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Ref: REST



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Price reduced: €475.000 Ref: NV.GARDENS



Beautiful apartment, consisting of a 2-bedroom bedroom, a toilet, a bathroom, an equipped kitchen, a living-dining room. Terrace with sea views, as well as services such as swimming pool. swimming pools, gardens, restaurant, bar, etc.

Price: €238.000

Ref: 87A



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000

Ref: NV.39B

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Nice apartment in Capistrano Village. Comprising 1 bedroom, bathroom and living/dining room leading onto terrace with sea views. Parking place close by the communal pool is also very close. The village has bus stop in the door and access to the pools. Big supermarkets are 2 minutes walking.

Price: €167.000

Ref: 75A



Impressive detached villa with private pool in Nerja, in the Alhambra urbanization. Comprises:- 5 large bedrooms, 3 bathrooms, kitchen, living room, several terraces and the patio that includes a private pool. Sea views.

Price: €649.000

Ref: NV.005



Beautiful apartment in Capistrano village with one bedroom. The apartment is fully renovated with sea views. It has a rental license and a big rental potential.

Price: €186.000

Ref: NV.79B



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 2nd floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

Price reduced: €370.000

Ref: NV.62



Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 200m2, plot 600m2. Renovated and ready to move in. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.EXO



Beautiful detached house in Almuñecar. The house has more than 120 square meters built distributed over 3 floors, where we find: 3 bedrooms, 3 bathrooms, living room, kitchen, large outdoor areas and garage. It has a communal pool and barbecue area with incredible views.

Price reduced: €275.000

Ref: NV.JES



Completely renovated and ready to move into, this property has 2 bedrooms, a large living room, kitchen, bathroom and toilet, distributed over 2 floors. 5 minutes walk from Burriana beach, in the center of Nerja.

Price: €300.000

Ref: V.Flamenca

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Country Property of the month

Torrox:

Price: €385.000

TCP221



Beautiful villa 2 minutes drive to Torrox village and 7 minutes from the beaches. Parking for 4 or 5 cars. On the left hand side of the house is the swimming pool and the Jacuzzi, large outdoor space, 2 south facing terraces with retractable awnings to provide shade on hot summer days. The house has 3 bedrooms, a spacious living room with wood burning stove, a kitchen, 2 bathrooms, one of them en-suite and a very bright conservatory room. All bedrooms come with air-conditioning. The bright conservatory is ideal for dining with the family during the winter evenings. The house is in perfect condition and is being sold fully furnished. The

property also has a water share from a community of irrigators, and two water deposits of 5.000 and 3.000 litres respectively. All documentation of the property is in order and it has a DAFO. In addition to the perfect location and access to this property, it also has unbeatable views towards the village of Torrox, the mountains and the Mediterranean Sea. It is the perfect opportunity for a family looking to enjoy all year round this incredible country house, as a second home or also as a rental investment. Do not hesitate to ask for more information or book your visit!



Nerja:

Price: 320.000€



- Living space: 96m²
- Bedrooms: 4
- Pool: Yes, communal
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Town

Ref. NTH017

Sedella:

Price: 525.000€



- Living space: 140m²
- Bedrooms: 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref. CP412

Nerja:

Price: 439.000€



- Living space: 165m²
- Bedrooms: 4
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Town house

Ref. NTH014

Nerja:

Price: 395.000€



- Living space: 185m²
- Bedrooms: 4
- Pool: Yes, communal
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Town house

Ref. NTH011

Cómputa:

Price: 425.000€



- Living space: 121m²
- Bedrooms: 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Country house

Ref. CP310

Arenas:

Price: 398.000€



- Living space: 147m²
- Bedrooms: 4
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Country house

Ref. CP059

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Welcome to Streetwise magazine -

Welcome to the August issue of Streetwise magazine. The temperature is rising so please take care in the sun this August. There are plenty of activities this summer to enjoy in Frigiliana, Nerja and Torrox, or take a ride to Málaga to enjoy some sight seeing there. This month's magazine is packed with lots to read and local businesses offering their services and goods. Enjoy!

Dawn x



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Horoscopes, puzzles, Nerja map,
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Things to do in Málaga this summer!

There are so many awesome things to do in Málaga. Whether you love history, culture, food, or great beaches there are many places to visit in Málaga to suit your style.

1. The Alcazaba

Andalucia is full of history from the times of the Moors and the Alcazaba is one of the best examples of their architecture that was left behind. Built originally in the 11th century, Alcazaba comes from the Arabic word for citadel. Built on a hill and using some of the surrounding Roman ruins (look for the marble pillars as you walk up to the top!), this is one of the most extraordinary tourist attractions in Málaga.

Take your phone with you so that you can scan the QR code at the entrance and listen to the audio guide as you explore. The audio guide corresponds to numbers that have been left all over the citadel and you can listen to stories and learn about each part and what role it played in history. Tickets to the Alcazaba are €3.50 per person, however, if you plan to also visit the Gibralfaro castle nearby, you would be better off purchasing the €5.50 combo ticket. The ticket is valid for 48 hours, so you don't have to visit both on the same day. If you visit on Sunday after 2 pm, entrance is free. This means of course, that it will also be very busy at this time.



2. The Roman Theater

Just below the Alcazaba and an easy Málaga attraction to visit while you are nearby is the Roman Theater. You can see the entire theater from the plaza that sits in front of it and you don't need to enter unless you want to walk amongst the amphitheater stairs and take a seat.

Entry is free, so if you have time it is well worth walking through. The theater was built in the first century AD and it remained a theater until the third century. When Málaga became part of Al-Andalus and was ruled by the Moors, the theater became a stone quarry.

Málaga's Roman theater wasn't actually discovered until 1951 and it wasn't completely uncovered until 1995! It's also said that Antonio Banderas, who grew up in Málaga, performed in shows at this theater when he was a child. The even more fascinating thing about this is that the shows would have been banned under Franco's rule at the time, so he was performing in secret!



Continued on page 10



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3. Climb to the top of the Cathedral

The Catedral de la Encarnación de Málaga or the Cathedral of the Incarnation of Málaga is located in the Centro neighbourhood in the centre of the city. Climbing to the top of the cathedral is one of the top activities in Málaga and well worth it not only for the views, but to learn more about the history of the city. Just like with the Alcazaba, the cathedral has a free audio guide that you can listen to as you explore the different parts of the church. Through the narrow streets of the centre of Málaga, you will find the entrance to the cathedral which was built between 1528 and 1782 on the site of a former Moorish Mosque.

It is a combination of Baroque and Renaissance styles with the facade being almost completely Baroque and the interior following the original plans to remain in the Renaissance style. General admission to visit only the inside of the cathedral costs €8 per person. General admission just to climb to the roof of the cathedral also costs €8. If you want to do both, then you can purchase a combined ticket which costs €12..



4. The Gibralfaro views

Another of the top Málaga attractions not to miss is the Gibralfaro. This is the first stop on your tour of Málaga. Just like with the Alcazaba, the individual ticket costs €3.50, but if you purchase the combo with the Alcazaba, it costs €5.50. (If you are visiting Málaga without a car, you will have quite a walk to the top).

From the base you have a lot of stairs to contend with, so I highly recommend visiting as early as possible before it gets too hot. You will also want to wear sturdy walking shoes. The path up to the top is quite steep in some places and is made of stone that can sometimes get slippery. There are water fountains at the top (and at the bottom), so be sure to pack your reusable water bottle.

The Gibralfaro is what remains of a 10th-century Moorish castle fortress that sits at the highest point in the downtown area. You can actually just walk to the top near the entrance to enjoy the views if you aren't interested in the history of the castle. There is also a wonderful audio guide available if you bring your phone with you to the castle.



5. Picasso Museum

The Picasso Museum might just be the most popular tourist attraction in Málaga. On October 25, 1881, Pablo Ruiz was born in the city of Málaga. He would later take his mother's last name, Picasso. Málaga is very proud to

be the birthplace of one of the world's most influential artists and you can visit the museum for €9 per person every day of the week.

