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Ref: REST



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Price: €425.000

Ref: NV.3



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

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Ref: NV12



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Price: €95.000

Ref: NV.ORGIVA

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Ref: NV.112



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Price: €350.000

Ref: NV.002



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Price: €275.000

Ref: NV92A



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Price: €519.000

Ref: NV.FER



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

Price: €365.000

Ref: NV.VILLA NARANJA



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

Price: €329.000

Ref: NV.JAZ



House in Maro, 146 m<sup>2</sup> 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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 For further information please contact the Centre, Torre del Mar Tel. 952 543 334  
 E-mail: luxmundi@lux-mundi.org



On Friday 13th February, Lux Mundi, Torre del Mar organised a special Valentine's Coffee Morning for our regular guests. The centre was filled with homemade cakes decorated with hearts and messages of love, creating a warm and joyful atmosphere for everyone who joined us.  
 set up a fun Valentine's "photo corner" so that our friends could take home a cheerful memory of Valentine's Day 2026.

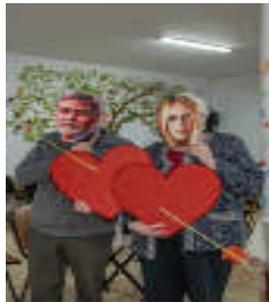
As some of our regular attendees do not have partners, we decided to invite a few very special "guests" to keep them company - including Brad Pitt, George Clooney, Daniel Craig, Sean Conner..

Not to be outdone, Brigitte Bardot, Sophia Loren and Julia Roberts also made an appearance.

Even Donald Trump was spotted joining the celebrations, apparently unwilling to miss such a memorable occasion!

The photographs from the morning say it all: laughter, companionship and plenty of good humour.

At Lux Mundi, love is always at the heart of what we do - not only romantic love, but friendship, kindness and community spirit. It was a morning that reminded us all that everyone deserves to feel valued and included.



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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.  
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## Country Property of the month

**Cómpeta:** Price: **€875.000** CP750



Villa with sea, mountain and village views, in a peaceful private area. Paved road. Gated entrance with a generous parking area. Two-storey outbuilding with ground floor that can be used as a wine cellar, storage space, or even a private bar. The upper floor is a large open space, ideal for an office or studio. Can easily be converted into a fully independent guest apartment. Main house: large open living space with exposed wooden beams, creating a warm spacious atmosphere. Living room, dining room and kitchen flow seamlessly. A covered terrace with elegant arches and stunning sea views accessed from the living room. Five generous

bedrooms, three have direct access to the terrace. All rooms have plenty of natural daylight. Two bedrooms have en-suite bathrooms with walk-in showers, third bathroom has both a bathtub and a shower. Guest toilet, a/c, underfloor heating throughout the entire house, double glazing, and a large wood-burning stove in the living room. One bedroom features a second wood-burning stove. Fully equipped kitchen. Villa is in excellent condition. Large private swimming pool with spectacular views and lots of relaxing or entertaining space.



**Comares:** Price: **295.000€**



- Living space: 133m<sup>2</sup>
  - Bedrooms : 5
  - Pool: Yes
  - Garage : Yes
  - Terrace: Yes
  - Bathrooms: 2
  - View: Mountain
  - Area: Countryside
- Ref. CP776

**Torrox Costa:** Price: **197.000€**



- Living space: 40m<sup>2</sup>
  - Bedrooms : 1
  - Pool: Yes
  - Garage: No
  - Terrace: No
  - Bathrooms: 1
  - View: Sea views
  - Area: Apartment
- Ref. TAP395

**Torrox:** Price: **550.000€**



- Living space: 225m<sup>2</sup>
  - Bedrooms : 5
  - Pool: Yes
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 4
  - View: Mountain
  - Area: Countryside
- Ref. TCP261

**Cómpeta:** Price: **169.000€**



- Living space: 161m<sup>2</sup>
  - Bedrooms : 4
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 1
  - View: Sea views
  - Area: Townhouse
- Ref. TH1147

**Árchez:** Price: **149.000€**



- Living space: 80m<sup>2</sup>
  - Bedrooms : 3
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - View: Village
  - Area: Townhouse
- Ref. TH1213

**Torrox:** Price: **330.000€**



- Living space: 115m<sup>2</sup>
  - Bedrooms : 2
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 1
  - View: Sea views
  - Area: Townhouse
- Ref. TTH697

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Welcome to this month's Streetwise magazine. As I'm sat at my computer the sun is shining and the mountains are covered in snow! This time of year I love, to feel the winter sun on my face but also the crispness in the air is a wonderful combination. Early April we celebrate Semana Santa (Easter), this is the main religious event with various parades throughout Holy week in Spain. In this month's Streetwise we explain what happens during Holy week in Spain.

If you're new to the area various activity groups get together throughout the month and this is a great opportunity to meet people from many different nationalities and make new friends.

Enjoy this month's Streetwise, it's packed with lots of articles and things of interest.

Mothers' Day is this month on the 15<sup>th</sup>, for those who still celebrate the English date, as we do.



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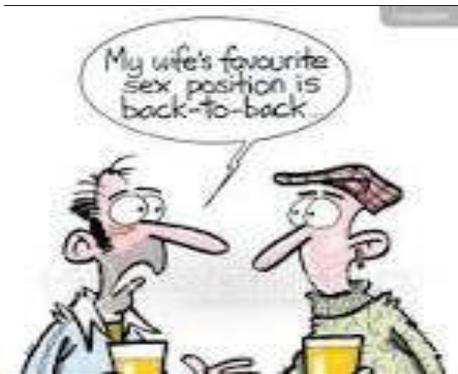
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The clocks move forward 1 hour on the 29<sup>th</sup> March

Dawn xx



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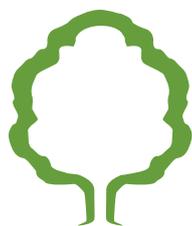
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# DIFFERENT PATHS, SAME SOLUTION

## A mother and daughter in recovery

Alcoholism does not always look the same from one generation to the next. For Julie and her daughter Abigail, it arrived through very different doorways.

One grew up in a home without alcohol and slipped quietly into dependence later in life. The other was surrounded by glamour, social drinking and excess, and fell fast into a fantasy fuelled by alcohol and drugs. What ultimately connected their stories was not drinking, but recovery, and the discovery that change was possible at any stage of life.

### Early experiences of alcohol

**Julie**, now 75 and retired, grew up as an adored only child in a large extended family. *"There was no drinking or drug use in my household, no rage or criticism. I had a very happy childhood."* She did not begin drinking until her twenties. *"I liked the warm, glowing feeling alcohol gave me. It gave me confidence and made everything more fun."*

**Abigail's** childhood looked very different. *"My parents were charismatic, sociable people. Alcohol was always there. Champagne, good malts, pale rosés in the Provençal sun. To me, it was aspirational. It was simply part of adult life."* Although she preferred it when her parents were not drunk, drinking felt normal and glamorous.

At university, Abigail began drinking heavily. *"After being very academically focused, I wanted something to anchor my identity to. Partying gave me that."* She embraced VIP rooms, afterparties and excess. *"Studying became secondary."* Cocaine soon followed. *"It was the mid-noughties, and it felt normal."*

### When drinking turned into a problem

For **Julie**, drinking escalated slowly. In her twenties and thirties, alcohol was part of airline life and later an expat lifestyle overseas with her husband. *"For years, I drank like everyone else. Then they grew out of it, and I grew into it."* She did not drink on workdays, but weekends became increasingly alcohol fuelled.

Everything changed at 59. *"Work became stressful and I started feeling what I thought was depression. I used alcohol to sleep and to cope."* Drinking became secretive. She hid bottles, drank alone and eventually moved to neat vodka. *"I couldn't be without alcohol. I didn't understand I was addicted. I only accepted that alcohol would probably kill me."*

**Abigail** describes her drinking as problematic from the beginning. *"I loved it too much. It helped me build a fantasy life that became increasingly disconnected from reality."* Whilst peers moved towards careers and commitments, she stayed disengaged. *"Drinking and using allowed me to remain a very adult kind of child."*

**"THE 12 STEPS  
TAUGHT ME  
HOW TO LIVE,  
NOT JUST  
HOW TO STOP  
DRINKING."**

When her father died in 2016, everything unravelled. *"I suddenly found myself with no ground beneath me."* She began drinking and using alone, even during the day. *"Within a year, my life was financially, emotionally and spiritually unsustainable."*

### Rock bottom and finding AA

**Julie's** turning point came in 2011 when a friend in long-term recovery recognised her alcoholism and took her to a meeting. *"I was shocked by how healthy and happy people looked. I related to everything they said."* Still, it took years of relapse and resistance before she surrendered fully in 2014. *"I had admitted I was an alcoholic, but I hadn't accepted it."*

Her rock bottom was emotional emptiness. *"When my husband said he was leaving, I felt nothing. Not even when he asked, 'What about our daughter?' That numbness terrified me."*

**Abigail's** first meeting came through her mother. *"I saw AA as too black-and-white for someone like me."* But with no options left, she went. *"I cried the entire time."* Her first AA meeting was in early 2018. Her sobriety date is 11th May 2018.

### Life in recovery

**Julie** finally asked for help, got a sponsor and surrendered to the programme. *"The 12 Steps taught me how to live, not just how to stop drinking."* She stayed sober when her husband died and was able to be present for him. *"His last words were, 'Thank you for being a wonderful wife and allowing me to die with peace of mind.'" She later helped Abigail when she struggled too. "AA gave me that."*

**Abigail** took simple actions. *"Meetings, service, a sponsor, staying away from old places and old faces. It isn't complicated, but it works."* Today, life feels *"wonderfully ordinary"*, something she never thought possible.

