

GROW BOLD

LEARN, LAUGH AND LIVE

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C3A News
Spring 2020

Letter from the Chairman



Dear Friends

I hope everyone is coping well with the “lockdown” during these trying times! Sue and I are coping well up to now, at least we have our garden to escape to and our 3 pooches to take out. My heart really goes out to people who are stuck in some apartment block perhaps with a couple of children to keep amused!

People adopt different strategies to help them to keep going with their groups and increasingly many of us are turning to on-line substitutes for our groups. At least one group I saw was planning a meeting using Zoom software and offering “virtual lemon drizzle cake and Yorkshire tea”!

At least we live in an age when online communication has made so much available at the press of a couple of

buttons: theatre, opera, movies, books, etcetera. We are all able to talk to family and friends all over the world, which is such a boost!

Courses too are available online and free, on all sorts of subjects to keep us busy and prevent boredom and depression creeping in.

More about keeping in touch with your family and friends and things to do on the following pages.

But be aware, too, that increasing use of the internet has apparently given a boost to various crooks and scammers, eager as ever to part folk from their cash using a variety of scams. The keyword here is beware, don't be tempted to part with data like credit card numbers, bank account details and so on to outfits that are previously unknown to you, or who are making “amazing offers” that seem too good to be true. They usually are!

Stay in and stay safe!

Thanasis Tsirikos
Chairman C3A Association

Website: <https://c3a-cyprus.org/>

Facebook: <https://www.facebook.com/C3AU3A/>

Things to do while stuck inside

Keeping in touch with friends and relatives

There are a number of computer apps you can use to keep in touch with friends and relatives.



WhatsApp – A free app for your PC, MAC, mobile phone that enables you to send text and voice messages to other WhatsApp users. You can also make voice and video calls from your mobile phone over the Internet free of any charge.

More information at <https://www.whatsapp.com/>

Skype – A free app for your PC, MAC, mobile phone that enables you to make video and voice calls free over the Internet to other Skype users.

More information at <https://www.skype.com/en/features/>



Zoom – A free (with limitations) app for your PC, MAC, mobile phone that enables you to make video and voice calls free over the Internet to other Zoom users. More sophisticated and better-quality video than Skype.

More information at <https://zoom.us/>

Online lectures and lessons

Many organizations offer free lectures on any variety of subjects, including:



Gresham College provides free public lectures which have been given for over 400 years.

Hundreds of lectures on a myriad of subjects available to watch online including: art & literature, history, music, science, religion.

More information at <https://www.gresham.ac.uk/watch/>

FutureLearn – Wholly owned by The Open University, with the benefit of over 40 years of their experience in distance learning and online education. It offers lifelong learning through more than 100 free courses in English. Visit <https://www.futurelearn.com>



coursera – An American-based education platform that partners with top universities and organizations worldwide, to offer courses online for anyone to take, for free.

Further details on their website at <https://www.coursera.org/>

Things to do while stuck inside

Opera, ballet, music and theatre

A number of opera houses and theatres are broadcasting some of their most notable past performances.



In an effort to continue providing opera to its audience members, the **Metropolitan Opera** is hosting “Nightly Met Opera Streams” on its website to audiences worldwide presenting daily encores of past performances from its famed Live in HD series.

More information at <https://www.metopera.org/>

The **Royal Opera House** is offering a free programme of curated online broadcasts, musical masterclasses and cultural insights that get under the skin of both ballet and opera and offer everyone a unique look behind the scenes at one of the world's most famous cultural institutions.

More information at <https://www.roh.org.uk/>



The **Vienna State Opera** has opened its live-stream archives so that music lovers all over the world will still be able to enjoy opera and ballet. After registering for free enjoy daily performances with renowned singers and great conductors in different casts.

More information at <https://www.staatsoperlive.com/>

The **Cyprus Symphony Orchestra** (CySO) is holding a series of chamber music concerts streamed live from its Facebook page for free. The Cyprus Symphony Orchestra can still continue our work for you to bring some delight, entertainment and encouragement into your homes.

More information at <https://www.facebook.com/cyprussymphony/>



From 2nd April, the **National Theatre in London** will be releasing a new play every Thursday at 21:00 Cyprus time under the banner ‘National Theatre at Home’.

Each play will be available on YouTube for one week.