The museum has a large collection of Picasso's work and it is displayed in a way that is both chronological and thematic so that you really see the changes in Picasso's work across his lifetime. Málaga loves an audio guide, because you get one here too. You can choose which language you'd like to listen to and you can explore the museum at your own pace while learning about the life of a controversial but no doubt talented man.

If you are visiting during the peak summer season, it is recommended that you pre-book your tickets online so that you can skip the line.



6. Málaga Museum

The Museo de Málaga or Málaga Museum is housed in the Palacio de Aduana, or the Customs Palace. The Palacio de Aduana was the original customs house for the Málaga port and was built in 1791 (although it wasn't completed until 1829). Opened in 2016 as a museum, the Málaga Museum is both an archaeological and fine arts museum. The museum is of particular interest to history lovers as it retraces the story of the city, which is packed with a history dating back to Roman times.

With over 17,000 artifacts and pieces, this is the largest museum in Andalucía and the fifth largest in all of Spain. The best part is that it is only €1.50 and if you are an EU citizen it's completely free.



7. Palmeral de Las Sorpresas

A very fancy name for the city's main portside promenade. The Palmeral de Las Sorpresas means the palm grove of surprises. Above all else, it's a wonderful place to head for a walk around sunset. There are indeed plenty of palm trees that line the boardwalk (nearly 400 of them in fact!). There are bars and small restaurants that lead all the way out to a lighthouse with the port opposite. It's a popular spot for families thanks to a nice playground and it's also a fantastic place to go for a run.

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EL MORCHE

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8. Museo Carmen Thyssen Málaga

The Carmen Thyssen Museum is a great option if you enjoy art and have visited the other wonderful art museums around Málaga. The museum is made up mostly of the private collection of the museum's namesake, Carmen Cervera, the fifth wife of Baron Hans Heinrich Thyssen-Bornemisza (also famous for his private art collection).

The main focus of the collection is 19th-century Spanish painters with a large collection of Andalusian artists. Entry to the museum is €10 per person.



9. Mercado Central de Atarazanas

The central market of Málaga is a wonderful place to head if you are self-catering while you're here. They have everything from locally grown fruit to freshly caught fish. Andalusia is one of the largest producers of fruit in the entire EU, so don't miss out on some fantastically fresh produce.

In addition to being a great place to do some grocery shopping, Mercado Central de Atarazanas is known as one of the best places in Málaga to go for a seafood lunch.



10. Try out the local Chiringuitos

Chiringuitos are a staple of Málaga beach life. Some are little stands right on the beach with plastic tables and chairs in the sand. Others are full on restaurants with seating both inside and outside that also happen to have a little shack to make it feel more legit. All are serving up seriously good seafood. The most popular dish to try that is

Continued on page 42

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Ref:- 231P

Price:- 675.000

Torrox Costa

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Ref:- 233P Price:- €275.000 Torrox

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ARIES:- (March 21 - April 19)

You need to accept the fact that different people have different outlooks on life and won't always see things the same way as you. There is room in the world for all shades of opinion, so try embracing your differences. Learn from each other.

Luckiest day:- Wednesday

TAURUS:- (April 21 - May 21)

If you go out of your way to be sociable this month other people will respond in kind and even entrust you with information you can make use of. That won't be your motivation, of course, but there's no law against benefiting from what you hear.

Luckiest day:- Monday

GEMINI:- (May 21 - June)

Money matters seem to be causing you some concern at the moment but are your cash flow problems real or are they illusions created by your fertile imagination? Most likely it's the latter, so stop worrying and let fate take its course.

Luckiest day:- Sunday

CANCER:- (June 21 - July 22)

This is a special time of year and you certainly feel special but don't think you can do as you please and get away with it. Experience should have taught you that when you feel strongest is often when you are at your most vulnerable.

Luckiest day:- Friday

LEO:- (July 23 to August 22)

Why are you continually looking over your shoulder as if something nasty is creeping up on you? The Sun in the most sensitive area of your chart can at times be hard to deal with but don't make it even harder by being overly fearful.

Luckiest day:- Thursday

VIRGO:- (August 23 - Sept. 22)

Don't just accept what a so-called expert tells you this month— check each and every fact and figure and then check them again to be on the safe side. By the time you have finished you will probably be more of an expert than they are.

Luckiest day:- Sunday

LIBRA:- (Sept. 24 - October 23)

Make sure that your employer and other important people in your working sphere know who you are and what you can do. It doesn't matter how good you may be at your job you will only get noticed if you push your face to the front.

Luckiest day:- Tuesday

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

Whatever kind of news comes your way this month, be it good, bad or indifferent, you must not go overboard about it. Yes, of course, you need to be aware of what other people are doing but what you are doing matters a thousand times more.

Luckiest day:- Thursday

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

Try not to be obsessive about issues that are important to you but which you know you cannot alter. The world is what it is and isn't about to change just because you don't like parts of it. Look to your own needs over the next month.

Luckiest day:- Monday

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

Fun and romance may be high on your agenda at the moment but that does not mean you can ignore what is going on elsewhere in your environment. Why is a colleague so moody and withdrawn? Find out and help them get over it.

Luckiest day:- Friday

AQUARIUS:- (Jan 21 - Feb. 18)

Matters of the head and matters of the heart will draw you in different directions this month but you can and you must deal with them all. You need to get organised though – just taking events as they come will likely be a recipe for disaster.

Luckiest day:- Saturday

PISCES:- (Feb.19 - March 20)

Get unstuck from your rut and do something dramatic. You may be content to sit back and watch the passing parade – and there is certainly plenty in the parade to laugh at – but at this time of year you should be taking part, maybe even leading.

Luckiest day:- Wednesday

Horoscopes



Punta Lara, Nerja

In Urb. Punta Lara's sought-after lower area, this luxurious villa features a private pool and stunning sea and mountain views. Spread over three floors plus a roof terrace, it offers a lavish lifestyle. Ground floor boasts fully equipped kitchen, open-plan living, and pool terrace. First floor: three bedrooms and two showers. Basement: spacious living, gym, and wine cellar.

Price: 675,000 euros Ref. JG185TPM

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Urb. Capistrano Village, Nerja

Exceptional 3-bedroom terraced villa in Capistrano Village with Mediterranean Sea views, private garden, and gated parking. Features include a spacious hallway, guest toilet, fully fitted kitchen, bright dining area, open-plan living space with fireplace, south-facing terrace, versatile storage room, and modern family bathroom. Capistrano Village offers well-maintained gardens, two pools, and ample parking.

Price: 425,000 euros Ref. JG1010



Edf. Almijara, Nerja

This top-floor apartment with southeast-facing sea views is part of Edf. Almijara, a sought-after complex near the town center. It features an open-plan living area, terrace, fitted kitchen, two bedrooms, and a shower room. The complex offers a communal pool, gardens, a tennis court, and gated parking, presenting excellent rental potential in the highly desirable Nerja village.

Price: 219,000 euros Ref. JG139TPM

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Urb. Alhambra, Nerja

A detached villa in Alhambra, Nerja, features a private pool and two floors with a spacious roof terrace boasting panoramic sea and mountain views. The top floor hosts a living/dining area, kitchen, and two bedrooms, while the lower level offers three bedrooms, 2 bathrooms, and access to the pool terrace. Community amenities include a large pool and landscaped gardens.

Price: 649,000 euros Ref. JG1000TPM

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



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Leave Almuñecar 23:45 approx.

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Thursday 26th September 2024

Algarrobo - 07:45 Caleta - 07:50 Torre del Mar: - 08:00



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IN CASE OF CANCELLATION 48 HOURS BEFORE THE TRIP, THE COST IS NON REFUNDABLE.

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Beautiful Jasmines...



Madagascar Jasmine
(*Stephanotis floribunda*)

Madagascar Jasmine
(*Stephanotis floribunda*)

Description: Madagascar jasmine, also known as bridal veil, showcases waxy, white, tubular flowers with a strong fragrance. It is a climbing vine with glossy, leathery leaves.