### Their message to anyone struggling

*"If it feels like the party is all you are, it isn't. Let go of the shame and the repetition. Take a deep breath and jump. There is so much you get to keep."*

- Abigail

*"Go to regular meetings, listen to others, ask for help. Don't overcomplicate things. Keep coming back and get a sponsor."*

- Julie

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 English-speaking AA helpline for support: +34 600 379 110, or visit the website for help and information: [www.acostadelsol.com](http://www.acostadelsol.com)

# Exposición Torrox pueblo

Para ver más - Margaret Riordan - [marlordan@aol.com](mailto:marlordan@aol.com)  
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Saturday the 28<sup>th</sup> March there will be a Arts and Craft market in Torrox Pueblo, from 10 a.m. to 2 p.m.

**There will also be live music!**

Artist, Margaret Riordan, has new paintings on exhibition at the Hotel and Restaurant La Casa, Calle Baja, Plazuela De Barajas 3, Torrox pueblo, 29770. Telephone:- 662 039 741 for Spring 2026. Every day 9 a.m. to 1.30 p.m. and Thursday, Friday and Saturday evenings.

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**Price: €345,000**

Ref: CN48690



#### EL ZOCO

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**REF:- TV430 Almjara, Nerja Townhouse**

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**PRICE: €350.000**



**REF:- TV499 TORROX PUEBLO**

Town house 75m2 on 2 floors comprising 2 bedrooms (you have to go through 1 to reach the other bedroom), living room, separate kitchen and a bathroom. Situated on a quiet street and facing east. Sunny terrace partly covered, parking close by and closed to all amenities.

**PRICE: €157.000**



**REF:- TV483 TORROX PUEBLO**

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

**PRICE: €127.000**



**REF:- TV498 TORROX PUEBLO**

Town house 116m2 on 2 floors comprising 2 bedrooms, living room, fully equipped kitchen, toilet, utility room and 2 bathrooms. Completely reformed, parking close by and a short walk to the town centre. The house is fully furnished, a/c and 2 terraces. Facing east.

**PRICE: €259.000**

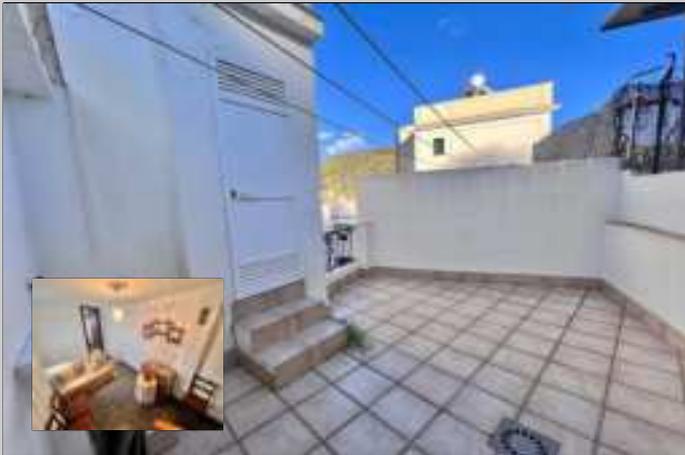
**www.andalucianhomes.com**

# Andalucian Homes



**Mobiles:- 604 464 769 & 647 045 546**

**info@andalucianhomes.com**



## **REF:- TV467 TORROX PUEBLO**

Charming townhouse divided on two floors. Ground floor with a kitchen plus dining area. First floor features a living room, 1 bedroom, bathroom and a terrace. It is in good condition and ready to move into. Located on one of the towns most popular streets, it's just a 4 minute walk from the town centre and opposite a public parking lot.

**PRICES:- €119.900**



## **REF:- TV287 TORROX COSTA**

Fabulous luxury villa 196m2 with fantastic sea views. Comprising large living room with chimney and big windows, fully equipped separate kitchen, 2 bathroom, 3 bedrooms (master bedroom with en-suite and built in wardrobes), porch 23m2 and a large terrace with bbq. Garden with private jacuzzi, heating, garage 85m2 and a gym. Quiet urbanization and close to the sea. Facing south and good for pets.

**PRICES:- €675.000**



## **REF:- TV445 NERJA**

Large local for sale in El Zoco de Nerja 190m2 with a terrace and garden. The local has lots of light, good ventilation and direct access to the street for parking. The local could be used for various things/ activities. Close to the centre of Nerja.

**PRICES:- €215.000**



## **REF:- TV465 TORROX**

Spacious townhouse. Ground floor comprises dining room, separate kitchen with access to a small patio, living room and bathroom. First floor has 2 bedrooms, bathroom, and a sunny southwest-facing terrace. The property also includes a cosy studio with a kitchen and bathroom. Located in the upper part of town, on a quiet street with friendly neighbours. The house has 2 entrances and close to a parking area.

**PRICES:- €199.000**

**www.andalucianhomes.com**



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

It may seem as if you are being swept along by forces over which you have no control but that isn't true. You always have free will and if you use it this month just to say "no" occasionally you may find you have more control than you thought.

**Luckiest day:- Thursday**

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

Your powers of persuasion have rarely been higher but how should you be using them? One way is to convince friends and family members that they don't need to do anything too drastic. If they keep plugging away their luck will change soon enough.

**Luckiest day:- Saturday**

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

You cannot now decide that you are going to back out of something that you agreed to do a little while ago, not unless you want your reputation to take a major hit. It may be a pain but you must see it through to the end.

**Luckiest day:- Tuesday**

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

If you find yourself faced by a situation where you will win big if you make the right choice but lose big if you get it wrong maybe you should make no choice at all. The fact is no one has the power to force you to choose.

**Luckiest day:- Friday**

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

You may be snowed under with work commitments this month but that is not a good enough excuse to cancel upcoming social engagements. Forget about your In tray during this month and have fun with friends and loved ones.

**Luckiest day:- Tuesday**

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

If you are going to turn your dreams into realities you must accept that you cannot do it on your own. Cosmic activity in your opposite sign means this is the perfect time to form alliances with people who share your vision of a richer future.

**Luckiest day:- Wednesday**

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

Don't waste your time trying to explain to lesser minds what you are trying to do and why it is important. Most likely they won't understand and even if they do they won't like it. You don't need their support, so move ahead without them.

**Luckiest day:-Wednesday**

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

You have been remarkably productive of late but there is a danger this month that you could waste your time on something that adds nothing to your long-term goals. Be selective in what you choose to work on. Or don't work at all and take a day off.

**Luckiest day:- Sunday**

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

Mercury is in the retrograde phase in the family area of your chart, so listen carefully to what loved ones say and try to divine the real meaning behind their carefully chosen phrases. In other words, what are they trying to hide?

**Luckiest day:- Friday**

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

You may be tempted to ignore a problem that has caused you more than a few sleepless nights, and on this occasion that might be the best thing to do. As Mercury will be moving retrograde over the next few weeks ignorance may even be bliss.

**Luckiest day:- Saturday**

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

The more you try to get something done the further away from your goal you seem to get. Maybe you should take the hint and stop pushing yourself so hard. If you give yourself a break this month you may accomplish a lot more tomorrow.

**Luckiest day:- Saturday**

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

Sometimes in life it is better to sit back and watch the passing parade rather than take part yourself, and this month there are several occasions. You have nothing to prove, either to yourself or to other people, so relax and enjoy the show.

**Luckiest day:- Monday**

# Horoscopes



**Edf. Verde Mar, Nerja**

Recently renovated to an exceptional standard, this stylish two-bedroom apartment is set in a prime building moments from the beach and near Balcón de Europa. Featuring a master en-suite, family bathroom, open-plan kitchen with breakfast bar, and bright living area, it boasts a south-facing terrace with garden, pool and sea views.

**Price: 585,000 euros Ref. JG1111TPM**

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**Edf. Toboso, Nerja**

Exceptional top-floor corner apartment in Edf. Toboso, just steps from Torrecilla Beach. This bright home features a west-facing balcony with stunning sea and mountain views, an open-plan living/dining area, two double bedrooms, and two bathrooms. Ideally located near shops and restaurants, it's perfect as a holiday home or rental investment in central Nerja.

**Price: 299,000 euros Ref. JG149**



**Urb. Nueva Nerja**

Charming townhouse in sought-after Nueva Nerja, set in a quiet residential area just a short walk to Burriana Beach and the town centre. Enjoy two communal pools, sun terraces and gardens. Over two levels, it offers bright open-plan living with fireplace, fitted kitchen, guest shower room, two double bedrooms, balconies and family bathroom.

**Price: 329,000 euros Ref. JG1110TPM**

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**La Alcazaba, Tamango Hill**

Magnificent two-bedroom apartment in sought-after Tamango Hills, between Nerja and Torrox Costa, boasting panoramic Mediterranean views. Offering 70 m<sup>2</sup> built area and a superb 19 m<sup>2</sup> sea-view terrace, it features bright open-plan living, fitted kitchen, two bathrooms, parking and storage. Enjoy a large communal pool in this peaceful coastal setting.

**Price: 445,000 euros Ref. JG1112TPM**

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



## Semana Santa - Spain



### Semana Santa – Easter weekend in Malaga

Easter is one of the important dates during the first week of April or late March. This event is a great opportunity to switch off from routine and hard work and at the same time, it's an ideal opportunity to take advantage of the excellent weather in Malaga and longer, sunny days.

Semana Santa 2026 in Andalucía runs from Palm Sunday, March 29th, to Easter Sunday, April 5th, with major processions, intense atmosphere, and huge crowds.

Easter (Holy Week) in Malaga is the perfect opportunity to discover this religious tradition. During these days, brotherhoods continuously display their sacred representations along the streets in the popular processions.