More information at <https://www.nationaltheatre.org.uk/nt-at-home>

Things to do while stuck inside

Opera, ballet, music and theatre (continued)

A number of opera houses and theatres are broadcasting some of their most notable past performances.



Russia's **Bolshoi Theatre** is streaming some of its most popular opera and ballet performances on its official YouTube channel. The company will stream six performances from March 27 to April 10. Each performance will premiere at 19:00 Moscow time.

More information at <https://www.youtube.com/user/bolshoi>

The **Berliner Philharmoniker** has made its concerts and films available on your computer, tablet or smartphone. You need to register and use the redeem voucher code BERLINPHIL to get free access.

More information at <https://www.digitalconcerthall.com/en/live>



Some suggestions from Janet Bureau - leader of the Music Appreciation Group



Rock legend **Neil Young** has released the first instalment of his Fireside Sessions via his Neil Young Archives website.

These include a six-song acoustic set featuring classics such as Sugar Mountain and Love Art Blues.

More information at <https://neilyoungarchives.com/>

The **Montreux Jazz Festival** has made more than 50 festival concerts available to stream for free, including performances by Ray Charles, Johnny Cash, Nina Simone, Marvin Gaye, Deep Purple and Carlos Santana.

You can access them for free for 30 days. Go to stingray.com/FREEMJF1M and enter the code FREEMJF1M.



Last but not least, the Guardian newspaper article 'Quarantine soirées' lists operas and concerts available on demand.

More information at <https://www.theguardian.com/music/2020/mar/16/classical-music-opera-livestream-at-home-coronavirus>

Things to do while stuck inside

Museums

Rather than binge-watching Netflix, why not take an online tour of some of the world-famous museums:



The **British Museum**'s remarkable collection spans over two million years of human history and culture. Over 6 million visitors every year experience the collection, including world-famous objects such as the Rosetta Stone, the Parthenon sculptures, and Egyptian mummies.

More information at <https://www.britishmuseum.org/>

The Solomon R. **Guggenheim Museum**, often referred to as The Guggenheim, is an art museum located at 1071 Fifth Avenue on the corner of East 89th Street in the Upper East Side neighborhood of Manhattan, New York City.

More information at <https://www.guggenheim.org/>



The **Louvre**, or the Louvre Museum, is the world's largest art museum and a historic monument in Paris, France.

A central landmark of the city, it is located on the Right Bank of the Seine in the city's 1st arrondissement.

More information at <https://www.louvre.fr/en/visites-en-ligne>

The **Victoria and Albert Museum** in London is the world's largest museum of applied and decorative arts and design, as well as sculpture, housing a permanent collection of over 2.27 million objects.

Founded in 1852, it was named after Queen Victoria and Prince Albert.

More information at <https://www.vam.ac.uk/>



The **Vatican Museums** are the public art and sculpture museums in the Vatican City. They display works from the immense collection amassed by the Roman Catholic Church and the Papacy throughout the centuries

More information at <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Things to do while stuck inside

Check out some famous places around the world



An iconic building and official residence of The Queen, **Buckingham Palace** has been the focus of many moments of national celebration, from Jubilees and weddings to VE Day and the annual Trooping the Colour which marks The Queen's official birthday.

More information at <https://www.royal.uk/virtual-tours-buckingham-palace>

The **Galapagos** is an archipelago full of unique biota and rare animals. These islands are a part of Ecuador and located about 1000 km outside of South America.

Watch the National Geographic expedition video at <https://www.youtube.com/watch?v=x8hwt3Tg-mA>



The **Great Barrier Reef** is the world's largest coral reef system composed of over 2,900 individual reefs and 900 islands stretching for over 2,300 kilometres over an area of approximately 344,400 square kilometres.

Join David Attenborough on an interactive journey at <http://attenboroughsreef.com/>

As China's most famous attraction, the **Great Wall of China** is an essential stop on all tours in China, which is commonly considered a wonder of the world.

Take a virtual your at <https://www.thechinaguide.com/destination/great-wall-of-china>



The **Gardens of Versailles** occupy part of what was once the Domaine royal de Versailles, the royal demesne of the château of Versailles. Situated to the west of the palace, the gardens cover some 800 hectares of land

Take a virtual tour at <https://artsandculture.google.com/story/cwWhTPHE38uq4g>

Group leader reports

Photographic Group

Like most other groups, we stopped our meetings as soon as it became obvious that we must distance ourselves. However, that did not mean that we were going to lose contact with one another.