Special Feature: The flowers of Madagascar jasmine are popular choices for wedding bouquets

and corsages due to their elegant and romantic appearance



Pink Jasmine (*Jasminum mesnyi*)

Pink Jasmine (*Jasminum mesnyi*)

Description: Pink jasmine bears bright yellow flowers that age to a soft pink hue. Its fragrance is sweet and appealing.

Special Feature: The colour-changing flowers of pink jasmine add visual interest to the garden.

Indian Jasmine (*Jasminum grandiflorum*)

Description: Indian jasmine, also known as Spanish jasmine, features large, white, intensely fragrant flowers. It is a deciduous climbing vine with

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dark green leaves.

Special Feature: The flowers of Indian jasmine are often used in religious ceremonies and for making perfumes and garlands.



Indian Jasmine (*Jasminum grandiflorum*)

Winter Jasmine (*Jasminum nudiflorum*)

Description: Winter jasmine is unique among jasmine species because it blooms in winter, adorning the garden with bright yellow flowers. It is a deciduous climbing vine with long, arching branches.

Special Feature: Its winter blooming habit brings cheer to the garden during colder months.



Winter Jasmine (*Jasminum nudiflorum*)



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Cómpeta **New this month!**
Unique rustic townhouse (194m²)
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 sea
and village views.

Price: 159,500 euros

ref: v 1542

EPC: In progress



Cómpeta **New this month!**
Modern and spacious 3 bed 2 bath
villa (161m²) Beautifully finished to a
high standard with spectacular sea,
mountain and countryside views.
The perfect permanent/holiday home
ideally situated close to C mpeta
with excellent access.

Price: 350,000 euros

ref: v 1539

EPC: E

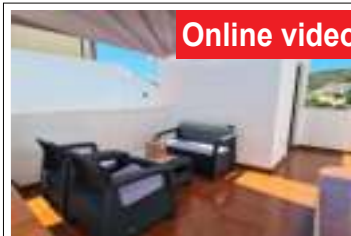


C mpeta **New this month!**
Imposing townhouse (198m²) with 4/5 beds and
2 wc's, bright and airy interior, original floor tiles,
fantastic roof terrace with Natural Park,
village and sea views, project available
for redeveloping the property into a
beautiful unique home.

Price: 279,500 euros

ref:t1540

EPC: In progress



Online video

Arch z **Charming property!**
Reasonably priced & renovated
traditional 2 bed, 2 bath village
house (72m²) in a quiet corner close
to the main plaza. Able to drive to the
house and parking nearby. Charming
house would make a wonderful
holiday home/rental property.

Price from: 79,950 euros

ref:v1506

EPC: E



Online video

Arch z **Great price!**
Great lock up and leave well-
presented villa (73m²). 2 beds 1
bath, open plan living/dining/kitchen,
easy access on concrete track, low
maintenance outside space, outside
kitchen/bbq area, mountain/
countryside/village views.

Price: 159,950 euros

ref: v1524

EPC: In progress



Arenas **Price reduced!**
Fantastic country villa 2 bed, 2 bath
(193m²) with 2 independent guest
apartments. A short drive from the
village and the coast.
The property benefits from private
pool and magnificent sea and
surrounding views.

Price: 398,000 euros

ref: v1526

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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PROPERTIES OF THE MONTH



VSR2053 BURRIANA BEACH
€325.000

Garden apartment, two bedrooms, communal pool, gardens, private parking.



VSR2168 TORROX PUEBLO
€250.000

Apartment in the village, three bedrooms, bright and spacious, large rooms.



VSR2169 JARDINES LA NORIA
€299.000

Townhouse, three bedrooms, south facing terraces, communal pool, private parking, great family home or rental.



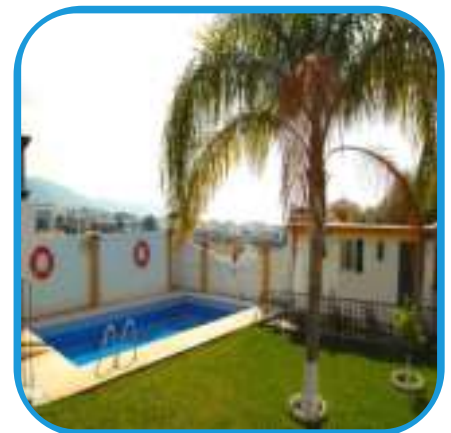
VSR2146 NERJA
Reduced €174.950

Apartment, two bedrooms, terrace, completely re furnished, ready to move in...



VSR4049 FRIGILIANA
€285.000

Apartment, two bedrooms, large 30m2 private terrace, BBQ Jacuzzi, fully furnished, good location.



VSR1509 NERJA
€367.500

Detached villa close to the town, six bedrooms, three bathrooms, private pool, full of potential, needs modernising.

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The Costa Animal Society...

After almost four weeks of hard graft, lots of perspiration and help from volunteers, Costa Animal Society finally completed the move from the old shop in Calle Castilla Perez 2, to a much bigger and brighter shop in Calle Antonio Millón 13, Nerja on Monday 8th July 2024.

We have a much better layout than before, so it is much easier to browse for your bargains.

As always, we are willing to take your unwanted clothes etc so that we can sell on to continue our works here in Nerja with the cats and dogs. Without your help, our work would not be possible!

We had lots of people come along and support us as well as two special guests from the Nerja Town Hall, Ana María Muñoz (who is seen cutting the ribbon) and is the resident councillor and Javier Rodriguez the public health councillor. They both work closely with C.A.S. in helping to keep the cat population under control on the streets.

All visitors were given a glass of Cava as a show of thanks for turning up on the day and for their support over the years.

Finally, a massive shout out to "Shabby Doyle"..... our "Man with a Van". Without his help, I think we would have still been taking our stock to and from for another week!

If you would like to meet any of our dogs that are looking for their forever home, please contact Seacrest Kennels at 711 028 847 or 646 613 885, or email us on costaanimalsociety@gmail.com

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

Or, pop into our shop in Calle Antonio Millón 13, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

To help CAS in their work and donate, please go to our website, where you will find our bank details.

Web - costa-animal-society.square.site



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MAX

PEPPER

GINGER

Meet Pepper & Ginger, the most adorable Podencos born in early December 2023 and discovered abandoned in Nerja. These sweethearts are house-trained and get along famously with both dogs and cats. Fully vaccinated, chipped, and equipped with passports, they're all set to bring boundless joy to their new forever home

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Axarquia Animal Rescue



Iris

AAR 2750 – Iris Iris is another one of the pups born in the campo in Iznate, lovingly cared for by volunteers and all now, including mum in AAR care. Beautiful Iris is in a foster home, making friends and learning about being part of a family. She's very keen to learn and doing incredibly well with basic training, she's 4 months old and a real character. She's vaccinated and passported and ready to go. If you would like this stunning pup in your world, please email: Axarquia-rescue@hotmail.com Or check out our website Axarquiaanimalrescue.com Iris is waiting patiently for her forever home.



Shila

her twilight years. She is no trouble, and just wants to be loved. If you could offer Shila what she deserves, please email axarquia-rescue@hotmail.com for more information.

