for this month. Held on the second Friday of the month at 11am. Some serious and some lighter topics!

NORMA organises a **MUNCH BUNCH** meal venue once a month, generally somewhere a little different, also a **WRITERS' WORKSHOP**, and a **LECTURE/ PRESENTATION group** with interesting and varied themes. Contact her for more details, and to be added to her lists.

Once a month, the **MONTHLY MEAL DEAL (MMD)** chooses a local restaurant with a menu del dia at a reasonable price. This has become a very popular group. Please contact JUDY for details and to reserve a place

Another popular new group is **PETANCA (boules)** run by IAN twice a month on a Thursday. Always the last Thursday of the month, to coincide with the monthly **COFFEE MORNING** also at Mena Golf, and mid month too. The boules pitch is next door to Mena Golf Contact IAN B for more information. We play for FUN!

The **MEDITATION group** meets, either in person or online, twice a month. Contact EWA, who is a very knowledgeable and friendly leader.

MAHJONG is an interesting game group run by RAMON. Ramon teaches and explains the rules, and you can come and enjoy a game whether you are an experienced player or a beginner. Held every Thursday at 10.30 at Mena Golf

Don't forget our monthly **COFFEE MORNING** held on the LAST Thursday of the month at Mena Golf at 11 am. Feel free to pop in and meet us



FEATURED GROUP:-

READING GROUP run by SKIP

Here is our reading list for the next six months:

May - The Lieutenant by Kate Grenville.

June - There are Rivers in the Sky by Elif Shafak.

July - Black Narcissus by Rumer Godden.

August - Life Impossible by Matt Haig.

September - Requiem for a Wren by Nevil Shute.

October- The Moment by Douglas Kennedy

November - All this I will give to you by Dolores Redondo

All meetings are held on the LAST Wednesday in the month at Chikki Bar in Algorrobo.

For more information, please contact SKIP via our email address u3axmail@gmail.com

If you have an association or charity event please send your information to info@streetwise.es and we will publish it free of charge.

Diamonds Bridge Club

Diamonds Bridge Club plays duplicate Bridge all year round on Tuesdays and Thursdays.

We offer a warm and friendly atmosphere and all are welcome to join us in the lovely social room in Capistrano Village (near the main pool and above the Cave Bar). There is ample free parking nearby and the town bus stops right outside.

We commence at 2.00pm , with a break for a free drink and nibbles.

If you need a partner, please email 24 hours in advance

Diamondsbridgeclub@gmail.com



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Directory

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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,
Junebajo D, Nerja

BEAUTICIANS

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

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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

Torcapecunia 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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Call Graham for confidential advice on any
denture problem on 95 253 9219 / 633 157 891

DETISTS

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

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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

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

villasol Real Estate S.L.
www.villasolrealestate.com
Calle Antonio Millon 10, Nerja
Tel:- 95 252 7201

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

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www.grupomostazo.com

INSURANCE COMPANIES

Axa – 95 252 0952

Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pesca 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 1024

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

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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

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Fisio Nerja – 95 252 8144
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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

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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

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

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

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 1 339.

www.nerjaalmunecaranglican-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

CallePintada 35, 2nd floor, Nerja. Tel: 952 521

776. English/Spanish serviceSundays at 10am. El

Salvador, Balcon de Europa, Nerja.

Tel: 952 52 0291. Mass times, English and SpanishSundays

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 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.

VélezMálaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30 a.m. in the Antigua Capel-

la 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

chaplaiacy 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 1ªIª, (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 JUNE & JULY COMING EVENTS & EXCURSIONS

The food drive is still taking place every month. Lux Mundi now supply 35 local families with necessary items of food, etc. We appreciate your contributions with a packet of imperishable food or monetary donations given for that purpose to our reception desk at the Centre.

Every Monday - Monday Club. Friends meet at Mona Chita's cafeteria in Avenida Torre Torre, Torre del Mar for a chat. Time 11.30.