I have stayed in contact with all of our members making sure they are coping okay. Then there's Mimmo Chille,

who has always been so very supportive, who has kindly been

sending teachings on photography and a new software which we have been learning over the past few months.

Andrew Pepper, another member of our group who has always played a big part at our gatherings. He suggested that we start a group meeting with Zoom. So far, we have had two sessions. I was so happy to see all their smiling faces beaming out from my laptop.

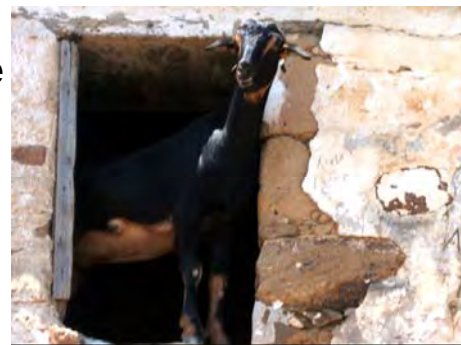
We are still holding the monthly competitions and have chosen themes that we can do from home and garden and then sharing the photos on a page of my website.

On a more personal note. I walk my dog Rosie every day, ensuring that I have the form with the date and time and also identification with me.

A couple of times I have gone a few feet up the road, when all of a sudden, I realize that I do not have it with me, so quickly scamper back! I have started crocheting, something I have not done for many, many years. I do it while watching television of an evening, consequently I occasionally have to unravel back to the mistake! I listen to music, write, read and cook and when the sun is shining, I go out into the garden. Consistently contacting family and friends, praying every day that they all stay safe.

My thoughts are with every one of you. Take care and stay safe.

Claudine Snell



Group leader reports

John Joynes - Gardening Group



We arrived back from Jordan on 16th March and went into 14 days of self-isolation. This ended on 30th March when we ventured out to replenish supplies.

As we are normally very active and always out and about we found it difficult to remain at home. However, we are fortunate in having a fairly large garden in which to work and wander, so daily exercise proved not to be a problem.

Shortly after arriving back from Jordan a fellow member of the party invited me to join a WhatsApp group that he had started. This included some of the Jordan crowd plus other friends from various countries. In this way we can exchange experiences, pass on information, indulge in a certain amount of banter, and generally keep in touch.

Almost 10 years ago the Mediterranean Garden Society (MGS) started a Plant Forum and I have been a contributor since the beginning. It is a means of sharing information between gardeners, displaying photos of plants grown, and much more. It is not exclusive to MGS members but is open to anyone and can be accessed via the MGS website, www.mediterraneangardensociety.org. On the Home page click on MGS Forum below the photograph. As I say anyone can read the postings but to post to it requires registration. Unfortunately the ability to accept new registrations has had to be put on hold temporarily. There is a wealth of information to be read and thousands of photos to be viewed.

I am not a great user of Facebook but I have decided to begin posting photos of plants in our garden, if possible, with a short explanatory note attached. This in an effort to possibly brighten the day for at least some of my 'Friends' around the world. As I write this the first photo I posted elicited a positive response so I'll carry on.



The above activities may not be greatly time-consuming but going out each day to find plants worth photographing, thinking of something to write about them, posting them on the Forum or Facebook, does involve a certain amount of physical and mental effort. It also takes the attention away from the increasingly depressing news that is currently being broadcast on a daily basis.

Group leader reports

Jane Webster - examples of the art group's work

All the following Art Work has all been done since lockdown began and has been shared by Art Group members on WhatsApp.



Drawing by Dr Carol Rose



Pastel by Tatiana Panina



Pastel by Sue Leach



Photo by Dr Carol Rose



Painting in acrylic by Denise Weaver

Coping with self isolation

Mary Oratiou

Since the beginning of March, we have been self-isolating except for the 16th when Roger had to visit a doctor for routine check.



I have never been bored for a single moment. I have been working hard with the garden, planting, replanting, watering, pruning.

I was happy to finally have the chance to do some thorough cleaning, and some changes relocating the TV in the second sitting room.

I had the chance to read some books which I did enjoy like the "Band of steel", and the one I am reading now is "The five lessons of life"

I also love to crochet, so I made a back bag with some wool I had.

I do enjoy cooking and baking, which keeps me busy!!! The other day I made a very easy recipe, and tasty chocolate cake.

