

GROW BOLD

LEARN, LAUGH AND LIVE

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C3A Magazine

Summer 2020

Letter from the Chairman



Hello everyone!

I hope you are all keeping well and coping during these strange times. Having been in lock-down for several weeks, it looks like we are slowly but surely moving into a relaxation of the restrictions. Rumours, suspicion and conspiracy theories abound as to the causes of the pandemic, (or even the existence of a pandemic), but no one can deny the huge number of deaths worldwide as well as the damage to the economies of most countries.

Most of our C3A Groups have found great and innovative ways to keep going, in one form or another and the reports in this edition of **Grow Bold** magazine are a testament to this.

You will recall that we had planned to send delegations to Malta and Slovenia under the

European Union's Erasmus+ programme to work with the Maltese and Slovenian U3As, job shadowing their tutors, attending workshops and experiencing how these two organisations operate. With the outbreak of the Covid 19 pandemic we only managed to complete the Malta visit then lock-down was imposed. The Slovenia visit has had to be abandoned, although flights and hotels had already been booked. Our Committee took the view that the safety of our delegates was the primary consideration.

The Erasmus + national agency subsequently agreed to extend our contract for another year and we hope to be able to complete the project if and when we get the all clear from the authorities. **Personally I think we can be thankful for the swift way the Cypriot authorities here moved to impose measures that have kept the number of infected cases, and therefore deaths, down to one of the smallest levels in Europe.**

Let us hope that, in the process of reviving the tourist trade, so vital for this island, they remain vigilant and mindful of public health needs.

Enjoy reading **Grow Bold**, there is lots to keep you informed and entertained.

Above all, stay safe and have a nice summer break!

Thanasis (Dan) Tsirikos

Chairman

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

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

New C3A Committee Members



Your committee this year was joined by three new members:

Pat Boden, leader of the Family History group;

Cleo Kyriakidou, our Group Coordinator;

And returnee Pamela Calver, leader of the Theatre Group.

The committee has been enlivened by this input of new ideas and personalities - but this process needs to continue to enable C3A to survive and grow.

As you probably know the AGM will take place at the beginning of November - hopefully it will not be online by then - all roles on the committee will be open for nominations from the membership; most importantly for Chairman, Secretary and Treasurer without whom C3A would cease to exist.

So over the summer months perhaps you would consider if you have something to offer and could contribute to the future of C3A. If you are not happy with the way things are then join the committee to put forward new ideas, if you are content with how things are working then join the committee to enjoy the coffee and biscuits and lively conversation!

You will need someone to nominate you and a seconder, more details in our Autumn edition. Thank you.

Jane Webster

Publicity Officer

UK citizens could retain EU citizenship



Stephen Hocking

DAC Beachcroft files landmark case with General Court of the EU on behalf of a group of UK nationals

Together with Professor Takis Tridimas of Matrix Chambers, DAC Beachcroft lawyers have today filed a case with the General Court of the European Union that argues that all UK citizens who had EU citizenship on 31 January 2020 have retained that citizenship notwithstanding the UK's departure from the EU.



David Harrison

Acting for a representative group of UK citizens, the case argues that while the Withdrawal Agreement between the UK Government and the EU has resulted in the UK as a nation leaving the EU, the fundamental status (and related fundamental rights) of UK citizens as citizens of the European Union cannot be removed by that agreement without their consent. If successful, UK citizens would retain their rights as EU citizens; for example the right to live and work in EU member states.



Dr Alexandra von Westernhagen

The defendant to the case is the Council of the EU itself. The case does not challenge the legality of Brexit.

Commenting on the case, DAC Beachcroft partner Stephen Hocking said, *"In the withdrawal agreement, the EU council purported to remove fundamental individual rights from a group of citizens of the European Union, namely UK nationals, without any due process and without any reference to them. In doing so it acted unlawfully. EU citizenship is a citizenship like any other, and it confers individual rights on citizens that cannot be taken away by an agreement between governments."*

Legal Director David Harrison added: *"It is important to understand this case is not about whether the UK has or should have left the EU, or about what the relationship between the UK and the EU will be in the future. It does not challenge Brexit itself, or any act of the UK government. It is a challenge to a decision of the EU to deny some of its citizens their rights."*

If the case succeeds it means that UK citizens will enjoy the same rights they had before Brexit to travel, work and settle within the EU."

"Fundamentally, the case asks what is the nature of the EU itself: is it merely an agreement between states, or is it truly a union of European peoples." Consultant Alexandra von Westernhagen concluded.

The DAC Beachcroft team included Consultant Alexandra von Westernhagen, Stephen Hocking, partner, and David Harrison, Legal Director.

The case is being supported by [crowdfunding](#).

Distance learning

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/courses>

Poems by Spike Milligna (the well –known typing error)

Smiling is infectious

Smiling is infectious
You catch it like the flu
When someone smiled at me
today
I started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.

(Submitted by Photography Group
member Paul Demetriades)

A silly poem

Said Hamlet to Ophelia,
I'll draw a sketch of thee,
What kind of pencil shall I use?
2B or not 2B?

