

## PROGRAMME 5 JAN - 29 MAR 2012

**Thu 2-4pm at The Club, Quesada, unless marked otherwise**

- Jan 5 Sharon Powell - *"Fit for the life you lead?"*
- 12 Riki Cernuda *'Through Spanish Eyes'*
- 19 'In-House' quiz with Colin Fear
- 26 **\*\*Menu del dia** – San Miguel Bar and Kitchen 12€
- Feb 2 Eileen Wallace with One Stroke Painting demonstration
- 7 *HELP Monthly Lunch – Portico Mar 12:30 for 1pm*
- 9 Abelinda - Spanish Cooking: talk and demonstration
- 16 *"Swimming for Gold" - Adam's Story by Pauline Adams*
- 23 **\*\*COACH TRIP** NOVELDA AND BEYOND 12€
- Mon 27 **\*CHARITY BBQ/Quiz Night** 7.50€ - Los Rosales Restaurant
- Mar 1 Derek Monks - Rojas Councilor for Citizen Participation, Foreign Residents Coordinator for Urbanisations and Marie Pierró Dubios - Quesada Councilor for Tourism, Commerce and Industry
- 6 *HELP Monthly Lunch – Portico Mar 12:30 for 1pm*
- 8 HELP Update (Pauline) and Care4You (Gill)
- 15 Ian Gibson with a *"Comedy Afternoon"*
- 22 **\*\*Menu del dia** – Piedra de Luna, Benimar 2, Rojasles 12€
- 29 EASTER SPECIAL with TAABS Show Group
- \* Limited numbers - \*need payment in advance**

**Returning on April 12<sup>th</sup>**

*Tue Apr 24 'HELP' CHARITY EXTRAVAGANZA 15€ - at Los Rosales – Tickets available from January. 3 course Supper, Fashion Show, Raquel Pena's Flamenco For All Dance Group, Music by The Be-Boppers, Buddy Holly Tribute, PDQ and the evening hosted by Suzy G*