My biggest enjoyment though, was making my own Limoncello!!!!

I had collected many lemons from my brother's orchard in Kouklia, and found on YouTube an Italian recipe. Now every evening I do enjoy my favourite liquor!!!

Another thing I do enjoy is playing backgammon, and watching the swallows building their nests, and quarrelling!!!

There are two pairs building nests under our balcony. One couple is working hard, and doing a good job with their nest. The other couple, are quarrelling most of the time, and poor birds, they drop most of the stuff, they are clumsy, and keep trying without much success!!! This is very interesting and amusing, watching them!!!

And... We watch Television!!

We have watched all the episodes of "Doc Martin". I love it because it makes me laugh, but mostly because it was filmed in an amazing village of England, Port Isaac!!!

Now we are watching Darling Buds of May, which I do enjoy as it is light hearted and makes me laugh.

I did not exercise or walked, and feel so bad about this, starting aching everywhere. So we found a site from BBC radio 5 live for indoors exercise and intend to start as soon as possible.

And of course, I do keep in touch with family and friends, either by calling, texting, mailing, or Skype, and face time!!!

We are so very lucky having all these means to keep in touch with our loved ones.

Sending you some photos of the garden, the crochet bag, my limoncello, and a glass of water!!! Yes, I drink my water with lots of lemon slices and mint!!! We have to keep healthy.

I feel very fortunate that all this Corona virus situation has not affected my life in any way apart from feeling sad for all the other people who are ill but especially the doctors and nurses!!! God bless them and keep them strong.

Take care everybody, and be safe and well.



Coping with self isolation

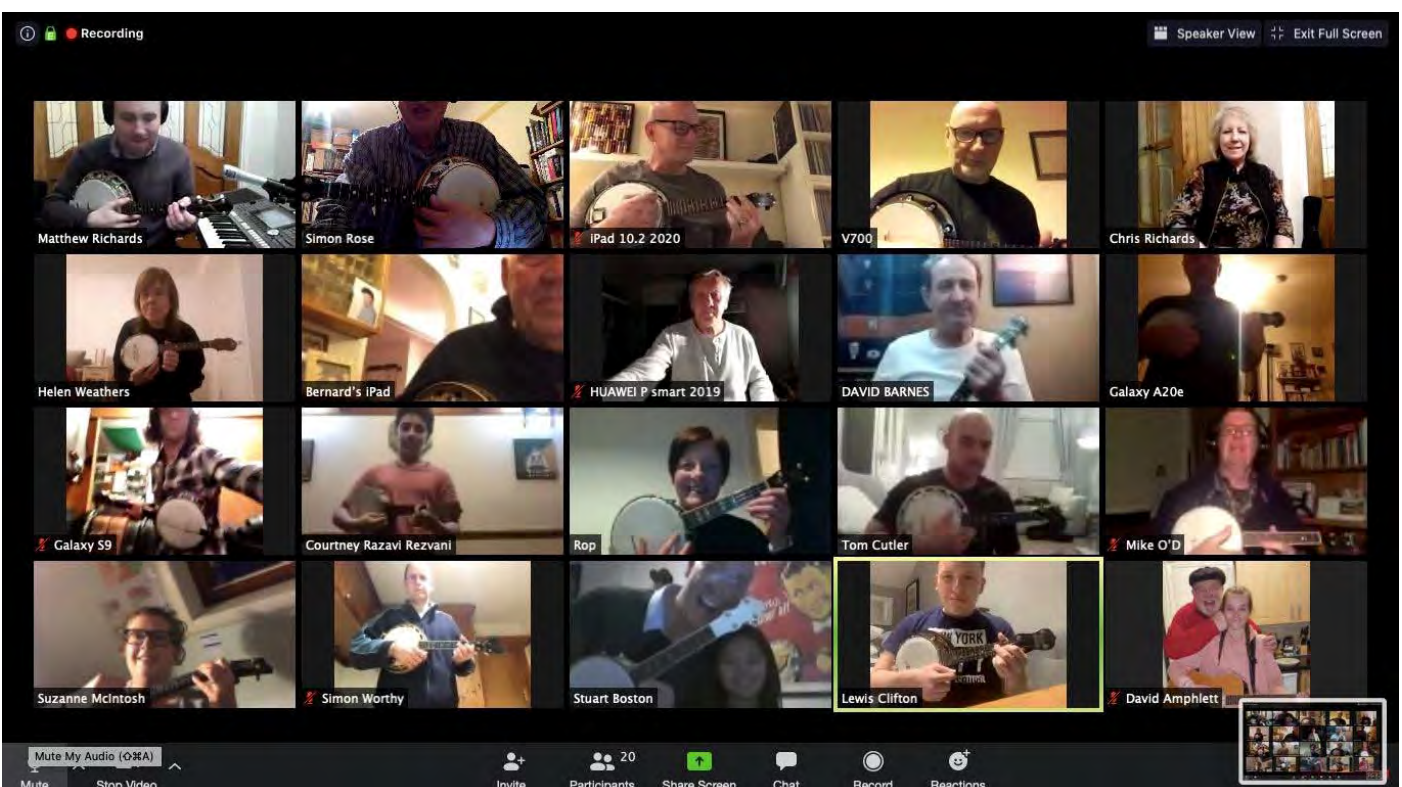
Andrew Pepper - virtual thrashing!