AAR 2758 - Shila A small Yorkie approx.. 10 years old, found wandering in an awful condition. Matted fur, fleas, no teeth, no chip and a large hernia. Amazingly she had clear blood results and just needed TLC to build her up for her hernia operation. Now recovering well, hair is slowly returning after good food and love. Shila lives with two dogs, she is feisty, sociable with people, house trained, walks well on a harness and not fazed by anything. Shila is a loveable tiny dog who deserves to be pampered in



Frank

traffic, noises, etc... Would you like to enquire about adopting this handsome boy with the stunning eyes? Visit our website for pictures and videos. Please contact axarquia-rescue@hotmail.com

AAR 2751 - FRANK FRANK IS READY FOR HIS FOREVER HOME! Currently in foster home in Axarquia region, Frank is a five month old mixed breed pup. He's a great all-rounder... Fully house trained, he graduated with flying colours from puppy training school, he is eager to please and lives with cats and dogs and is gentle with them and playful. Socialable with dogs at the beach, doggy park or in the street. Walks well on a lead and loves cuddles with his humans. Well socialised with experience of busy places,

AAR 1827 - Oscar and AAR 1828 - Nancy Born October 2017, brother and sister. Oscar is the white & brown and Nancy is the black. These two have had a bit of a tough time recently. They have been together since birth. Twice they have needed rehoming due to family breakdowns and family



Oscar and Nancy

death. They found themselves in Don Animal where we were worried for their future. As young pups a vet said they were Pit Bull cross and are categorized as PPP dogs, (potentially dangerous dogs). Both are gentle dogs who love people and playing together. We can't see these dogs being separated, they have had so much upheaval in their lives the only thing that never changed is that they have always had each other so are looking for a forever home for them together. Their adopter must hold a PPP license.



Abby

AAR 2604 - Ziggy Special case as he is completely deaf. 2 years old and lives very happily in his silent world. Thriving in his foster home with other dogs and enjoys playing outside with them but does not like cats. He weighs 36 kg. Ziggy is looking for a child and cat free home with secure outside space. He will need patience and understand and will in turn, reward you with love, affection and loyalty. Ziggy is overlooked so please give him a chance. Email axarquia-rescue@hotmail.com for more information.

AAR2755 - Abby A female cross, born approx.. 01/01/2021. One day, I escaped from my previous horrible home as I was chained all day and night so I turned up in someone's garden. Luckily they were able to care for me for a few days, but couldn't keep me as they were visitors here. and I was extremely fortunate that my previous owners didn't bother looking for me. AAR took me & I am staying in kennels. I have been checked by the vet, I'm friendly, love human attention, ok in the car, and prefer to be outside. I've started my vaccinations & I'm treated for Leish at the moment. As I was kept outdoors with not much of human or other dogs contact, I will need more training, care and patience to get me settled in a home environment with people. Due to Leish, my eyesight is weak which makes me a bit anxious of my surrounding. Besides that, I'm a great dog who enjoys cuddles & craves for love. I need a home with someone who can give me all the training, care and love I crave. And I will reward with plenty of loyalty, love and the best company a person can have. Email my Caseworker Marlene, at axarquia-rescue@hotmail.com for more information.



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Ziggy

Agility Club - Starting in September!

By Karen Wallace



Agility is one of the fastest-growing dog sports (and most fun!) and for good reason. It's great exercise for both you and your dog, and it can build an even deeper relationship between you. Plus, it's exhilarating to watch as your dog races through tunnels, weaves around poles, and leaps over jumps!

Understand the Basics

Dog agility is a sport where you direct your dog through an obstacle course within a certain time limit. Courses typically have between 14-20 obstacles, which can include tunnels, weave poles, tire jumps and seesaws. At each trial you and your dog will race around the unique courses designed for that day. All of this is done with your dog relying solely on the cues and body language you use to direct them on course. Anybody can do agility and any breed can participate – from the smallest dog to the biggest breed!

The Benefits of Agility

Agility training uses your dog's natural instincts. Our pet dogs need look to us for their next meal, but their ancestors were not so lucky. They had to hunt for their food and became adept at finding and chasing prey in order to survive. Often the chase was difficult. Dogs would have had to chase small mammals like rabbits through the woods, over fallen logs, around rocks, up steep embankments, and through narrow passages created by dense undergrowth. The dog had to be fast and nimble to catch his next meal. Agility courses mimic the obstacles a dog in the wild might face in pursuit of dinner and stimulate the dog's natural hunting instinct. Agility provides good exercise. Some dogs require lots of exercise to burn excess energy, and running through an obstacle course is a great way to do just that. The athletic challenge keeps a dog fit, helps prevent obesity, increases endurance, and strengthens bones and joints. Plus, an agility course exercises a dog's mind, giving him opportunities to learn and solve problems. Agility training will also help you keep in shape! You will not actually run through a tunnel or around weave poles, but you

will keep moving alongside your dog. Plus, you will stay focused on your dog's progress, making split-second decisions to help him clock the best time possible while staying on course, so you get a little mental stimulation, too. Basically, agility training provides good cardiovascular, muscular, and mental exercise for you and your dog. Agility training bonds dog and owner. Dogs are smart creatures, but it would be difficult for them to successfully complete an agility course without the aid of their owner or handler. The human member of the team guides the dog using verbal cues and hand signals, so good communication between canine and human is essential. This level of communication, and the time spent training, bond a dog and owner in a very special way. As the dog relies on its owner for guidance on the course, they will also become more obedient and well-behaved off the course. Before you get started in agility, it helps to have the basics of training mastered such as sit, stay, wait and good recall. This will make it much

easier for you to direct your dog through the course. If you'd like to find out more about how to get started in agility, or to join classes at Dog School Nerja, then get in touch either on social media or drop me an email. There are agility regular classes over the summer in Nerja, or if you need to start from scratch, then you can start off with a Beginners Class in basic obedience. Whatever stage you and your dog are at, there's a class for you!

You can find out more about agility classes and all our other classes at Dog School Nerja on Facebook or Instagram, or check out the website at info@dogschoolnerja.com



Telephone: 711020098
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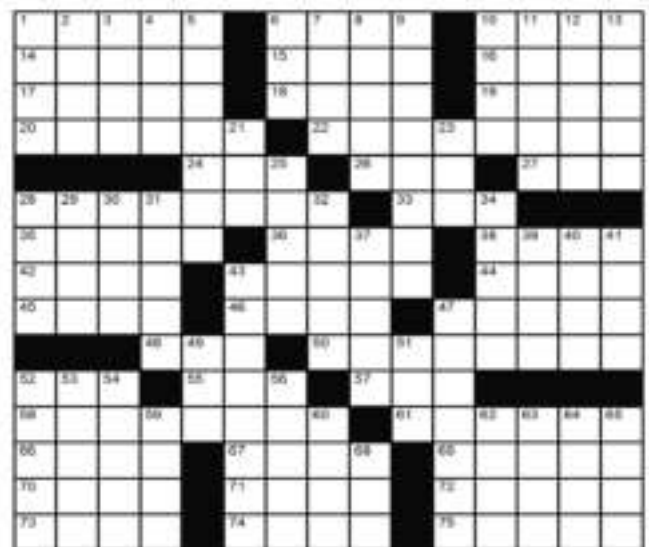
Across

1. let $P = 0.5n$, where P is population and n is number of ____ done by Thanos
6. Oldest son of Eddard Stark, nephew of Lyanna
10. Research facility, abbr.
14. Capless
15. Alokazam and Kaddaba pre-evolution
16. Pokémon's silent Mister
17. A in MOBA
18. Analog device knob
19. Era
20. Thanos' (favourite) adopted daughter
22. Thanos' favourite photo app?
24. Soviet state security, acronym
26. Double helix chains
27. Proceeds except or catch
28. Peter Jason Quill, alternatively
33. Delete command
35. March 14th
36. Slimy *D&D* creature
38. North American game rater, acronym
42. At a distance
43. Ddiked
44. *Borke's* 2 female character
45. What belongs to you, but others use it more than you do?
46. Common Turkish name
47. Scientist and *Conan* host, Carl
48. The Sea
50. High in demand after "The Soap", probably?
52. Select
55. 0
57. Sean Connery, Patrick Stewart, or Ian McKellen, e.g.
58. Thanos' golden glove

61. Thanos' (other) adopted daughter
66. Zeta Princess in 49-Down
67. Hip bones
69. Fable writer
70. Tesla CEO and the web's favourite supervillain, Musk
71. Movie
72. Fortified castle towers
73. King
74. Board member, for short
75. 5 kills in 1 life will get you one

Down

1. Gmb
2. *Heroes'* actress, Zebutner
3. Interruption
4. Wide photo, for short
5. Tunny mail to Cap, severely?
6. Sick or cool
7. Kenobi cosplayers
8. To mark with a hot iron
9. "Pretty, isn't it? Perfectly ____ as all things should be."
10. Apple computer
11. It's dark (and full of terror)
12. Inklings or Amaterasu might do this
13. An intrepid investigator
21. "A lifetime ____ I too sought the stars."
23. silly
25. Wide, cutting sword
28. Range
29. *FP7*'s Lockhart
30. Marvel's Warlock, Him
31. Coveted cards
32. Pointillism
34. To plot again



37. *FP7*'s BBEG
39. Epic series
40. Deadpool and Pikachu voice actor, Reynolds
41. Mods give these to flammies and trolls
43. Thanos' favourite sci-fi game?
47. 22-Across combos
49. First 3D Zelda title, acronym
51. Immoral act
53. Sheik, Ressa, and Murganah, e.g.