During Holy Week in Malaga you will find colourful streets and aroma of incense and a large number of people at one of the most important events in Andalucía.

While most people prefer to enjoy this event for free, there are people who for health reasons or convenience would rather watch the Easter processions sitting...in that case and if you prefer to see it live instead of from home can reserve a chair or private seat in Malaga frontline to watch the processions. (The chairs and private seats are traditionally one of the methods of financing the various guilds and the price varies depending on position and seat row).

To hire a chair or group of private seats, use this address and phone number:-

Calle Muro de San Julián, 2.

Tel/Fax: (+34) 952 601 392.

Opening times:- Monday to Thursday from 10 am to 2 pm and from 5 pm to 7.30 pm.

Saturdays from 10.30am to 1.30 pm.

(2026 prices at: <https://agrupaciondecofradias.com/abonos/>)

The official procession begins in the Houses of the Guilds or churches and along 800 meters runs along the

Alameda Principal, Calle Larios and part of Calle Granada.

### History of Easter

As far as the history of Holy Week is known, it goes back to the processions that carried the Greek people with carriages, images and music with the purpose of worshiping their gods; the Catholic Church took these events along with the influence of the Roman Empire and its military marches giving place to the so-called processions with the symbol of the cross instead of the Roman standard. During the early Christian processions were transported the remains of martyrs. The origin of the guilds was in the group of people in charge of taking care of the remains of martyrs in their sanctuaries during the centuries V and VI; these guilds began to gain more importance from the eighth century and emerged by those founded by ethnic origin or trade union from the twelfth century.

During the early seventeenth century the use of masks were used for all those involved in penance so they could remain anonymous.



Continued on  
page 28

# TimeOut Spas

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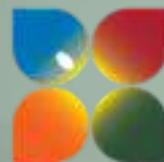
## SPA DELIGHT

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1<sup>ST</sup> MARCH - APRIL 15<sup>TH</sup>



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T&Cs: Timeoutspas Spa Delight RRP €10,995. Offer valid 1 March-15 April. 50% deposit required within promotional period. Subject to availability. Offer ends 15 April.

## Fruit and Vegetables planing season



During March and April your focus for vegetable gardening has to take into account the transitioning weather as frost risks begin to fade.

You can now start sowing tomatoes, peppers, eggplants, and squash, carrots, potatoes, and beans. Remember to

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prepare your soil with compost and that all your irrigation is working correctly.

During March you can start sowing and planting indoors your tomatoes, peppers, eggplants and basil. While outside you can start sowing your carrots, radishes, spinach, peas, and lettuce.

During April you can start on sowing your beans, cucumbers, zucchini, pumpkins and melons. While also planting your potatoes, beetroot and leeks.

In Southern Spain make sure you check the watering as the temperatures rise, ensuring consistent moisture for new seedlings.

**What to expect in your local shops**

During spring, March – May, you'll be able to easily buy strawberries, cherries, nísperos, apricots, peaches, nectarines, asparagus, peas, lettuce, green beans.



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**Avenida Andalucía 65c, Torre del Mar, 29740, Málaga**

**Online video** **Almachar** **New this month!**  
 Well-presented 4 bed, 2 bath + WC character townhouse (156 m²), kitchen, separate lounge, terrace with mountain and village views, private patio, easy walking distance to all local amenities.  
**Price: 229,000 euros**  
 ref: t1589 **EPC: C**

**Online video** **Cómpeta** **Fantastic views!**  
 Charming villa, 3 beds, 2 baths and a rental licence with good history. Easy access, close to the village and could also be a permanent private residence. Stunning mountain and white village views.  
**Price: 365,000 euros**  
 ref: v1585 **EPC: ED**

**Online video** **Canillas de Alibaida** **Sea views!**  
 Renovated 1 bed, 1 bath village house (90 m²). Sofa bed in the spacious lounge. Attractive rustic style, traditional house with many stunning features. The superb sun room and roof terrace have open countryside and sea views.  
**Price: 152,000 euros**  
 ref: t1565 **EPC: E**

**Cómpeta** **Walking to Cómpeeta!**  
 Modern new-build villa (184 m²) with 4 bedrooms and 3 bathrooms, offering bright open-plan living spaces. Private plot with pool, terraces and stunning views-perfect for stylish, comfortable living in upper Cómpeeta.  
**Price: 587,000 euros**  
 ref: v1577 **EPC: In progress**

**Arenas** **Fantastic property!**  
 Fantastic country villa 2 bed, 2 bath (193 m²) 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: t1526 **EPC: E**

**Salares** **Price reduced!**  
 Large beautifully renovated 3 bed, 4 bath village house (200 m²) with on street parking right outside, huge living/dining room, 3 double en suite beds, terrace, walled courtyard and roof terrace.  
**Price: 211,000 euros**  
 ref: t1132 **EPC: D**

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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**Exclusive**



**VSR1361 TORROX BEACH CLUB** - Spacious apartment on two levels, comprising 3 beds, 3 en-suite baths, large private terraces, south west facing, SEA VIEWS, communal pool and parking, close to the beach.  
**Price reduced €299,000 Must be viewed!**



**Exclusive**



**VSR2224 EAST NERJA** - Detached villa 115m2, private pool, private garden, 3 beds, spacious lounge/dining area, amazing sea views and south East facing. 15 mins to Burriana beach, private parking.  
**Offers towards €649,000 Must be viewed!**

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**VSR4152**

**NERJA**

Townhouse 3 beds, 2 large terraces, communal pool and 2 private garages.

Ideal permanent home or rental investment.  
Walking distance to Burriana beach.

**Price:- €429,900**



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**VSR2218**

**LOS TABLAZOS**

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

**Priced to sell:- €335,000**



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**VSR2223**

**SENORIO DE CAPISTRANO**

Apartment 2 beds, 2 baths, large private terrace and stunning sea views. Well maintained communal pool, and gardens, private parking, plus a store room, quiet location.

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Tara and Nina were adopted about 10 years ago when they were young dogs by a local man named Les, who had lived in Nerja for over 30 years. Tara was adopted from APAA while Nina was a waif from CAS and Les wanted the two to be similar in size to keep each other company. Les was a bit of a local fixture in that he walked the girls daily on the streets of Nerja and was known by many people both Spanish and Expats. In fact, recently a Spanish lady asked me about Tara and Nina whilst I was at the Vet clinic. She knew them because she was a neighbour of Les and used to see them out and about 2-3 times a day. Unfortunately, Les was an elderly man in his early 80s and he passed away suddenly in December 2024. The gentleman who was seeing to his affairs approached both APAA and CAS about caring for the dogs and CAS agreed to take them both as they had become like sisters and had lived together for nearly 10 years. Both girls are medium size Podenco dogs with Tara being slightly larger at 10 kilos and about a year older. Even though Nina is smaller in stature she makes her presence felt with boundless personality. They are in good health considering they are both about 11 years old but Nina takes daily medication to treat epilepsy. Both dogs are fully vaccinated, castrated and chipped. Even if you can't adopt, a share could help our dogs find the homes they deserve. Thank you!

## The Costa Animal Society...



Nina



Tara

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

You can find us on Facebook - Costa Animal Society CAS where there is more information.  
Or pop into our shop in Calle Antonio Millon 13 (Next to Café Aloha), Nerja,  
Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.  
If you would like to help CAS in their work and donate, please go to our website where you  
will find our bank details, [costa-animal-society.square.site](http://costa-animal-society.square.site)

## AXARQUIA ANIMAL RESCUE

### Spare change, coin collecting

Do you have some spare change cluttering up your sideboard or thrown in to a drawer?

Then why not give it to AAR.

As a not-for-profit charity every penny counts, and your spare change can soon add up to make a huge difference.

Before you know it your jar is full and it will be enough for AAR to buy some well needed medicine or food for the animals in our care.

Every little helps.

Full jars can be dropped off at either Trapiche Market or our charity shop in Torre del Mar, or just contact us and if one of our volunteers lives nearby we would be only too happy to collect it.

For more information and other ways to raise much needed funds please visit our website at [www.axarquiaanimalrescue.com/donate](http://www.axarquiaanimalrescue.com/donate)

### 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.

Email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) or call Diane on 0034 692 962 429.

Don't forget to join AAR on Teaming and donate 1 euro per month so AAR can keep helping dogs like Benny - click on the link and follow the instructions.

<https://www.teaming.netaxarquiaanimalrescue>

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# Axarquia Animal Rescue



**AAR 2827 - Junior** Junior is 2 years old, and sadly due to the death of his owner he is looking for a new home, he has been raised with another dog and cat, he is a playful dog and loves time on the beach, he is a healthy, happy boy, he is neutered and weighs around 15kg. Junior is being cared for by a friend of his owner but sadly that will come to an end by 5th March when Junior will have to move to kennels. It would be great for Junior if we could find either a foster home or even better, a new forever home so placing him in kennels can be avoided. For more information and photos of Junior, you can either visit our website at [www.axarquiaanimalrescue.com](http://www.axarquiaanimalrescue.com) or email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

**AAR 1827 - Oscar** Oscar is an 8 year old male Pit Bull Cross currently in kennels and ready for adoption or foster. He's neutered, microchipped, fully vaccinated, clear of mediteranean diseases, and passport ready. Oscar is a gentle, affectionate boy who loves playing with his ball and enjoys spending time with his sister, Nancy. Slightly reserved at first, he quickly builds trust and rewards it with the sweetest kisses. Having grown up in a family home, he's longing to feel that sense of belonging again. Ideally, Oscar would be rehomed with Nancy, but separate adoptions will be considered, with a trial period offered. As a PPP breed under Spanish law, a license is required - AAR will fully support and cover the costs. Oscar is 50cm tall, 92cm nose to tail, and weighs 28kg. He's ready to give his whole heart to a loving home, could that be yours?