This may not be what you think. I'm a member of the George Formby society. Just in case there's some younger readers out there, George Formby was probably Britain's biggest film star of the 1930-40s. A major part of his appeal was his, then, unique skill with the ukulele banjo.

Four times a year there's a convention in Blackpool where members take part in a "thrash" - playing Formby songs together. Of course, the convention that was due to take place in March has had to be cancelled, but one member – Simon Rose – had a bright idea.

Using the Zoom video conferencing software, he's organised a virtual thrash - around 30 of us connect up each evening. Matthew Richards - George Formby musical maestro - leads us through half a dozen songs and for 30 minutes we forget we're all stuck in our homes.



The positives of lock-down

Penny Douglas

Save on petrol.

Hardly any traffic.

Learning pilates (online).

The wonderful innovations people are coming up with.

The care people show to each other.

I have found out who my real friends are (the ones who keep in touch).

Save on theatre & cinema tickets.

Re-connecting with people (one last seen 50 years ago!).

Doing more online courses.

Talking to friends more than usual.

No 'fliers' in my letterbox.

Doing those things I mean to do 'some-time', at home.

Improving my Greek.

I don't see people I don't like.

It's quiet outside

No guests here when the roof had to be repaired.

Less travel-good for the environment.

....and I am sure a lot more.

Also, I am lucky to have a safe home, clean water, fresh food, good health care, friends to call, & am grateful it didn't happen in the cold of winter.

So, how we can start a pandemic of positivity?

Spread Connection: Just let people know you're thinking of them and they are meaningful to you.

Spread Help: Offer help where you can and ask for it if you need it.

Spread Gratitude: Say thanks. And really feel it.

Spread Optimism: If the cost of being wrong is low, let yourself believe things will turn out right.

Stay well!

Penny Douglas

Recipes

Spanakopita (Spinach & Feta Cheese Pie) - Serves 2 | Total 50-60 Minutes



Ingredients

400-500g frozen leaf spinach
3 spring onions
1 egg
100g feta cheese
8 sheets filo pastry
100ml olive oil

Method

When the spinach has thawed, squeeze/wring out all the liquid.

Preheat the oven to 200°C.

Chop the spinach, spring onions and mix together in a bowl. Crumble in the feta cheese and toss. Add salt and black pepper to taste. Finally add the egg and mix thoroughly.

Lightly brush a shallow baking tray with olive oil. Place 1 sheet of filo on the tray, allowing it to hang over the sides and lightly brush with oil.

Place another sheet of filo in the opposite direction, again allowing some overhang and lightly brush with oil.

Add 2 sheets of filo in opposite directions, brushing each sheet lightly with oil.

Lay half the spinach mix on the pastry and smooth.

Gently fold over the edges of the bottom layers of pastry and lightly brush with oil.

Add 4 further sheets of filo in opposite directions as above, brushing each sheet lightly with oil.

Lay the remaining spinach mix on the pastry and smooth.

Gently fold over the edges of the bottom layers of pastry and lightly brush with oil.

With a sharp knife, gently score the top into eight pieces.

Bake for 20-30 minutes, or until the top is golden brown and leave it to rest for 10 minutes.

Slide it off onto a baking tray, slice into portions and serve.

(Spanakopita is also delicious cold.)

The Interesting Times

Issue 1

C3A All About Books and Music Appreciation Groups

This is a virus free zone!