53. Swiss Physicist, Wolfgang
54. Homework helper
56. Pen DiePie, ind
59. Zero
60. Scrabble piece
62. Analog computer noise
63. Mouse manipulator
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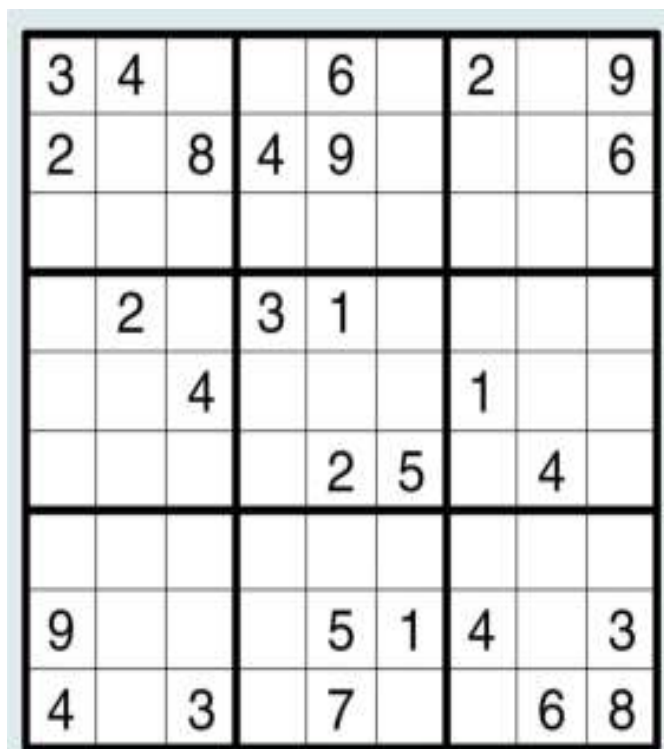
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The multi-manager investment approach – specialists vs generalists

Multi-manager investment enables your portfolio to be managed by several different fund managers, each selected for their expertise in specific market sectors. This 'open architecture' approach reduces your reliance on any one investment manager making the right decisions in all conditions and provides the opportunity to have some of the world's best managers looking after your money.

One of the principles of successful investing is diversification, which gives your portfolio the chance to produce positive returns over time without being vulnerable to any single area or stock under-performing. The first layer is across asset classes (shares, bonds, cash, property), then across geographical regions, market sectors, companies etc.

You can add a further layer of diversification by using a dynamic 'multi-manager' approach, which reduces reliance on any one manager making the right decisions in all market conditions.

Specialists vs generalists – a sporting analogy

With many of us enjoying watching the Olympic Games, this is the perfect time to use a sporting analogy to explore this investment approach.

One event that combines the qualities listed in the Olympic motto Citius, Altius, Fortius (faster, higher, stronger) is the decathlon. Decathletes have to be skilled at 10 different disciplines – speed for sprinting, stamina for distance, strength for the field events etc. But while the decathlon champion performs at extremely high standards across ten disciplines, the individual event specialists frequently achieve better results.

Let's compare the performance of the decathlon gold medallist at the 2020 Tokyo Olympics against the gold medallists in the individual disciplines. The decathlon champion Damian Warner ran the 100m in 10.12 seconds. Lamont Marcell Jacobs took just 9.80 seconds in the

**By Kelman Chambers
Partner,
Blevins Franks**

individual event. Warner threw the javelin 63.44m; the individual event winner threw 87.58m. The results of the other eight disciplines tell the same story – the specialist performed better than the generalist every time.

You would not expect a sprinter to also specialise in javelin or pole vault; specialists tend to be just that – specialists. There are many situations in life where a specialist performs more efficiently and delivers better results than a generalist, and this is particularly true in investments.

Just because an investment manager is skilled at managing UK equities, for example, does not mean they will be as successful at managing US or Japanese equities. Managers also tend to specialise in a certain style of investing, and these styles move in and out of favour according to economic and other factors. They will therefore produce impressive results in certain conditions, but below average ones in others.

Some investors rely on just one or two fund managers to look after their investment capital. But wouldn't you prefer to have individual specialists managing the various areas of the market your capital is invested in?

Multi-manager investing

Today most investors agree that holding different asset classes and different regions and sectors in their portfolio spreads risk. Multi-manager funds add a further, increasingly important, level of diversification to your portfolio.

You will benefit from a team of specialist managers, as well as diversification across multiple investment styles

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within each fund, with different managers looking after one style. So, one fund could have five or more specialist managers, covering a variety of styles (growth, value, quality, risk management, market oriented etc).

This complementary blending of managers and styles can reduce investment risk, regardless of what style is in favour, and help provide more consistent returns through different market environments.

Just like a strained muscle would hamper the decathlete in all his events, if prevailing market conditions are unfavourable to a single manager's investment approach, performance may suffer. Multi-manager spreads risk as it lowers the investor's dependence on the success of a single manager's approach.

Going back to the sporting analogy, in the world of athletics individual champions can easily change from year to year. The same can happen with investment managers, but the multi-manager firm's research is designed to find the next champions. They constantly monitor their funds, so that managers can be changed as and when necessary to improve performance for clients.

Multi-manager investing is not designed to attempt to win a gold medal in just one particular season. Rather, it aims

to produce consistent results, season by season, over a long-term period.

This investment approach can prove suitable for various investors with different needs. However, you should always discuss your requirements with a professional financial adviser, as your investment strategy should be targeted to meet your personal circumstances and objectives. Your investment planning should also be combined with effective tax and estate planning strategies to maximise wealth preservation opportunities.

These views are put forward for consideration purposes only as the suitability of any investment is dependent on the investment objectives, time horizon and attitude to risk of the investor. The value of investments can fall as well as rise, as can the income arising from them. Past performance should not be seen as an indication of future performance.

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SCAN ME



BBQ Corn with Corriander & Chilli Butter

Barbecued Corn with Coriander and Chilli Butter

Serves:- 10

Ingredients:-

100 g Western Star Original Butter melted
1 cup coriander finely chopped
10 corn cob
1 chilli finely chopped small
1 tsp lime zest, finely grated
½ cloves garlic crushed
1 pinch salt and pepper *to taste

Preparation:-

Pull husks away from corn and remove the silk, tie the husks in a knot at the base of the cob. Brush the corn lightly with the melted butter and grill on a barbecue or

griddle plate turning occasionally for 10 minutes until slightly charred and soft. Rest for 2-3 minutes before serving. Combine melted butter with coriander, chilli, lime and garlic, season with salt and pepper. Generously brush each corn cob with butter and serve immediately.



Salmon Burgers

Salmon Burgers

Serves:- 6

Ingredients:-

Caper Mayonnaise
¾ cup (180 ml) mayonnaise
4 tsp (20 ml) lemon juice
4 tsp capers, chopped
1 small clove garlic, finely chopped

Salmon Patties:-

1 ½ lb (675 g) skinless salmon, finely chopped
2 green onions, finely chopped
1/3 cup (40 g) breadcrumbs
1 egg, lightly beaten
2 tbsp chopped parsley
2 tbsp (30 ml) mayonnaise
2 tsp (10 ml) lemon juice
1 tsp dry mustard

Burgers:-

6 hamburger buns
6 leaves lettuce
1 English cucumber, thinly sliced lengthwise

Preparation:-

In a small bowl, combine all the ingredients. Keep in the refrigerator until ready to serve.