**AAR 8258 - Nancy** Nancy is an 8 year old female Pit Bull Cross currently in kennels and looking for a foster or forever home. She's spayed, microchipped, fully vaccinated, clear of mediteranean diseases, and has her passport ready. Nancy is an affectionate, confident girl who instantly wins hearts. Full of love and kisses, she enjoys cuddles just as much as playful time with her brother Oscar, with whom she's shared her entire life. Their bond is special, and while a joint adoption would be ideal, separate adoptions will be considered, with a supported trial period. Having grown up in a family home, Nancy has struggled with kennel life, but she remains happy, trusting, and has never shown any aggression. Under Spanish law she is classed as a PPP breed, so a license is required - AAR will guide adopters through the process and cover the costs. Nancy measures 45cm tall, 90cm nose to tail, and weighs 20kg. All she's missing is a loving home to give her the second chance she so deserves.



**AAR 2578 - Norma** Norma is a Mastin Espanol born 15.6.2020. Due to the health of her owner Norma finds herself looking for a new home. She enjoys short walks and will play ball in the garden but, being a typical Mastin, doesn't want to "waste" energy and has a preference to finding herself a nice place to watch the world go by. She is a well behaved, friendly and loving dog.



**AAR 2469 - Lily** Lily was born 10.8.2021. She is a Mastin cross breed. She is looking for a new home due to the health of her owner. She is a beautiful loyal dog who loves to go for walks but she doesn't like water. She enjoys being brushed but only for short spells and with a soft brush. She enjoys rope toys and playing tug-o-war and she also enjoys playing in the garden or simply finding herself a place to sit and survey her surroundings. She loves to share your sofa and enjoys the closeness of her human.



**AAR 2429 - Monty** Monty a Dalmatian cross male dog, born 03.01.2019. I'm a very loving happy boy and was found wandering along the road lonely & exhausted when I was rescued.

I am a loyal dog and I am staying at a fabulous kennel at the moment in Avila, Madrid where I have made good friends with other dogs.

But I prefer to be with good people to share our life together, go on walks in the park or the countryside, play with other dogs.

Therefore, I need a home where I feel like I belong there as part of a family. I'm fully vaccinated, neutered, chip and passport.



**Axarquia Animal Rescue**  
 Registered Charity No.10567(Spain) | CIF:G93245116  
 Dedicated to saving lives and re-homing abandoned and abused animals  
 Dedicado a salvar vidas y encontrar nuevos hogares a los animales maltratados y abandonados

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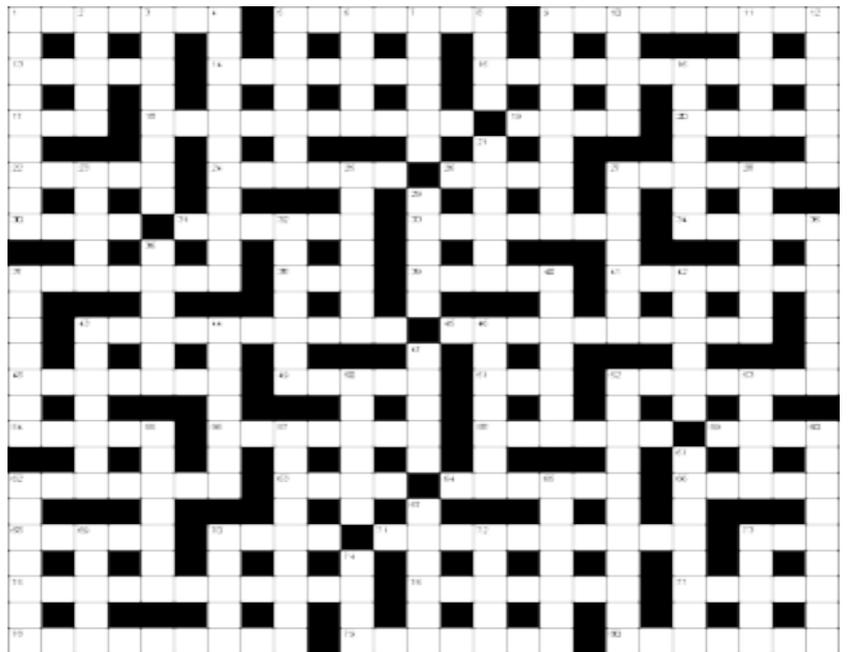
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## Across

1. Fee paid for instruction (7)
5. Pills (7)
9. Bizarre (9)
13. Relating to the moon (5)
14. Ineffective (7)
15. Inoculation (11)
17. Atmosphere (3)
18. Victorious (10)
19. Hint (4)
20. Latin American dance (5)
22. Torpid (5)
24. Stopped (6)
26. Mantle (4)
27. Display of temper (7)
30. Border (4)
31. Writing implement (6)
33. Sports meeting (7)
34. Stroll (5)
37. Forsee (7)
38. Short sleep (3)
39. Garret (5)
41. Duped (7)
43. Menaced (10)
45. Crowds (10)
48. Satisfied (7)
49. Of a particular vicinity (5)
51. Belonging to us (3)
52. Species (7)
54. Farewell remark (5)
56. Floorshow (7)
58. Mad (6)

## Down

59. Print (4)
62. Flair (7)
63. Unightly (4)
64. Hot pepper (6)
66. Relating to country life (5)
68. Callow (5)
70. Manage (4)
71. Snapshot (10)
73. Spoil (3)
75. Yes (11)
76. Japanese art of paper folding (7)
77. Stringed instrument (5)
78. Churning (9)
79. Come before (7)
80. Countries (7)
1. Garrulous (9)
2. Located inward (5)
3. Annoy (8)
4. Sustenance (11)
5. Rising warm air current (7)
6. Tree (5)
7. Alleviating (6)
8. Rescue (4)
9. First-class (9)
10. Illegal act (5)
11. Rule (5)
12. Adapt (7)
16. Aerial (7)
21. Useful device (6)
23. Bird of prey (5)
25. Oval (7)



27. Quisling (7)
28. Reprimands (7)
29. Of the city (5)
32. Hide (7)
35. Aged (7)
36. Ferocious (6)
37. Cure-all (7)
40. Band of supporters (7)
42. Disregard (6)

43. Stress (7)
44. Newspaper feature (7)
46. Do away with (7)
47. Planet (5)
50. Social group (6)
52. Exoneration (11)
53. Go in (5)
55. Ambiguous (7)
57. Plan (9)

60. Uproarious (9)
61. Disallow (8)
62. Long flag (7)
65. Baggage (7)
67. Select (6)
69. Deduce (5)
70. Stop (5)
72. Clan (5)
73. Tropical fruit (5)
74. Assist (4)



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### SUDOKO

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

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

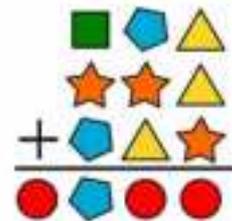
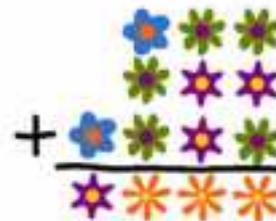
### Fruits

Y	R	R	E	B	P	S	A	R	T	E	A	L	M
A	E	N	B	L	A	C	K	B	E	R	R	Y	I
B	I	P	E	N	B	W	G	A	A	R	R	W	E
R	R	A	E	A	O	A	A	Y	N	P	R	A	N
R	E	K	W	C	O	T	O	S	A	A	L	P	G
B	R	I	A	Y	E	B	T	N	P	E	P	R	
W	O	W	Y	A	R	R	L	R	A	A	M	L	A
W	R	I	N	R	R	M	U	A	B	Y	O	E	P
R	A	K	O	O	B	E	E	W	L	A	N	B	E
P	N	L	L	C	I	L	B	B	K	E	E	R	G
A	G	B	C	I	I	O	E	E	B	R	E	Y	A
R	E	E	E	B	M	N	R	R	R	S	E	O	I
A	O	E	N	K	O	E	R	R	E	G	N	C	E
C	E	G	B	Y	B	M	Y	Y	I	E	O	Y	E

- BLACKBERRY
- LIME
- WATERMELON
- BLUEBERRY
- PAPAYA
- KIWI
- ORANGE
- RASPBERRY
- APPLE
- BANANA
- STRAWBERRY
- GRAPE
- LEMON

### Symbol Additions

Can you figure out which number each symbol corresponds to in these addition problems? In the first problem, each flower corresponds to one of the numbers from 1 to 4. In the second problem, each shape corresponds to one of the numbers from 1 to 5.





Easter as celebrated in Spain, takes a single nuance given by the Catholic influence where is allowed the worship of images, possibly under the influence of Roman polytheism; these representations were introduced by the different brotherhoods from the seventeenth century. The first processions in Spain had penitents flagellate their backs to find salvation through punishment, a practice that has disappeared but can still be found in some towns in Spain.

After the Civil War in the twentieth century when a coup ended the established government, was formed a National Catholic government; Catholicism became mandatory and military events were added during the celebration of Holy Week, today is popular the Parade of Legionaries

#### Palm Sunday

The first parades day, all of them take special care when passing beside the 'Tribune of the Poores' (Tribuna de los Pobres), one of the most popular spots along the parades route next to Carretera street.

#### Holy Monday

This is the parade of the figure of Jesus the Captive, the longest parade of the Holy Week. People walk behind the throne in penance hoping their wishes will be fulfilled. These people are called 'The Promises' (Las Promesas).