It all started with a SWOT analysis – the Strengths, Weaknesses, Opportunities and Threats of a situation. It's a useful tool, both in the working world and reflecting on our situation as C3A Groups. Challenges arise from the Threats and we are being truly challenged now, hence my email of a few days ago. We can support ourselves and each other, sharing alternative ways to maintain that very important social interaction.

We have made an encouraging start and already Nick has set up a What's App Group (*****see below**) for Musical Appreciation. I have gratefully accepted Tatiana's offer to set up a Skype or Zoom conference group which will allow us continue with 'All About Books'.

Email addresses:confidentiality

I have discussed this with Cleo, our Group Coordinator, since the usual protocol is to send blind copies of communications. This could hamper the free flow of our connections with each other. If we are open they would all remain within C3A.

Your views please.

Opening links

We will have lots of these so I suggest that you use DuckDuckGo as your search engine. They do not track you and you can delete each session.

<https://duckduckgo.com/>

Cookies

A comprehensive explanation here thanks to David B:

<https://www.computerhope.com/jargon/c/cookie.htm>

***** What's App:** *If you would like to be added to the What's App Music Appreciation Group please text your mobile phone number, with your name, to Nick: nick.pollard@outlook.com*

Now for the more interesting bits.....

Pamela's Particular Pleasures

Greetings from Pamela.

I am married to a Cypriot We own a vineyard and two orchards and I am never happier than when all the family (son, daughter, their spouses and five grandchildren) all come to help with the picking or pruning.

My second pleasure is playing the piano,(think my piano would probably change that to plagueing!My sister, five years older and born in 1937 had lessons, but after the war there was no money for lessons for me so I taught myself. I play most days, simple things of course, and get a lot of pleasure from it.

My third pleasure is poetry, and I have myself written about twenty,. This is one of them

A JOURNEY

Life has come full circle
Via a long and winding road.
It's time to put down our burdens,
Sit back, take stock, and unload.
Relax a while in a favourite chair,
Take a while to clear your mind.
Breathe in the morning's cool clear air,
And first, to yourself be kind.
We've come a long way on life's journey,
Establishing a career was hard.
And though rewarding in its own way,
It was of course greatly marred,
By having to leave our parent's home,
And live in some strange far town.
But then came love, and husband and kids
A family of our own.
(Yes, twice the work from morn till night,
But here they are now all grown!)
So here we are now in the third stage,
With more time on our hands to enjoy,
All the things we didn't have time for,
And maybe we can even employ,
Someone to give us a helping hand,
When life becomes difficult and sad.
Just keep on loving, that is the key.
Then things won't feel so bad.

These may interest budding poets:

<https://www.futurelearn.com/courses/what-is-poetry>

<https://www.futurelearn.com/courses/a-level-study-unseen-poetry>

David's Flowers in the Rain

My Flowers in the Rain video began life very recently with an inspired piano improvisation. I was very pleased with it, but I sent it to two pianists to ask their opinion, and they were both enthusiastic. One of them said "One of your best compositions - I like it very very much". I decided to make a YouTube video, only easily possible in this case because of the title, and I sought photos of flowers with raindrops, on the Internet. Luckily I found them, free to use, on pexels.com. The result I am delighted with, in spite of the mediocre sound recording quality, which will in due course be improved. I hope you will enjoy it too - some beautiful photos to cheer you up!

you will enjoy it too - some beautiful photos to cheer you up!_ 

<https://www.youtube.com/watch?v=wyUhV8L-qwY>

Pat's Mediaeval Mystery

Cadfael

I enjoyed the Cadfael series on television with Sir Derek Jacobi as Cadfael so decided to read some of the books. The author is Ellis Peters born near Shrewsbury where the stories are based. She had an interesting life and was awarded the BEM for her work in the WRENS during WW2. It is believed it was the Cadfael books that made historical mysteries a very popular genre.

The stories are set during the turbulent times of the 12 century civil war when King Stephen was fighting Empress Mathilda, known as Maude, for the English throne. It is based in Shrewsbury Abbey run by Benedictine monks. Brother Cadfael is the herbalist and different from the others as he came to a religious life late. He was a crusader and sailor prior to becoming a monk. He was engaged to an English girl but never came back to her, he did however father a son in the Middle East due to a relationship with a widow.