Teeth

English Teeth, English Teeth!
Shining in the sun
A part of British heritage
Aye, each and every one.
English Teeth, Happy Teeth!
Always having fun
Clamping down on bits of fish
And sausages half done.
English Teeth! HEROES'
Teeth!
Hear them click! and clack!
Let's sing a song of praise to
them -
Three Cheers for the Brown
Grey and Black.

Pussy-cat

Pussy-cat
What are vices?
Catching rats
And eating mices!

There are holes in the sky

There are holes in the sky
Where the rain gets in
But they're ever so small
That's why the rain is thin.

The lion

If you're attacked by a Lion
Find fresh underpants to try on
Lay on the ground quite still
Pretend you are very ill
Keep like that day after day
Perhaps the lion will go away.

The soldiers at Lauro

Young are our dead
Like babies they lie
The wombs they blest once
Not healed dry
And yet - too soon
Into each space
A cold earth falls
On colder face.
Quite still they lie
These fresh-cut reeds
Clutched in earth
Like winter seeds
But they will not bloom
When called by spring
To burst with leaf
And blossoming
They sleep on
In silent dust
As crosses rot
And helmets rust.



Spike Milligan

Spike Milligan [1918-2002] was born in India, the son of a highly mobile British military officer and spent his childhood in various places in the Far East. In his lifetime he found fame as actor / comedian / director / playwright / poet / author but is most famous as one of the original 'Goon'.

Milligan's earliest recorded stage appearance was in a grade-school production of The Nativity. His career proper began in 1936, when he hit the cabaret and music-hall circuit as a comic / musician. In 1950, Milligan launched the nonsensical BBC radio series Crazy People, which would evolve into the legendary Goon Shows. He appeared with fellow Goons Peter Sellers and Harry Secombe in such diverting film fare as Down Among the Z Men (1952) and The Case of the Mukkinese Battlehorn (1956). Equally balmy have been Milligan's stage shows and novels, many of which (The Bed Sitting Room, Adolf Hitler: My Part in His Downfall etc.) have been translated to the Big Screen.

Group leader reports

Lilian Hayball - Breakfast Group

The last C3A Breakfast Group on 27th February was held as always at the Limassol Miramare Hotel Restaurant buffet. It was celebrated with balloons and New Year twinkles. We little realised it would be our last outing for some time. Seven of us enjoyed a hearty and jolly breakfast and promised to meet again soon, and definitely the next month.

Then the Covid19 Lockdown hit on 16 March for Cyprus, and 70 days later, we are still reeling from the repercussions, let alone contemplating hotel re-openings, meetings and travel.

My Breakfast group meetings may resume later on, perhaps in the autumn.

Meanwhile, I have been in touch with family and friends by phone/ WhatsApp mostly - not Skype or Zoom. Janet Bureau's Music Appreciation group, with Nick Pollard, on WhatsApp, has kept me going. And music and films on Youtube. We are lucky to have that magical thing, the Internet! Well done Cyta and the EAC Board!

My stamp, furniture, and book collections have both been rearranged, and I struggled with eternal cleaning. I have been endlessly sleeping, reading, etc. Darnn those crazy late night motorcyclists during Easter!

Eating? Whatever was in the fridge sometimes! No visitors! Thank goodness for small mercies like shopping, and now the lifting of some restrictions. Masks and gloves still apply to me in my vulnerable over 70 group, never mind what the youngsters do!

It is approaching the end of May. I am trying to keep fit swimming. It's lovely walking. I am glad the Post Office has been open lately. I'm still sending old fashioned cards for birthdays and family events. It's great to get them back!

Take care all, and Keep Safe!

Lilian xx



Group leader reports

Pat Boden - Family History Group



As group leader I have kept contact with the group by sending out emails with news of free offers on genealogy sites which have been numerous.

I have also offered help for those with problems and have been able to help over brick walls and DNA queries. I am trying to arrange an online group meeting.

I also helped with a magazine from the combined groups of All About Books, Music Appreciation and Family History, sent to members of all three groups. It helped spread information about each group as well as entertain those in isolation.

Family history is ideal for an online group and have suggested this as a possibility in future for C3A members.

Group leader reports

Claudine Snell - Photography Group

Since our last issue of Grow Bold nothing much has changed. We continue to have our monthly competitions and gathering together on Zoom to show and judge some exceptional photographs. Technology can be very frustrating at times and certainly a time waster, but with such a huge change in all our lives this past few months it is wonderful to be able to talk with and see family and friends.

As the summer is just about upon us, our group will not be having our weekly meetings until the start of September when the weather has cooled down. In the meantime, we will continue to congregate on Zoom and hold the competitions. I'd like to think that within a few weeks we could all meet for a coffee somewhere.

I'd like to take this opportunity to thank both Nigel Howarth and Jane Webster for turning Grow Bold into a professional looking magazine.

Theme for April - 'Close Up'



Theme for April - 'Coffee Time'



Group leader reports

Janet Bureau - Music Appreciation Group

A Different sort of Meeting



As the last Friday of the month approached I suggested that it would be lovely to meet again in real life before the long summer break.