#### Holy Tuesday

Virgen de las Penas, a parade of a throne and a religious figure with a mantle of flowers. The mantle of flowers is made by the gardeners of Malaga city. It is common by the men who carry the throne on their backs to pick it up higher and move it according the music rhythm.

#### Holy Wednesday

The act of releasing a prisoner dates back to the 18th century and its origin is due to the year in which the parade was suspended but the prisoners decided to escape and make the parade by themselves. They later returned to their cells, this caused the king to decide to release one prisoner every year, an act that still takes place.

#### Maundy Thursday

Thursday is the day for the Parade of Legionaries. They land in the port of Malaga and are part of a procession though the streets of the city.

#### Good Friday

This is the day for the official townhall brotherhood and the religious figure called Virgen de los Dolores. The lights of the city fade off as the throne passes by.

#### Easter Sunday

This day is the Resurrection parade.

Semana Santa (Holy Week) in Andalucía, Spain, in 2026 runs from Sunday, March 29th (Palm Sunday) to Sunday, April 5th (Easter Sunday).

Some of the best towns and cities to experience Semana Santa in Andalucía.

Seville:- Famous for the most iconic and large-scale, theatrical processions, especially around the Cathedral and along the official route.

Málaga:- Known for its massive floats carried by dozens of people, creating a lively, emotional, and very public spectacle.

Granada:- Renowned for its unique, intimate, and picturesque processions that pass through the historic Albayzín quarter.

Córdoba:- Features impressive processions throughout the narrow streets of its historic centre.

Antequera:- Known for a more traditional, smaller scale, and highly emotional experience.

Nerja:- A mix of modern and traditional, with processions in the old town and near the Balcón de Europa.

Vélez-Málaga:- Renowned for its deep-rooted, traditional processions.

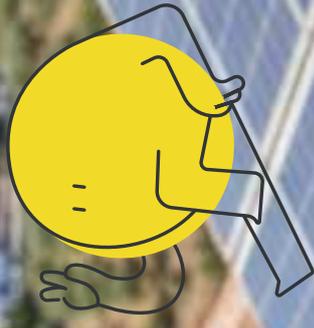
Ronda:- Offers a dramatic, historic setting for its Holy Week processions.



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A photograph of a white villa with a prominent circular balcony and a white railing. The price is 299.995€.

**Villa**  
Alora



430.000€

A photograph of a villa with a swimming pool and a covered outdoor area. The price is 430.000€.

**Villa**  
La Cala de Mijas



3.108.900€

A photograph of a large villa with a swimming pool and a landscaped garden. The price is 3.108.900€.

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**Ref:- CD P110 Benalmadena** Luxury Villa consisting of 4 bedrooms, 4 bathrooms, American kitchen, storage room, a/c, laundry room and closed balcony. South facing with sea views, private pool and garden. Communal parking. Living area 521 m<sup>2</sup>, plot size 764 m<sup>2</sup>.

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340,000€



**Ref:- CD 2385 Nerja** Fantastic apartment in the heart of Nerja, close to all amenities. Consists 2 bedrooms, 1 bathrooms, American kitchen, South facing with sea views, communal pool and gardens, fully furnished, a/c. Living area 60 m<sup>2</sup>, constructed area 70 m<sup>2</sup>. This is a new build property.



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SCAN ME



## Italy - Colomba di Pasqua

### Colomba di Pasqua

#### Ingredients:-

6 oz water warm, about 110°F/43°C  
 4 egg yolks large  
 2 tsp vanilla  
 ½ cups sugar  
 1 tsp grated lemon  
 1 tsp grated orange  
 ½ tsp salt  
 ½ cup unsalted butter softened and cut into pieces  
 ¾ cups flour (bread flour is best, but all purpose or plain works too)  
 1 package dry yeast preferably for bread machines  
 Topping:-  
 1 egg white  
 1 tsp corn starch  
 ¼ cup ground almonds  
 ½ cup sugar 65 g sugar  
 2 tbsp Belgian pearl sugar and/or Swedish pearl sugar  
 Whole almonds

#### Preparation:-

Place the water, egg yolks, vanilla, and grated peel into the bread machine first. Add the sugar, salt, flour and pieces of butter around the outside of the metal pan on top of the flour. Make an indentation in the flour and add the yeast. Start the bread machine on "dough" setting. When the machine is finished, allow to rise until doubled in size.

To make the mold.

Cut pieces of aluminum foil and fold them over and over to make a long strip. Join them together with metal paper clips and shape into a "dove" shape or use a paper dove mold. Once the dough has doubled in size, punch it down and knead into a ball then cut 1/3 of the dough off and shape into a log.

Shape the larger piece into a larger log. The larger piece will go lengthwise into the mold and be the body of the dove, while the smaller piece will go across the top and become the wings.

Place the dove shaped dough into the oven (with the oven off) and allow to rise until at least doubled (probably 2 to 3 hours).

When the bread has finished rising, remove it from the oven and preheat the oven to 350°F/175°C. Beat the egg white, corn starch, almond meal, and regular sugar with a fork in a small bowl until well combined. Brush this over the top of the dove bread.

Next, scatter the Belgian and/or Swedish pearl sugar over the top, and dot with whole almonds. Bake for 30 minutes, then reduce heat to 325°F/160°C and continue to bake until a long, thin skewer comes out clean (about another half an hour).

If the top browns too quickly, cover with aluminum foil. Remove from oven and allow to cool on the tray for about 15 minutes.

Remove the aluminum foil after the bread has cooled. This bread will keep for a week.

### Tsoureki

#### Ingredients:-

For the dough:-  
 24g dry yeast  
 110g lukewarm water  
 3g ground mastic  
 10g ground mahleb  
 135g butter, from cow's milk, at room temperature



## Greece - Tsoureki

230g sugar  
 150g milk, at room temperature  
 4 medium eggs  
 870g strong white (bread) flour  
 Zest of 1 orange  
 For the garnish:-  
 1 egg  
 1 tbsp water  
 Almond slivers  
 For the syrup:-  
 150g sugar  
 150g water

#### Preparation:-

In a bowl the lukewarm water, add a pinch of sugar and yeast and stir. Wrap well with plastic wrap and set aside for about 6 - 7 minutes, until the yeast rises and starts bubbling. The water should be at the same temperature as your finger, so check it out sticking one finger in; you should feel no difference in temperature.

Use a pestle or a blender to ground the mastic and mahlepi, along with a pinch of sugar and set aside. These aromatic spices will give Greek Easter bread its distinctive taste and amazing smell. In a saucepan add the butter, sugar and milk. Place over very low heat and stir the mixture, until the butter has melted and the sugar has dissolved. Remove the pan from the stove and check the temperature. The mixture should be lukewarm, the same temperature as your finger.

Pour the butter mixture in a large bowl and whisk in the eggs. Add the yeast mixture and whisk to combine. In the mixer's bowl add the flour, the ground mastic and mahlepi, orange zest and the butter egg yeast mixture. Using the dough hook at low speed, until the ingredients start to combine and then mix at medium high speed for about 15 minutes, until the dough doesn't stick on the sides of the bowl. At this point the dough should be really soft.

Cover the dough with plastic wrap and place in a warm environment, until at least it doubles in size (about 3 - 4 hours). Gently deflate the tsoureki dough with your hands and cut in 6 equal portions (3 for each Greek Easter bread). Take one piece of the dough (do not flour the working surface!) and roll it a little with your hands. Hold with your hands from the edges and shake to stretch the dough into a rope. This technique will help the Greek Easter bread (tsoureki) form the characteristic stringy texture. Form the Greek Easter bread into a braid and transfer on a large baking tray layered with parchment paper. Repeat the same procedure with the second tsoureki. Let the Greek Easter bread rise for about 1 more hour at room temperature, until it puffs up and almost doubles in size.

In a small bowl add the egg and 1 tbsp water and whisk with a fork. Brush the top of each Greek Easter bread with the egg, being careful not to deflate it, garnish with almond slivers and bake in preheated oven at 150C / 310F for approx. 30 - 40 minutes, until nicely browned and fluffy. If it's getting too brown too quickly cover with some parchment paper and continue baking.

Prepare the syrup for the Greek Easter bread just right before you turn the tsoureki out of the oven. In a small pot add the sugar and water and bring to the boil. As soon as the sugar dissolves, remove the pot from the stove and ladle the hot syrup over the hot tsoureki.

Let the Greek Easter bread cool down and wrap well with plastic wrap, so that it doesn't become hard and dry. Store for up to a 5-6 days at room temperature.