Salmon Patties

Preheat the grill, setting the burners to high. Oil the grate.

In another bowl, combine all the ingredients until smooth. Add bread crumbs if the mixture is too soft. Season with salt and pepper. Shape into 6 patties. Adjust the burners to medium heat. Grill the patties for 3 to 4 minutes on each side or until the salmon is cooked through. Toast the buns. Spread the caper mayonnaise on the inside of the toasted buns. Place the lettuce and then the patties on the bottom halves of the buns. Garnish with cucumber slices and cover with the top halves of the buns.

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Pink Lemonade Jelly Slice

Pink lemonade jelly slice

Serves:- 12

Ingredients:-

250g butternut snap biscuits crushed
100g butter melted

Filling:-

2 tsp gelatine powder
1 ½ tbs water
375 g cream cheese softened
1 cup condensed milk
2 tbs lemon juice

Jelly:-

3 tsp gelatine powder
2 tbs water
2 ½ cups lemonade room temperature
1 tbs lemon juice
1 splash pink food colouring

Preparation:-

Line a 20cm square cake pan with plastic wrap. Combine crushed biscuits and melted butter in a bowl. Stir to combine. Press over base of pan. Refrigerate for 30 minutes or until firm.

Filling: Sprinkle gelatine over water in a heatproof cup. Stand cup in a pan of simmering water, until dissolved and then cool slightly. Using electric beaters, beat cream cheese until smooth. Beat in condensed milk, lemon juice and then gelatine mixture. Spread mixture into pan and smooth the surface. Refrigerate for 3 hours or until just set.

Jelly: Sprinkle gelatine over water in a heatproof cup. Stand cup in a pan of simmering water, until dissolved. Combine lemonade and lemon juice in a bowl. Tint with food colour. Whisk in gelatine mixture until combined. Pour jelly over filling. Refrigerate for 3 hours or until set. Serve slice cut into squares.

Sticky Chicken Wings

Serves:- 4

Ingredients:-

¼ cup tomato sauce
1/3 cup barbecue sauce
2 tsp Worcestershire sauce
1 tbs soy sauce
¼ cup brown sugar
1 tbs honey
1 tsp garlic minced

1 tsp ginger minced
1 kg chicken wings

Preparation:-

Whisk all the ingredients together, except for the chicken wings in a jug.

Place chicken wings into a large freezer bag, then pour in marinade.

Refrigerate, turning the bag occasionally for at least 2 hours.

Bake chicken at 200C in a baking dish, turning, for approximately 30 minutes or until chicken is cooked and sauce is brown and sticky.



Sticky Chicken Wings



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THE PYRAMIDAL SYNDROME AND ITS TREATMENT



Piriformis syndrome, although less well known than other musculoskeletal conditions, can be a significant source of low back and sciatic pain. We will take a holistic approach to treating this condition, not only relieving the pain but also addressing the underlying causes to prevent future recurrences.

What is Piramidalis Syndrome?

Piriformis syndrome occurs when the piriformis muscle, located in the gluteal region, compresses the sciatic nerve. This can cause pain, numbness and tingling along the distribution of the sciatic nerve, affecting the buttock and often extending down the leg. Piriformis muscle syndrome, also known as

piriformis syndrome, is a condition that causes irritation of the sciatic nerve due to compression or irritation by the piriformis muscle in the gluteal region. This condition is common among athletes and in people with work or daily activities that require repetitive efforts or maintenance of prolonged postures. In this article, we will comprehensively review this syndrome, from its diagnosis to innovative approaches for its treatment.

Anatomy and function of the piriformis muscle

The piriformis muscle is a small muscle located in the gluteal region, deep to the gluteus maximus. It is essential for thigh rotation and stabilizes the pelvis during walking. However, its proximity to the sciatic nerve makes it a common site for neuromuscular disorders.

Causes and risk factors

Predisposing factors for piriformis syndrome include direct trauma, differences in leg length, and activities that involve lifting



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weights or repetitive movements. In addition, poor posture and a sedentary lifestyle can aggravate or precipitate the appearance of symptoms. Diagnostic methods

Diagnosis is made primarily through clinical evaluation, including physical tests that reproduce pain by stimulating the piriformis muscle. Magnetic resonance imaging (MRI) may be helpful in ruling out other causes of sciatic pain.

Conventional Treatments

Standard treatment may include anti-inflammatory medications, physical therapy, and, in severe cases, corticosteroid injections. However, these methods often treat only the symptoms without addressing the root causes.

Our Approach to Treating Piriformis Syndrome

By implementing myofascial release techniques and specific pelvic stabilization exercises, we promote the recovery of muscle balance and reduce pressure on the sciatic nerve.

Principles of treatment

We focus on an integrative view that considers the interaction between different body systems, offering a holistic approach to the treatment of piriformis syndrome. This approach not only seeks to relieve pain but also correct the underlying causes through manual therapies, postural adjustments, and relaxation techniques.

Comprehensive treatment

Personalized Physical Therapy

- Manipulations and massages: Specific techniques to release the piriformis muscle and reduce pressure on the sciatic nerve.
- Heat or cold therapies: Applied to reduce inflammation and relieve pain.

Postural Reeducation and Exercises

- Specific stretches: To lengthen the piriformis muscle and relieve nerve compression.
- Strengthening the pelvic and lumbar muscles: To improve stability and body alignment.

Phytotherapy and Supplementation

- Anti-inflammatory medicinal plants: Such as turmeric and devil's claw, which can be used to manage pain and inflammation naturally.
- Nutritional supplements: Such as magnesium and vitamin B, which help with nerve and muscle function. Lifestyle Interventions
- Ergonomics at work and at home: Adaptations to avoid postures that overload the piriformis.
- Relaxation techniques: To reduce overall muscle tension, especially in areas affected by overuse.



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Exercises and Recommendations for Patients Piriformis syndrome

Requires a comprehensive treatment approach that addresses both the symptoms and underlying causes. We must offer a promising solution by integrating techniques that improve muscle and nerve function. We invite patients to consult with us to explore these treatment options and improve their quality of life.

Specific exercises Piriformis

Stretching exercises and strengthening of the abdominal and lower back muscles are recommended to improve posture and reduce the load on the piriformis muscle.

Lifestyle tips

Maintaining proper posture, avoiding prolonged periods of sitting, and taking active breaks during the day are key to preventing the recurrence of symptoms.

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"Tobacco, tobacco. Sing sweetly for tobacco. Tobacco is like love"

Those words, from a 16th century song, kept repeating in my head recently as I conducted medical revisions on Spanish construction workers. Considering the historical connection Spain has with tobacco - after all, it brought tobacco to Europe 500 years ago and the first cigarette factory was opened in Sevilla in 1620.

I should not have been surprised that 70% of my construction worker patients smoked. Still, no matter how deeply ingrained tobacco is in Spanish history, culture and habits, it was my responsibility to challenge their smoking addiction.

So, what can I tell a smoker that can help them quit? With giant black letters marking each pack of cigarettes with phrases like "Smoking Kills", they already get the point that smoking is bad for them. So, why don't they quit? Because smoking makes them feel good. Make that really, really good.

Within eight seconds, after a drag off a cigarette, nicotine starts a chemical cascade of neurotransmitters— brain chemicals – that flood over the brain's pleasure centres. The brain starts working better with nicotine; improving memory, concentration, reaction time. Nicotine works to convince the brain that it is as needed for survival as food, sex and water, which explains why it is a very powerfully addictive substance.