A Morbid Taste for Bones is the first in the series and what surprised me when reading the descriptions of the main characters was how careful the casting for the TV series was.

The story is about the abbey sending monks to Wales to collect a saint's bones when a murder is committed at the Welsh village. The trip to Wales showed how the country was run at the time. Cadfael is at the centre of the investigation as his knowledge of wounds from the crusades helps stop a miscarriage of justice and to find out the truth. Cadfael's knowledge of plants and medication is also important to the plot.

The story also shows how some monks craved power and the one-upmanship of different religious establishments. Relics made places more famous and brought in money so greed also came into it. The story is based in truth as the monks did take St Winifred's bones from Wales to Shrewsbury and Ellis

Peters has woven the story of the murder into the real event. Good story and descriptions. Shows unrest within the abbey and the Welsh village. I really enjoyed this delightful story with its many touches of humour and collection of brilliantly developed characters. The all too pious Brother Columbanus, the gullible and too humble Brother Jerome, the misfit Brother John and the good man, Father Huw amongst the Welsh villagers. Saint Winifred herself is extremely active behind the scenes as well trying to ensure her mortal remains are treated how she would wish.

I thoroughly enjoyed the story and will read more of the series.

*Whilst I'm here.....***Family History**

During isolation would you like to contemplate a journey through your family history? There are now billions of records online across the world for family historians. Do you want to start your family tree and wonder where to start? Did you start and come to a brick wall? Want to know about free sites so you can see if family history is for you?

Contact Pat on C3A site Family History Group and get online help. <https://c3a-cyprus.org/>

A Couple of Necessities

Comfort Food – Oh yes!

You don't even need to weigh anything

Golden syrup microwave mug cake

5 tbsp self-raising flour

- 2 tbsp caster sugar
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil (or sunflower oil)
- 1 tbsp golden syrup (plus extra for serving)
- vanilla ice cream (to serve)

Use a large mug or even 2 to avoid a mess!

1. Add the flour and sugar in the mug and mix
2. Add the egg, milk and oil - mix
3. Add golden syrup to the top of the mixture – don't stir it, it should sink through the sponge as it cooks
4. Centre your mug in the middle of the microwave and cook on high for 3 minutes (depending how powerful your microwave is) or until it has stopped rising and is firm to the touch
5. Allow to cool for a couple of minutes, then serve with a big dollop of vanilla ice cream

Run out of bread? No yeast?

Soda Bread:

<https://www.bbcgoodfood.com/recipes/simple-soda-bread>

No soup? Recipes from Saga:

<https://www.saga.co.uk/magazine/food/recipes/soups/easy-soup-recipes>

Janet's Offerings

The Brain

Crosswords: A very wide selection, some of which can be done on line, a blog and more. Everything from Quick to Genius. There is also Sudoku including a killer version from The Observer. The paper isn't behind a paywall so it's all free.

<https://www.theguardian.com/crosswords>

The Body

Indoor Walking

<https://www.youtube.com/watch?v=KkRrEhFcSNE>

The Mind

Meditation

<https://www.youtube.com/watch?v=i50ZAs7v9e>

Humour?

I have a Yorkshire heritage . Just to make it clear NO ONE else may make jokes at our expense!

Yorkshire Airlines <https://www.youtube.com/watch?v=Rm6VC5gdaFA>

Feedback please Would anyone like to have phone friends to chat with? Discuss books, music or family history or anything (*except our banned topic.*)

Do you have Facebook? We could have a letters page, learn a language or improve our Greek. I'm sure that our Chairman would approve that! <https://www.duolingo.com/course/el/en/Learn-Greek> This from the website: *Learning with Duolingo is fun and addictive. Earn points for correct answers, race against the clock, and level up. Our bite-sized lessons are effective, and we have [proof that it works](#).*

That's one for you Cleo!!

All done for now. This is our starting point –

Many thanks to all who have contributed to our first edition.

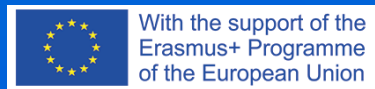
À bientôt, j'espère

Janet



ΤΡΙΤΗ ΗΛΙΚΙΑ ΤΗΣ ΚΥΠΡΟΥ
CYPRUS THIRD AGE

Lifelong Learning



Learn, laugh and live

No longer in full-time employment?
The C3A is for you!

Pursue your interests, keep active and make new friends.

Visit our website to find out more:
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