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.

Every Wednesday and Friday. The Fantastic Shop is Open. It offers a good selection of Household good, women's, men's and children's clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 to 13.00.

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

Every Friday - No Conversation group in July.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Visit the fantastic shop which offers a good selection of Household good, women's, men's and children's clothes, shoes, handbags and fashion accessories at very good prices and also the second hand book shop. Drinks & homemade cakes from 11.00 to 13.00.

Tuesday 7th & 21st July - Axarquia Business Networking group. Time 07.30 to 09.00 also on the 14th July an evening meeting 18.00.

Thursday 16th July - Coach Excursion to

Estepona. Please bring friends and join in a fun day out. There will be a coffee stop in Arroyo de la Miel, after which you will arrive in Estepona at approx. 11.00. Here you will have free time for lunch and to visit the Botanical gardens where the Orchid house stands. Here is a wonderful display of 5,000 plants and 1,300 species to admire as you wind along the path and admire the eye-catching waterfall. Entrance price 3€ not included. Further down the hill is the Plaza de Flores and if you stroll through the streets there is imaginative, interesting street art to admire. You may also find time to stroll along the beautiful promenade with its fabulous flower displays and a view of the rock of Gibraltar. You will depart at 17.30 for the return journey. Tickets available at the Centre, price: 25 euros for friends and 28 euros for visitors. Pick up times: Algarrobo (Lidl) 08.30, Caleta (Vets) 08.35, Torre del Mar (Bus Station) 08.45.

Coming excursions:-

Tuesday 29th September to Saturday 3rd October - Coach Excursion to Cuenca and Guadalajara (+ Toledo?) All information and dates to be confirmed.

La Asociación Banda de Música de Alcaucín

La Asociación Banda de Música de Alcaucín is a non-profit music association offering free music education, instrument loans, children's classes, and weekly rehearsals in the concert band open to all nationalities in the Axarquía.

La Asociación Banda de Música de Alcaucín Do you love music?

Do you care about animals?

We are a welcoming, multicultural community band open to people of all nationalities living in the Axarquía.

Whether you are a beginner or an experienced musician, we invite you to learn, play, and grow with us in a supportive and friendly environment.

All classes and rehearsals are bilingual (English and Spanish), well organised, and free to participate - we simply ask for commitment and a love of music.

We are also proud to support AAR (Axarquía Animal Rescue) as our official charity, with animal welfare as our chosen cause.

Find us at: www.bandaalcaucin.com (click on English)
Call or WhatsApp: 656 506 841
Come and make music with us!



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(sept - junio)

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Buen ambiente, distintas nacionalidades, excelente repertorio
(Conciertos, comidas, posibilidad de viajar, etc.)

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

¡ VEN Y OYENOS !

LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY

We welcome new members, all voice parts
- male and female, all nationalities.

Great multi-cultural atmosphere, wide repertoire,
concerts and social events.

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

"NEW MEMBERS WELCOME ALL
YEAR ROUND."
CALL US!



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



cudeca

FUNDACIÓN
CUIDADOS 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 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. Rodriguez Acosta, Edif. Tucaman
(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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EXCLUSIVE PROPERTIES IN TORROX COSTA



Apartment in Torrox Park Ref:PS-2026-070 Price: €195.000

Sunny bright 50 m² apartment. Comprises bedroom with a built-in wardrobe, living room with a fully equipped semi-open kitchen with a direct access to a south west facing terrace and a bathroom with a window. From the terrace there are breath taking panoramic sea views. Sold fully furnished. Communal swimming pool and gardens. Shops and the beautiful beaches of Torrox are just minutes away.



Apartment in Torrox Costa Ref: PS-2026-050 Price:€290,000

Beautiful duplex we are selling exclusively just 180 meters from the beach, on the second floor. No elevator. Built 95 m² over 2 floors. Comprises fully equipped kitchen, large bright living/dining room, 2 bedrooms and a bathroom. Breath taking views from the terrace 30 m². Communal pool, gardens and tennis courts. South west facing.