So, how can a smoker quit? While making the decision to stop smoking



is important, don't rely on willpower alone. There are several evidence-based options out there to make quitting a lot easier. Nicotine replacements, such as gums, lozenges or patches, work well for many people and are safe. It is the burnt carcinogens in tobacco that are harmful not the nicotine. Using two different types of nicotine replacements, like a patch and the gum, at the same time can work better for some people than using only one. There are new pharmacological treatments like bupropion, which changes the way your body responds

to nicotine, and varenicline, which bonds to the nicotine receptors in your brain thus reducing your cravings for a cigarette.

Combining some good behaviour therapy to help unlearn the habits and rituals that go along with smoking will increase chances for success.

Counselling really helps to cope without nicotine and to learn to recognise the cues that provoke that cigarette urge.

While current smoking restrictions protect non smokers from second hand smoke, these restriction have turned smokers into a new type of "social

Continued on page 38

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pariah". My construction worker patients told me that they started smoking when they were teenagers. They could not have possibly known that their brains would get rewired in a way that would make them lifetime slaves to the habit. These patients need sympathy and understanding that smoking is something extremely hard to give up. Fortunately, there are these new treatments and medications to give them the support they need.

**If you want to stop smoking,
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Green Grape Smoothie

This dreamy green grape smoothie has a nice vitamin c boost from the refreshing orange flavours.

Serves:- 1

Ingredients:-

- 1 cup spinach
- ½ cup water
- ½ orange
- ½ cup grapes
- ½ cup pineapple frozen

Preparation:-

Blend spinach, water orange until smooth.
Add remaining fruit and blend again.



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E-mail:

ana@timeoutspas.com

TELF. +34 681671908

timeoutspas.com



Ctra. Málaga-Almería, km. 291

CP.29780 Nerja (Málaga)

healthwise

Are you lonely?

It's a tough question ...

Its "an emotional response to perceived isolation" it has been described as "Social Pain" and is an comfortable bed fellow to stress and depression. Loneliness can come and hit you like a double decker bus due to life changes, bereavement, moving house, health conditions or relationship breakdowns leading to poor self esteem. Self help groups suggest "getting involved" easier said than done., go to shopping centres, go and have a coffee. In the shopping centre these would be an urge to buy items that you may not need or "the coffee" becomes "a drink" in a bar and so begins a slippery slope. Sometimes physical ill health won't even allow you the luxury of making that trip to the shops..

If you just need to talk... I am here to listen.

If you are physically fit and can make a regular commitment of even a couple of hours a week we would love to hear from you ...please consider being a volunteer at Jubilee House. You don't need immediate interaction with people you can just come and "sit in the garden" (we only ask that you have a Police Check as we care for the vulnerable – it's only €4). If you are artistic or play games like Rumikup or are happy just making conversation or reading to a guest you would be very welcome.

If you can't come to us and NEED us to provide support in your own home providing you with an experienced carer from 1.5 hours a day to a live in care 24 /7. Our carer / companions can take you out shopping or for a meal or bring the outside world to you and collect your groceries, clean the house, make meals and assist with your personal hygiene within a budget that is acceptable to you.

Nursing support is also provided to suggest coping strategies and liaise with the GP.

Let's chase loneliness away!



Palliative care - Companionship
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Medical collection & dispensing systems
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Fast response fall team
Provision of medical equipment such as wheelchairs & hoists



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



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ocal to Málaga is the espetos. Espetos are locally caught sardines that are skewered on what looks like a sword and then cooked over an open fire pit until perfectly grilled. Crispy and salty on the outside, meaty and delicious on the inside. Add a squeeze of lemon and enjoy it with some bread. Most chiringuitos have tons of grilled seafood options that they'll cook over the same open fire (it usually looks like it's an old boat full of sand).



11. Exploring the Soho Neighbourhood

Soho has recently become the new cool neighbourhood in town. If you're looking for craft beer, craft cocktails, boutique hotels, and new-wave coffee shops, this is the neighbourhood where you'll find them all.

That being said, the neighbourhood is really all about supporting local businesses. This is where you will find the locally owned bars, the small artist-owned galleries, and other artisan shops that support local creatives.

The neighbourhood revitalization started with locals. You will notice on your walk around the neighbourhood the huge murals that cover many of the buildings here. Projects to support the neighbourhood are now also being funded by the local government.



12. Visit the Beaches

The beaches in Malaga are some of the best in Spain. There are several really great beaches within a short walk or bus journey from the centre of Málaga. Playa La Malagueta is the downtown beach. This makes it the busiest. But it is also easy to get to and very long, so there's plenty of space to grab some sand for your towel and the water is lovely for swimming. La Malagueta also has volleyball courts, a small outdoor gym, and a playground for kids.

If you want to get further afield to somewhere a little bit quieter, my personal favourite Málaga beach is Playa Pedregalejo. It's much smaller and can fill up quickly on weekends, but if you are visiting during the week you can

have it almost to yourself. Other beaches worth visiting that are easy to reach are Playas del Palo and Playa de los Álamos.



13. Sunset Boat Trip around the Bay

A boat tour around Málaga is a very affordable thing to do. For as little as €12 you can head out on a catamaran around the bay. For a few more euros you can add snorkelling to the itinerary. They offer them at midday and at sunset. Fly Blue is the main provider of these trips around the bay.



14. The Caminito del Rey walk

While this isn't exactly one of the top things to do in Málaga, it is one of the best things to do while you are visiting Málaga. If you rent a car, it's very easy to visit on your own. However, if you don't have a car, you'll need to visit the canyon with a tour. I highly recommend this tour which costs €60 per person.

It picks you up and drops you back off in Málaga and includes your entry ticket, a bilingual guide, and all transportation. The Caminito del Rey was once known as one of the most dangerous hikes in the world.

After several deaths in the park, the government shut it down and put into place a plan to revamp the trail and make it safe for all visitors. Now you have to pre-book your tickets online and only a certain number of visitors are allowed per day.

You have to wear a hard hat and the trail itself is completely new and although it feels gravity-defying in some places, is incredibly safe to walk. As you hike along the trail, you can actually see some of the old trails. If you aren't too afraid of heights, this is actually a very flat and relatively easy walk to do. You don't need to be particularly fit to hike it.



Drunk and out of control, I felt **LIKE A MONSTER**

Lizzie is a 44-year-old mum, who juggles being a full-time parent with running a successful business.

She sought out Alcoholics Anonymous when she hit rock bottom. She says, she has replaced alcohol with sobriety and happiness. Read her story here.

"I work the 12 step program, as it has been suggested to me, instead of me trying to do it my way"

"My father drank very heavily, there was rage and a lot of criticism in my childhood, (still is actually), and I was made to feel like nothing was ever good enough.

I started drinking in my early teens, and it was superb! It made me feel like a grown up. My drinking was a problem from the very start. I was taken home by the police at 14 years old, by the age of 25, I had been assaulted, and it was 100% the fault of alcohol.

I chose friends who allowed me to drink the way I wanted, questioned my drinking (the amount, the frequency), or pointed out the damage it was doing to me, would have been ejected from

my circle very quickly, no-one dared to confront me on it.

The assault led me to seek out Alcoholics Anonymous for the first time. I knew it existed as a grandparent had told me of another family member who had got sober, and how proud of them they were.

I spent 18 years in AA where I would gain a period of sobriety, and then follow it with a relapse. Each relapse it got worse. I believe that some of the reason for this, was I had given up alcohol but had tried to use other substances, such as marijuana, 'to protect my sobriety.'

The last relapse was horrific because my children saw me drunk and out of control, I felt like I

was a monster in their eyes.

Since then, I have committed to 3 AA meetings per week, I speak regularly with my sponsor, I work the 12-step program, as it has been suggested to me, instead of me trying to do it my way, and as a result I have changed the way I think.

I sometimes wish I had 'got it' the first time, but that was not my journey and there is a reason for that.