**England - Hot Cross Buns**

## Hot Cross Buns

### Ingredients:-

Buns  
 2 cups whole milk  
 ½ cup canola oil  
 ½ cup sugar  
 1 (0.25-oz.) package active dry yeast  
 4 ½ cups all-purpose flour  
 ½ tsp baking powder  
 ½ tsp baking soda  
 2 tsp salt  
 ¼ cup sugar  
 1 tsp cinnamon  
 Spices: cardamom, nutmeg, allspice (optional)  
 ½ cup raisins  
 Cooking spray  
 1 egg white  
 Splash of milk  
 Icing  
 1 egg white  
 Powdered sugar  
 Splash of milk

### Preparation:-

For the buns combine 2 cups milk, canola oil, and 1/2 cup sugar in a saucepan. Stir and heat until very warm but not boiling. Turn off the heat and allow to cool until mixture is still warm, but not hot, about 30 minutes. Sprinkle the yeast over the milk mixture. Add 4 cups of flour and stir to combine. The mixture will be very sticky. Cover with a towel and set aside for 1 hour. Add the remaining 1/2 cup flour, baking powder, baking soda, and salt. Fold together to combine. At this point, you can cover tightly and store the dough in the fridge overnight or continue on with making the buns. Combine 1/4 cup sugar with the cinnamon and whatever other spices you want to use. On a lightly floured surface, stretch and press the dough to slightly flatten. Sprinkle with a couple of tablespoons of the sugar/cinnamon mixture. Sprinkle on about a third of the raisins. Then fold the dough over on itself and flatten so the dough is "plain" again. Repeat the sugar/raisin process, then fold and flatten the dough again. Repeat a third time until all the raisins are used. Fold the dough one last time. Pinch off golf ball-sized bunches of dough. With floured hands, quickly roll the dough into a ball, then turn the edges under themselves slightly. Place on a lightly greased cookie sheet. Cover and allow to rise in a warm place for at least 30 minutes (an hour or more is better). Preheat the oven to 400°F. Mix 1 egg white with a splash of milk. Brush onto each roll. Bake for 20 minutes or until tops of buns have turned golden brown. Remove from the pan and allow them to cool completely. For the icing mix 1 egg white with enough powdered sugar for the icing to be very thick. Add a splash of milk, as needed, for consistency. When the rolls are completely cooled, add the icing to a small plastic bag and snip the corner. Make a cross on each roll with the icing.

## Osterzopf

### Ingredients:-

500g all purpose flour  
 50g sugar or up to 100g

250ml cream  
 150ml heavy whipping cream with 100ml milk  
 2 eggs  
 1 egg yolk  
 1 egg white  
 1 tsp vanilla extract  
 1 envelope rapid yeast  
 1 tbsp milk



**Germany - Osterzopf**

### Preparation:-

In a large bowl, mix the flour and the sugar. Put 100ml cream into a cup and put it in the microwave for a very short time until it is luke warm. Don't let it get to hot or it will "kill" ;- ) the yeast. Sprinkle the yeast onto the warm cream and let stand for 5 minutes.

In the meantime add two eggs and one egg white to the flour bowl. Set the egg yolk aside. Now add the yeast mix to the flour bowl. Add an additional 150ml of luke warm cream to the mix and stir until a nice, slightly sticky dough has formed. Knead on a floured surface and shape into a ball. Put the dough back into the bowl, cover with a towel and let rise for about 45 minutes. Then the dough should be a lot larger than before. Remove the dough into a floured surface, and slightly knead it. Preheat the oven to 350 F.

Divide the dough into three portions of the same size. Shape 3 strands. Start to braid from the middle to one end and then from the middle to the other end. Create a circle and tuck on end under the other. Let it rise for another 15 - 20 minutes.

Mix the egg yolk with the tbsp milk. Brush it onto the braid. Bake for 20 to 30 minutes or until it has a nice slightly brown colour (check for colour after 20 minutes).

Let cool a while and enjoy while still warm!




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## healthwise

### ACUPUNCTURE, A SOLUTION FOR CANCER PAIN



#### A technique with minimal risk and maximum benefit to treat cancer pain

Cancer pain is a problem that is not easy to treat. Many of the patients who have a tumour process, or cancer, a word that is still difficult to assimilate, suffer from pain that is difficult to modulate with the drugs that are usually used to treat pain in other pathologies.

For this reason, it is the World Health Organization that points to acupuncture, among other medical treatments, to address cancer pain. Cancer pain is difficult to treat since there are tumours that are operated on but the patient has post-surgical

pain and sometimes also neuropathic pain (from nerve injury), and we must not forget the emotional pain or "suffering" caused by an injury to the that we do not know if or how it will be cured.

The WHO and the Journal of Oncology or the journal Cancer, point to acupuncture as a solution of choice for cancer pain.

Acupuncture, being a physical medicine treatment, produces neuromodulation due to its electrostimulation, helping cancer patients to relieve this pain, and since it is not pharmacology, it does not interfere with any other medication and can be

# HORARIO

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9:15H	TORREDE PLATES	TORREDE PLATES	TORREDE PLATES	TORREDE PLATES	TORREDE PLATES
10:30H	TORREDE PLATES*** preinscripción		TORREDE PLATES*** preinscripción		TORREDE PLATES*** preinscripción
11:30H	TORREDE MAYORES		TORREDE MAYORES		TORREDE YOGA*** preinscripción
17:00H	TORREDE PLATES	TORREDE PLATES	TORREDE PLATES	TORREDE PLATES	CLASES PRIVADAS - CON RESERVA
18:00H	TORREDE PLATES*** preinscripción		TORREDE PLATES*** preinscripción		CLASES PRIVADAS - CON RESERVA
19:00H	TORREDE PLATES FUNCIONAL	TORREDE PLATES	YOGA 09:00-11:00H*** preinscripción	TORREDE PLATES FUNCIONAL	TORREDE PLATES
20:00H	TORREDE ELIMBA	TORREDE YOGA 09:00-11:00H	TORREDE ELIMBA	TORREDE YOGA NIVEL 09:00-11:00H	CLASES PRIVADAS - CON RESERVA



supplemented with traditional analgesics. This is indicated by the latest WHO recommendations, the publications of the Journal of Oncology, or Cancer, the most prestigious international journal, which recommend the treatment of cancer pain through electrostimulation with acupuncture.

The session consists of identifying the nerve territory of the pain and locating the nerve endings. With the peripheral puncture on the skin of the area to be treated, neurons are stimulated that send the message to the spinal cord, from there the impulse goes to an area called the thalamus and from there to the cerebral cortex, where the pain. The puncture of the injury area makes the route from where the pain is produced to where it is felt, which would be in the cerebral cortex, just like the nociceptive fibres. This local treatment causes neurotransmitters to form in the nervous system that inhibit pain.

There is a whole biochemical and electrical process very well published. Another possibility is to puncture the auricle (which is highly innervated) because it has been shown in current research that it is an area that helps regulate the autonomic nervous system (dysautonomia). Maybe you have seen people who, to avoid migraine pain, carry a permanent needle in the ear. The map of auriculotherapy points and innervation by the vagus nerve is currently the subject of research in many international pain units. There are many points that serve to modulate the nerves that decreases the activity of the sympathetic system, which is what produces pain, and increases the activity of the parasympathetic system, which is what calms us.

The patient should not stop any treatment that the oncologist has indicated.

In this sense, it is important to point out that this technique is done with the aim of improving the patient's quality of life, and that they do not have to stop any treatment that the oncologist or their GP has recommended. In fact, the goal is to integrate treatments to improve results.

No side effects.

The benefit of acupuncture is 100%, because performed by a specialist doctor it has no notable side effects. Its only side effect may be that the insertion of the millimetre needle or a small bruise bothers you... The risk you have is minimal, zero, and its benefit is maximum because we get endorphins, enkephalins and dynorphins to be released and trigger reactions chemicals that neutralize pain and promote well-being.

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# healthwise

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



Iron, often associated with its role in preventing anemia, plays a far more crucial role in women's health than one might imagine. Beyond its contribution to red blood cell production, iron has been linked to various aspects of wellness, from combating fatigue and hair thinning to alleviating symptoms of restless leg syndrome (RLS). Recent studies have shed light on the importance of maintaining adequate iron levels, especially for nonanemic women with specific ferritin level thresholds.

### Iron Deficiency: A Global and Local Challenge:

Iron deficiency isn't just a minor concern; it's the most common mineral deficiency worldwide, impacting approximately 20% of the global population. Iron deficiency anemia alone affects this large portion of the world. However, iron deficiency without anemia is even more widespread, indicating an urgent health issue. This challenge is certainly relevant to Australia. The World Health Organization (WHO) estimates that in the land Down Under, 8% of preschool children, 12% of pregnant women, and 15% of non-pregnant women of reproductive age grapple with anemia, with iron deficiency serving as the major culprit.



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## Taking a Closer Look at Fatigue:

We've all experienced tiredness at some point, but persistent fatigue can have a substantial impact on a woman's daily life. A recent case study highlights the story of a 45-year-old woman who struggled with fatigue for six months. Despite normal hemoglobin levels, her ferritin level was found to be as low as 35 mcg/mL, suggesting a possible iron deficiency.

Studies like those by Verdon and colleagues emphasize the potential benefits of iron treatment for nonanemic women with ferritin levels below 50 mcg/L. Their research found that those who received iron experienced a significant reduction in fatigue scores, emphasizing the importance of maintaining optimal iron levels.

## Unlocking the Connection with Hair Thinning:

Hair thinning can be distressing for many women. Surprisingly, iron deficiency may contribute to this concern. While research linking low ferritin levels to hair loss is established, the effectiveness of iron treatment has been debated.

A study by Hard et al. uncovered that among women with diffuse hair loss, 19% had iron deficiency without anemia. Strikingly, all patients who received iron treatment experienced hair regrowth. A ferritin goal exceeding 40 mcg/L is recommended to address hair thinning effectively. This underscores the need for women with ferritin levels below 50 mcg/L to consider iron therapy as a possible solution.



## Easing Restless Leg Syndrome (RLS):

Restless leg syndrome, characterized by an irresistible urge to move the legs, can be disruptive to sleep and overall well-being. Surprisingly, iron deficiency has been identified as a trigger for RLS. Allen and colleagues have proposed clinical practice guidelines suggesting ferric carboxymaltose as an effective treatment for moderate to severe RLS in individuals with serum ferritin levels below 300 mcg/L. Additionally, oral iron supplementation might be beneficial for those with ferritin levels less than 75 mcg/L. The significance of iron in managing RLS cannot be underestimated, emphasizing the holistic impact of maintaining proper iron levels.