Torrox-Costa | Urb. Costa del Oro | Centro Comercial B

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**Countryside property,
Torrox Costa**

Ref: PS-2025-093

Fully fenced, rustic plot of approximately 1,500 m². Water from the Irrigation Community. Avocado plantation. Access to two roads. Only 900 meters from the beach. All access is paved.

€90,000



**Commercial property,
Nerja**

Ref: PS-2026-015

OPPORTUNITY! Want to open YOUR BUSINESS in NERJA? In EL ZOCO Shopping Centre a 24 m² corner unit with a 24 m² terrace, currently operating as a café. Next to the Nerja sports complex.

€150,000



Apartment, Torrox Costa

Ref: PS-2026-060

Beautiful 1 bed apartment in a prestigious Torrox Park complex, complete with lovely gardens and a swimming pool. Being sold furnished. Enjoy the views from the terrace.

€195,000



Apartment, Torrox Costa

Ref: PS-2026-070

We are exclusively selling a beautiful 1 bed apartment with sea views from the terrace, in the prestigious Torrox Park complex, complete with lovely gardens and a pool.

EXCLUSIVE

€195,000



Apartment, Torrox Costa

Ref: PS-2026-056

Ground-floor (wheelchair-accessible) apartment in Torrox Park with 2 beds and modern bathroom, large east-facing terrace, beautiful residential complex with communal pool and parking.

€239,900



Apartment, Torrox Costa

Ref: PS-2026-054

One bed apartment located in Centro Internacional just a 3-minute walk to the beach, stunning panoramic sea and mountain views from its corner position, communal pool. By amenities.

€255,000



Duplex, Torrox Costa

REF: PS-2026-050

Steps from the sea and beach promenade in "Playa Ferrara". Bright living, 2 beds, sun terraces and sea views. Communal pool & gardens. Ideal as a home or for holiday rentals.

EXCLUSIVE

€290,000



Villa, Torrox Costa

REF: PS-2026-055

Beautiful terraced house in Peñoncillo playa, 2 spacious beds, 2 baths +WC, the house and access to the private parking are equipped with an electric stairlift. Communal pool.

€330,000



Apartment, Torrox Costa

Ref: PS-2026-059

Lovely apartment on Zona Duna Beach. It features a cozy double bedroom and a bright living room with a sofa bed. High floor and southwest-facing terrace. Communal pool and parking.

€350,000

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CÓMPETA **PRICE. 459.000€**

EXCLUSIVE: Country villa within walking distance to the village, with 3 beds, 2 baths, lounge, pool, porch and barbecue, car port, garden; stunning Sea views.

Built: 161 m² **Plot:** 3.500 m² **EPC:** E **REF.:** 8002



MEZQUITILLA **PRICE. 227.000€**

EXCLUSIVE: Traditional country house with mountain views: 3 beds, 1 bath, ample kitchen, lounge, garage, utility room, terrace, porch and barbecue.

Built: 105 m² **Plot:** 3.671 m² **EPC:** In progress **REF.:** 7945



TORROX **PRICE. 475.000€**

Country house and guest apartment, with a pool and stunning mountain views: 3 beds, 2 baths, pergola, small house, storage, patio, laundry and mature garden.

Built: 130 m² **Plot:** 5.000 m² **EPC:** E **REF.:** 8012



CÓMPETA **PRICE. 70.000€**

Traditional finca with a large room with fireplace, comprising a bedroom, lounge, kitchen; and a bathroom; stable with two rooms. Mountain views.

Built: 44 m² **Plot:** 348 m² **EPC:** In Progress **REF.:** 8019



609 176 586

29754 Cómpea

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29770 Torrox

Calle Elisa Ortigosa, 7

Tel.: +34 952 53 91 25

Country Properties S.A.