My life now is more manageable. My ego is under control, in its box. I needed to change the way I thought, to enable me to be happy. I stopped drinking and smoking; and as a result of working the 12-steps, I have sobriety and happiness"

There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily, throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

CALL THE AA HELPLINE FOR SUPPORT:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or
visit the website for help & information:

www.aacostadelSol.com





Directory

AIR CONDITIONING/HEATING SUPPLIERS

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

ART GALLERIES

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

BEAUTICIANS

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

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perms and much more...

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

Rebecca Curtis Wellness Centre – 95 253 0122

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

CAR RENTALS

Lessaggo – 95 252 4699

C/. Los Huertos, Nerja

CHARITY SHOPS + CLUBS

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

Choir group

657 951 755 Vélez Málaga

689 111 352 Almuñecar/Salobreña

Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

Give me 5 animal charity –

603 416 632

Lux Mundi – 95 254 3334

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

Pocapucunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -

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CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

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DENTISTS

Clinica Dental Innodenta –

95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

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

ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

Hernando de Carabeo, Nejra

Cómpeta Properties - 95 251 6107 /
95 253 8337

Avda. Sayalonga 24B Còmpeta

Avda. Constitución Edif. Costezuela

Local 1, Còmpeta

Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucia 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosarico la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial

B, Torrox Costa

Spanish Management – 618 940 829

Office in Viñuela (next to farmacia)

Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,
Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,

local D, Alcaucin

For advertising offers call
Dawn on 638 47 47 18

FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 187, Caleta de

Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez

Málaga

GYMNASIUMS

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

HOUSE AND HOME

MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin

INSURANCE COMPANIES

Axa – 95 252 0952

Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

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

Torrox Costa

OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

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

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RESTAURANTS

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



SOLICITORS

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

STAIRLIFTS

618 490 186 / 95 296 7015

VETERINARIANS/PET STORE

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

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9, Vélez Málaga

NEWS & What's ON

Emergency numbers

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

Guardia Civil

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

Local Police

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

Bus Stations

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

Taxis

Frigiliana-952 533 231

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

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

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

Tourist Offices

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

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

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

Town Halls

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

Hospitals

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

Church Services

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

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

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

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

Lux Mundi centre, Torre del Mar -

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

The Anglican Church of St. George, Málaga

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

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.

Our shop will be open Wednesdays and Fridays. . Offers a good selection of Household goods, spring and summer clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10 to 13.00.

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

Thursday 15th August - Excursion to Almuñécar Fireworks. Please come and join friends of Lux Mundi, Torre Del Mar, for the spectacular fireworks display. You will travel by coach to join in the festivities in honour of the Virgen de la Antigua (Virgin of the Old).

The Virgen will be carried in a procession from the Church of the Incarnation through the streets to the beach of San Cristobal, where many boats will be waiting at sea to accompany the statue around the rocks of the Peñón to the Puerta del Mar beach.

Then there will be a fantastic firework display, set to music, against a backdrop of the San Miguel Castle and the Holy Rock. On our arrival in Almuñécar there will be plenty of time for you to take refreshments before the display.

Departure time for homeward journey will be after the fireworks, at approx. 23.45.

Ticket price 18 euros with Friends card or 20 euros for visitors available at the Centre (insurance included).

Proceeds for fundraising.

Departure times: Torre del Mar (Bus station) 17.30, Caleta (Opposite Vets) 17.40, Algarrobo (Lidl) 17.45.

COMING EXCURSIONS

Thursday 26th September. Excursion to Estapona. Ticket price: 25 euros with a Friends card 28 euros for visitors available at the Centre. Departure times: Algarrobo (Lidl) 07.45, Caleta (Vets) 07.50, Torre del Mar (Bus Station) 08.00. Return at 17.00.

Friday 4th October. Excursion to see Annie at the Salon Varieties Fuengirola. Ticket price 44 euros with Friends card or 47 euros for visitors available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets) 15.35, Torre del Mar (Bus Station) 15.45. Return approx. 22.45.

Thursday 28th November. Excursion to Viveros Guzmán, the Miramar shopping centre and Iceland. Ticket price 20 euros with a Friends card for visitors 23 euros available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 09.00, Caleta (Vets) 09.05, Torre del Mar (Bus Station) 09.15. Return approx. 16.30

Phoenix Club

The Phoenix club have moved to a new location, at Chines Restaurant in Caleta de Velez, just next door to the Eclipse Restaurant.

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make lasting friendships, to 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. Do come along and meet us. Our handmade greetings cards are for sale every week with all proceeds donated to the Red Cross. We meet every Thursday between 12 noon and 2 p.m. at Chines Restaurant in Caleta de Velez, next door to the Eclipse Restaurant and just off the coast road to/from Algarrobo.

Trips & Events

August 15th – Almunecar Fireworks €15pp. Pick ups Torre del Mar Bus Station, Caleta Aldi, Algarrobo Lidl, BP Garage just off the motorway and Maro

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



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www.malagaclima.es



U3A AXARQUIA - July Calendar

Activities will start again in September 2024.

Contact me, Alison for more information on
u3aalison@gmail.com.

And I'll get back to you with times, locations and details, as we may alter regular arrangements due to difficulties parking and hearing each other speak!



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



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 Velez-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. Tucuman (opposite Cafe Trebol), Nerja.

Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...

Anything you think will still be of use to other people.

Opening hours:-

Monday to Saturday 10 a.m. till 2.30 p.m.

Andalucian Homes



Mobiles:- (+34) 604 464 769 & 647 045 546

info@andalucianhomes.com



1 bedroomed cottage for sale in Lagos (Vélez Málaga). One floor, consisting spacious living room with open plan kitchen, 1 bedroom, bathroom with bathtub, backyard with bbq area and private swimming pool. Front porch has stunning views of the sea and the surrounding mountains. The property comes with 2 fenced plots, 3,289M2 and the other 2,477M2. Approx. 8 minutes from the fishing village of Lagos, good lane, almost all asphalted. Great views!! **Price: €227.000**



Traditional village house for sale in Torrox Pueblo.
Comprising 2 bedrooms, 1 bathroom, separate kitchen, patio and terrace (2 floors). Very good location, good access and a few metres from public parking. Only 4 minutes walk to the centre.
The house is south facing. It has some sea views from the main bedroom.
Price reduced: €115.000

www.andalucianhomes.com



ALMAYATE

REF: 7620

REDUCED PRICE!! Semi-detached house walking distance from amenities and the beach with 5 beds, 2 baths, 2 lounges, 2 kitchens, wood burner stove, basement, garage, roof-terrace, patio, Sea & mountain views.

Built: 213 m²

EPC: In progress

PRICE: €300.000



PUEUNTE DON MANUEL

REF: 7731

REDUCED PRICE!! Low-maintained detached villa in a quiet residential area of Puente Don Manuel: 2 beds, 2 baths, lounge, kitchen, terraces, veranda, garden, private pool, patio, laundry, energy efficient.

Built: 100 m²

Plot: 300 m²

EPC: In Progress

PRICE: €197.000

YOU HAVE THE PROPERTY! WE HAVE THE CLIENTS!
SELL YOUR PROPERTY WITH US! A SUCCESSFUL REAL ESTATE FOR 38 YEARS!



TORROX

REF: 7776

EXCLUSIVE: Fantastic country villa with panoramic Sea & mountain views 15 min. drive to the coast with 3 beds, 1 bath, lounge with open plan kitchen, glazed porch, pool, storage, mature garden,...

Built: 101 m²

Plot: 2.500 m²

EPC: In progress

PRICE: €399.000



CÓMPETA

REF: 7800

EXCLUSIVE: Delightful townhouse a few minutes from all amenities with 1 bedroom with en suite bathroom, 1 lounge, 1 dining room, 1 kitchen, patio, glassed sitting area & covered terrace with wonderful Sea and mountain views.

Built: 61 m²

EPC: In progress

PRICE: €75.000

29754 Cómpera

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Tel.: +34 952 51 61 78

29770 Torrox

Calle Elisa Ortigosa, 7
Tel.: +34 952 53 91 25

29740 Torre del Mar

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