The significance of iron for women's health goes beyond its role in preventing anemia. Research has shown that iron deficiency, even in the

absence of anemia, can contribute to fatigue, hair thinning, and restless leg syndrome. Addressing these issues requires understanding the specific ferritin level thresholds: a ferritin level below 50 mcg/L for fatigue and hair thinning, and a ferritin level below 75 mcg/L for restless leg syndrome. By recognizing and acting upon the importance of maintaining optimal iron levels, women can enhance their overall well-being and quality of life. Iron is truly a crucial element that should not be overlooked.

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## Top 5 Healthiest Fruits You Should Eat Every Day

### Introduction

One of the easiest and most effective ways to stay healthy is to eat a wide range of fruits and veggies every day. They give your body fuel and keep it from getting chronic diseases because they are full of vitamins, minerals, fibre, and antioxidants. Below 5 of the best fruits you should eat every day.



### Blueberries – Tiny but Powerful

Blueberries are among the richest sources of antioxidants, particularly anthocyanins, which protect cells from damage. They support brain health, improve memory, and lower the risk of diabetes and heart disease. A handful of blueberries can be a perfect addition to your breakfast or smoothie.



### Oranges – A Boost of Vitamin C

Oranges are well known for their high vitamin C content, which strengthens immunity and helps your body absorb iron. They also provide hydration since they are mostly water. Eating an orange or drinking fresh orange juice can refresh and energize you instantly.

### Bananas – Energy on the Go

Bananas have a lot of potassium, which helps keep blood pressure and muscle performance in good shape. They give you quick energy, so they're a great snack before or after a workout. The natural sweetness also makes you want less sugar.



### Grapes – Sweet and Heart-Friendly

Grapes are more than sweet treats; they are heart-healthy too. There are many antioxidants in them, especially resveratrol, which is known to help keep the heart healthy and lower inflammation in the body. Grapes are good for you because they are mostly water, and the sugars in them give you a quick energy boost.



### Apples – Nature's Quick Snack

Apples taste great, are easy to carry, and are full of nutrients. They help your body digest food better, fight off illness, and lower your risk of heart disease because they are full of vitamin C and antioxidants. Eating an apple every day will help you feel full longer and cut down on bad snacks.

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# healthwise

Maria would sit with a paper back novel under her coffee table and one of those electronic "play alone bridge sets besides which were her readers". (reading glasses). The family are loving and caring and Maria is stubborn. Maria would say that she is "strong and determined" but she did ultimately agree to a sight test.

The optician observed a severe abnormality in the retina and MACULAR DEGENERATION. Maria (a little over 90 years did ultimately admit that she may not see quite as well as she did). Maria had undergone cataract surgery on both eyes some years before. The ophthalmic Consultant recommended laser treatment to improve the amount of light coming into the eye. After much deliberation Maria had the laser treatment which basically involved shining a light in her eye and staying very still... (Maria was agreeably surprised).

Maria could see the light surrounding the largest letter... but that was it, nothing more with both eyes squinting and moving her head to an almost impossible angle she could guess at the next line. The Consultant explained that the macular (which is the small yellowish spot in the centre of the eye) responsible for visual accuracy thins with age, the result is a growing black hole of vision loss.

The more common type is "dry" degeneration. The vision cannot be restored and eye drops are required for life. Maria would comment on the programme on the TV which she thought was a Royal Variety Performance which was in fact a circus. (The book mark under the coffee table had moved another few millimetres but the "evolving plot was still the same".

Maria soon forgot about the 3 times a day eye drops (as she has some degree of vascular dementia). The family who live abroad were faced with a dilemma, eye drops to administer and an increasing number of falls...

Macular degeneration is no fun...



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## Top 10 tips on Low Back Pain - Part 2

### 9. They could be:

- **Physical** factors, such as 'protecting' the back and avoiding movements, or a simple strain.
- **Psychological** factors, including a fear of damage or not getting better, feeling down or being stressed.
- **More general health and lifestyle** factors, like being tired and rundown, not getting enough good quality sleep, being overweight or not getting enough physical activity
- **Social** triggers, such as difficult relationships at work or home, low job satisfaction or stressful life events, like a family death or illness.

Crucially, it's important to know that all pain is 100 % real and never 'all in your head', even when factors like stress or mood are involved.

### 10. If it doesn't clear up, seek help but don't worry

If your back pain does not clear up after 6 – 8 weeks, make an appointment to see your GP or physiotherapist. Physiotherapists provide expert advice, guidance and treatment for back pain. This is to help reduce your chances of future episodes, while improving your overall health and wellbeing.

### Symptoms to be aware of:

These symptoms are very rare but you should contact a doctor if you experience any of them:

- Difficulty passing urine or having the sensation to pass water that is not there
- Numbness/tingling in your genitals or buttocks area
- Loss of bladder or bowel control
- Impaired sexual function, such as loss of sensation during intercourse
- Loss of power in your legs
- Feeling unwell with your back pain, such as a fever

Studies show we lose 3-5 per cent of muscle every year from the age of 30 if we don't take steps to maintain it. Losing that strength puts us at greater risk of falls and other ill-health so it's important to make maintaining strength a priority in your life. After the age of 35, bone loss slowly increases making bones weaker.

This is part of the natural ageing process. Bone loss is faster in women for several years following the menopause. So older people, especially women, are more at risk of developing osteoporosis and sustaining fractures if they fall.

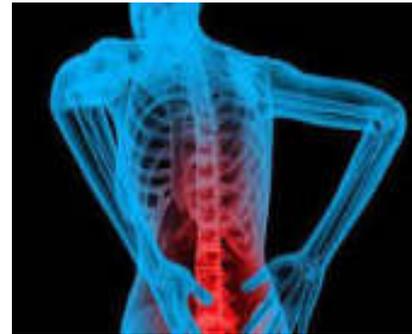
Official guidelines call for everyone to do activities that strengthen your muscles and bones twice a week. Meeting that target will help you not only prevent falls, but improve your mood, help your sleeping patterns and bring benefits for your overall health and wellbeing.

### Everyday strength

You don't need to lift huge weights to strengthen your muscles. It can be done through many everyday activities like:

- Carrying shopping
- Washing your car
- Digging in the garden

If you incorporate those into your daily routine, it won't be long before you start to feel the benefits.



But as with any activity, our bodies adapt quickly. So always make sure you're challenging yourself – carrying the shopping a little further, for example.

Small amounts can add up to a big difference over time and keep you stronger for longer.

### New beginnings

There are so many activities out there that you may have wanted to do in the past but never got around to, and retirement is a great opportunity to put that right.

Activities that have the most benefit for muscle and bone strengthening include:

- Ball games
- Racket sports
- Dance
- Nordic walking
- Resistance training

But if none of those appeal to you then there's plenty more to choose from – why not try playing the drums?

Whatever you do, just make sure it has a strength component and is weightbearing to strengthen both the muscles and the bones.

Strength and balance training is recommended for all older people but especially those with a history of falls or balance and gait deficit.

These exercise programmes must comprise a minimum dosage of 50 hours, delivered for at least two hours per week, for a minimum of six months. This should be individually prescribed and monitored by an appropriately trained professional.

If you have had a fall, it is important to take action to prevent yourself having another one. Physiotherapy can help.

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## University of the Third Age (U3A) March/April 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.com

Our weekly **GAMES group** has become so popular, we have had to change the day from Monday to a Tuesday afternoon, at Mena Golf in Laguna Beach. Contact JUDY for more information .

The new **ART group** meets every Wednesday afternoon at la Azotea in el Morche. There will be some basic materials to get you started. Contact JEANNE.

**HISTORY group** meets once a month at Media Caña on el Penoncillo. Some very interesting illustrated talks are available. Contact SUE for all information.

Media Caña is also the meeting place for the monthly **DISCUSSION group**. Contact GERRY to find out what topics are suggested for this month and details of the date and time.

NORMA organises a **MUNCH BUNCH** meal venue once a month, 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.

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. Contact IAN B for more information. We play for FUN!

Another regular meeting is the **READING group** for book lovers held in Algorrobo by Robert (SKIP). A different book is chosen to read and discuss every month. Contact him for the venue and date

The new **PHOTOGRAPHY group** run by STEVE is on hold at the moment while Steve recovers from an op, but please contact him for details and to be informed of the next meeting.

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

Another new start-up is led by RAMON at Mena Golf every Thursday. It's **MAHJONG**. Ramon teaches and



explains the rules, and you can come and enjoy a game whether you are an experienced player or a beginner.

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 THIS MONTH:

#### HISTORY GROUP.

This group meets monthly at Media Caña on el Penoncillo in Torrox Costa. It is run and organised by SUE who will be happy to send you any information if you contact her via our email as above. It is held on the last Monday of each month.

January's meeting was a talk led by Norma. This power point presentation attracted about 30 U3A members and a couple of guests. The presentation lasted about 90 minutes followed by a number of discussions regarding comments in the audience. About 50 women were presented ranging from scientists such as Maggie Aderin-Pocock, who in spite of being black and dyslexic was brilliant as England's most beloved space scientist and educator, to heroines during WWII, such as Andree de Jong, who braved bomb and air attacks to nurse soldiers on the battle fields, to literary giants such as Elizabeth Barret Browning, a few US civil rights fearless women such as Angela Davis, and towards the end we presented the victims of racial exploitation of black women who underwent torture in the name of science at the hands of unscrupulous men surgeons who in addition to experimentation on black women without anaesthesia, left the hospital without their uterus as a form of curbing the black population. We also covered women in art such as Françoise Gillot, fine painter, who was married to Picasso and left him due to his machismo. We then concluded with the French courageous Gisele Pelicot, the 2025 criminal case featuring her as the victim of a decade long drugged and sexually abused victim of her own husband. In spite of the many life styles, nationalities, ages, races, languages and religions, these women shared much in common in their resolve to serve and survive with courage, resolve and dignity.



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Plaza Cavana no.5 bajo, Nerja

### STAIRLIFTS

618 490 186 / 95 296 7015

### VETERINARIANS/PET STORE

Fiercillas Pet Shop – 95 252 7295  
Avda. Castilla Pérez 14, Nerja  
Laguna Veterinary Clinic – 95 253  
0463

Urb. Laguna Beach, Torrox Costa  
San Fernando – 95 252 1838  
C/. Chaparfil, Edif. Corona, Local 5,  
Nerja

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### WINDOWS + DOORS MANUFACTURERS

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

# NEWS & What's ON

### Emergency numbers

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

### Guardia Civil

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

### Local Police

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

### Bus Stations

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

### Taxis

Frigiliana-952 533 231

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

### Airports

Granada-958 245 200  
Málaga-952 048 804

### Train Stations

Granada-958 271 272  
Málaga-952 239 261

### Consulates

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

### Tourist Offices

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

### Street Markets

Monday - Torrox Costa  
Tuesday - Nerja,

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

### Town Halls

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

### Hospitals

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

### Church Services

**Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St.MichaelsChurch), Nerja.** Tel:- 952 52 1 339.  
[www.nerjaalmunecaranglican-church.co.uk](http://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](mailto:info@nlcnerja.com)  
Website: [www.nlcnerja.com](http://www.nlcnerja.com)  
Facebook: [www.facebook.com/nlcnerja](http://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](http://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 Capella de San José, Calle Linares 7, Vélez Málaga.  
Chaplain: Fr.Louis Durrant, Tel: 630 909 131  
Email: [info@stgeorgemalaga.org](mailto:info@stgeorgemalaga.org) or contact one of the chaplacy wardens. More information can be found at: [www.stgeorgemalaga.org](http://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 1"1", (Jardines Viña Malága/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 MARCH/APRIL 2026 COMING EVENTS AND 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 various restaurants for a chat. Please contact the Centre for more information. Time 11.00.

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

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, autumn and winter clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 to 13.00.

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

**Every Friday** - Conversation group. Time 10.00 to 11.00.

**Every Friday** - Coffee morning. Come and meet friends and relax in our beautiful garden. Drinks & homemade cakes from 11.00 to 13.00.

**Tuesday 24th March & 7th April** - Axarquía Business Networking group.

Friday 27th March – Excursion to see Chicago at Salon Varietes. Please come and join friends for a fun evening in Fuengirola. There will be time to have refreshments before going to the theatre. Chicago is an American musical with music by John Kander, lyrics by Fred Ebb, and book by Ebb and Bob Fosse. Set in Chicago in the Jazz Age, the musical is based on the 1926 play of the same name by Maurine Dallas Watkins, then a journalist covering the city's courthouse beat. A satire on corruption in the

administration of criminal justice, the plot follows felons who manipulate their stories to develop celebrity status. Return journey 22.45. Tickets available at the Centre, price 50 Euros for Friends and 53 Euros for visitors. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets) 15.35, Torre del Mar (Bus station) 15.45.

**Friday 27th March** - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time 19.00 after the Mass.

**Wednesday 1st, Thursday 2nd & Friday 3rd April** - The Centre will be closed except for religious services because of Easter.

**Sunday 5th April** - St. Barnabas Church Service at the Centre. Time 11.00.

**Monday 13th April** - Monthly Lunch. Information to be advised and please contact the Centre if you are interested. Lunch time 13.30 for 14.00.

### Coming excursion

**Monday 18th to Sunday 24th May** - Excursion to Asturias with an overnight stop in Salamanca and Merida on the way.

## 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](http://www.bandaalcaucin.com) (click on English)  
Call or WhatsApp: 656 506 841

Come and make music with us!



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[www.streetwise.es](http://www.streetwise.es)

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**TEMPORADA 2025/2026**  
(sept - junio)

**BUSCAMOS NUEVAS VOCES, MASCULINAS Y FEMENINAS**  
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 Sastrés, 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 Sastrés, 1 CP 29700 Vélez-Málaga

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

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YEAR ROUND"  
CALL US!



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



**cudeca**

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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 2<sup>nd</sup> 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](mailto: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](mailto:info@streetwise.es)  
or call Dawn on 638 474 718.  
All information is required by the 15<sup>th</sup> 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](mailto:isabelgilton@gmail.com)



## 41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: [briankaret@sky.com](mailto:briankaret@sky.com)  
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: [steve.ryansr56@gmail.com](mailto:steve.ryansr56@gmail.com) or tel: +44 754 640 2770  
41 Club Website: [www.41clubnerja.org](http://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 Sastrés, 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](mailto:coraxaliacoral@gmail.com)

**ROYAL BRITISH LEGION, NERJA BRANCH**

Meets twice monthly for lunch - on the 3<sup>rd</sup> Thursday at the Al Andalus Hotel, Maro and on the 1<sup>st</sup> 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](mailto: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](mailto:eddiebowe1@hotmail.com)

**POPAPECUNIA CHARITY SHOP**  
Avda. Rodríguez 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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**Apartment, Torrox Costa,  
EL MORCHE PLAYA**  
Ref: **LARIMAR B-1-C**  
1 BEDROOM, 1 BATHROOM,  
LIVING AREA 37M2. Exclusive  
beachfront development on the  
promenade, close to amenities.  
Modern, high-quality materials,  
bright & light with sea views.

**€220,000**



**Apartment, Torrox Costa  
PEÑONCILLO PLAYA**  
Ref: **PS-2026-035**  
2 BEDROOM, 2 BATHROOM,  
LIVING AREA 76M2. A beautiful  
open plan apartment with terrace,  
in the "Cañada del Barco" complex  
with 2 pools, by the beach. Close  
to Nerja and the centre of Torrox-  
Costa.

**€299,000**



**Penthouse, Torrox Costa,  
COSTA DEL ORO**  
Ref: **PS-2026-003**  
1 BEDROOM, 1 BATHROOM, LIVING  
AREA 82M2. Beautiful, completely  
renovated penthouse on the "Ferrara"  
beach promenade, southwest-  
facing sun terrace with sea views.  
Furnished.

**REDUCED! €310,000**



**Apartment, Torrox Costa,  
COSTA DEL ORO**  
Ref: **PS-2026-031**  
2 BEDROOMS, 2 BATHROOMS,  
LIVING AREA 109M2. By the  
beach! Beautiful apartment on  
well-maintained complex with  
pools and tennis courts. Stunning  
views from a south-facing terrace.  
Furnished.

**€340,000**



**Terraced House, Torrox Costa,  
PEÑONCILLO PLAYA**  
Ref: **INFINITY VIEWS NO 6**  
2 BEDROOMS, 3 BATHROOMS,  
LIVING AREA 160M2. New  
development of 21 properties  
with panoramic sea views, open-  
plan living & private terraces.  
Communal pool. Private garage &  
storage.

**€347,000**



**Villa, Torrox Costa,  
PEÑONCILLO PLAYA**  
Ref: **FINCA LOS OLIVOS**  
3 BEDROOMS, 3 BATHROOMS,  
LIVING AREA 311M2. Close to  
the coast, beautifully landscaped,  
spacious villa with roof top sun  
terrace & basement apartment,  
private pool & sea views.

**€399,000**



**Terraced House, Mezquitilla**  
Ref: **PS-2025-CASA ANNA**  
3 BEDROOMS, 3 BATHROOMS,  
LIVING AREA 130M2. Lovely  
corner townhouse in desirable  
residential coastal area. Spacious  
with large terrace, private garden,  
jacuzzi & double garage, plus  
communal pool.

**€430,000**



**Villa, Vélez-Málaga, LAGOS**  
Ref: **PROA VIV 28**  
3 BEDROOMS, 3 BATHROOMS,  
LIVING AREA 86M2. A  
development of quality semi-  
detached homes with spectacular  
sea views close to towns and  
beaches: 2 minutes from El  
Morche, close to Torrox Costa &  
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**TORROX** **PRICE. 670.000€**

EXCLUSIVE: Magnificent villa with panoramic sea views a short drive from Torrox village; 5 beds, 4 baths, lounge, large heated pool, parking area, sauna, gym. Great rental potential.

**Built:** 143 m<sup>2</sup> **Plot:** 5.000 m<sup>2</sup> **EPC:** In Progress **REF.:** 7879



**MEZQUITILLA** **PRICE. 227.000€**

EXCLUSIVE: Traditional country house with panoramic mountain views, 15 minutes drive from the coast: 3 beds, 1 bath, ample kitchen, lounge, garage, utility room, terrace, porch.

**Built:** 105 m<sup>2</sup> **Plot:** 3.671 m<sup>2</sup> **EPC:** In Progress **REF.:** 7945



**EL MORCHE** **PRICE. 265.000€**

Modern South-facing apartment in the seafront with 1 bed, 1 bath, lounge, fitted kitchen, terrace with wonderful sea views, a few seconds from the beach and all amenities.

**Built:** 49 m<sup>2</sup> **EPC:** In Progress **REF.:** 7957



**CÓMPETA** **PRICE. 575.000€**

Superb country property + guest apartment walking distance of Cómpeeta with spectacular views to the Sea & mountains; 5 beds, 3 baths, 2 lounges, 2 kitchens, pool, storage, parking.

**Built:** 220 m<sup>2</sup> **Plot:** 1.000 m<sup>2</sup> **EPC:** In Progress **REF.:** 7980



**609 176 586**

**29754 Cómpeeta**  
Plaza Almirante, 21  
Tel.: +34 952 51 61



**29770 Torrox**  
Calle Elisa Ortigosa, 7  
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