In view of the hotter weather a morning meeting relaxing over coffee seemed a better plan, The response was positive! We had no music programme but the turntable was there for our vinyl treasures and lots of CDs too.

In the event we didn't really listen to music at all, but discussed ideas for future programmes after the summer, and began a debate about how music affects our wellbeing and emotions. This has resulted in an email today about wonderful ideas to explore.

We agreed that we would like to meet again for this kind of a morning during the "empty " months, especially if John P. brings more of his delicious meringues and the bowl of whipped cream!

Group leader reports

Nick Pollard - Music Appreciation Group



Janet, our group leader, suggested we start a WhatsApp group for Music Appreciation when it became clear we would be suspending face to face meetings due to Covid-19.

The idea was to share clips of music from sources such as YouTube. It has since grown to include other members of C3A who do not attend Music Appreciation, but just love music. It also has developed to include other items which a participant thinks will be interesting or amusing for other members of the group. These have been recordings of the dawn chorus and a clip of a squirrel solving a garden puzzle set up by someone from my home town, Hitchin!

All you need to be a member of the Music Appreciation WhatsApp group is a smart phone (Android or iPhone) with WhatsApp installed. Just let me have your mobile number by email (nick.pollard@outlook.com) and I will add you to the group.

You can also add the YouTube app to your phone and share any item you think might be fun to share.

You can exit the group at any time.

Group leader reports

Jane Webster - Art Group

Our last meeting before lockdown was on 27th February but I set up a WhatsApp Art Group, where people can show their work and exchange ideas. Also we have been keeping in touch via email as some members are not comfortable with WhatsApp. We've decided not to meet in person at the moment - it's early days - hopefully by September we will have a clearer idea of the situation

Our latest project online is Drawing Blind, you might like to try it - the aim of this exercise is to create a route of communication between your two hands. You'll close your eyes, touch, feel and explore your face with one hand and respond with pencil marks made by the other. Felt information will be transferred and made visible, and you'll begin to make and recognise interesting marks that are made in response to touch. It's important that your hand that makes the pencil marks moves simultaneously and responds to the hand that is touching your face. So.....

1. Use a sketchpad or attach your paper securely to a board, have your pencils in an accessible place so that you don't have to keep opening your eyes.
2. You are going to start with your mouth so place your pencil in the lower third of your paper.
3. Close your eyes, you will need to keep them closed for about the 20 minutes or so that it takes to make the drawing. Don't look at your drawing during this time!
4. With your other hand explore your mouth and describe in marks and shapes the range of sensations that your touching hand is feeling: soft rubbery lips, hard teeth. wet tongue etc This should be a simultaneous and synchronised response!
5. Push and pull, twist and turn the pencil, press firmly or gently to produce a variety of thicker, thinner, light and dark marks. Make dots. dashes, smudges, do whatever feels appropriate to what you are feeling, change pencils as you wish.
6. When you've explored the mouth move onto the nose, eyes, brow, hair and find a way to an ear then across to the other ear and down to the chin drawing continuously as you go.

Remember that you are making an abstract translation of how your face feels not a literal translation of how it looks.

But above all, Have Fun!

Stay safe and happy!

Group leader reports

Jane Webster - Art Group (continued)

PS Although I've specified pencil and paper above, one of the Art Group members used her Ipad and the free version of Sketchbook {see Sketchbook.com} She was inspired by [David Hockneys wonderful creations using an Ipad.](#)



Group leader reports

Barbara Bakie - Ten Pin Bowling Group



On behalf of the 10 pin bowlers.

We will resume on the 24th September in My Mall. at 10-30.

New members welcome.

The venue is has A/C so is cool but in July and August we found in the past, a noise problem.

School holidays!! Need I say more?

We lost Eric Rawlinson on 20th March. He will be missed for his charm and company. He was 93 and had some very interesting tales to tell.

We also "lost" David Pentecost who has health problems. He too will be missed.

I have always said that my motto is the same as my blood group B+.

With that in mind, positive aspects of the lockdown.

Less traffic on the roads. Petrol down in price. (Not that we are using much!!)

Supermarkets open early just for seniors and the vulnerable until 10am.

Friends are in when you phone them and are often happy to chat.

I caught up with jobs which I had neglected, like sorting my photo collection and tying them in with the relevant holidays.

Clearing cupboards and donating stuff to charity.

Nobody catches me in my nightie if I am having a lie in.

I'm sure others have other aspects to share. Beats complaining.

Keep safe. Keep well.

In Remembrance

Cleo Kyriakidou - Groups Coordinator



Sadly, three valued members of the All For One Friendship Group run by Mairwen Morland have died recently.

Eric Rawlinson, who was keen on 10 pin bowling, died on 20th March, aged 93. He was buried with his beloved wife on 26th March at the British Cemetery. Unfortunately, due to the lockdown, few were allowed at the funeral and there were no family members.

Alan Withey, 77 years old, died in UK on 20th April after suffering a fall and being hospitalised with a bleed on his brain. He was cremated on 7th May.

Stella (Estelle) Hutton used to play bridge three or four times a week and also enjoyed Mah Jong. She died in Cyprus on 2nd April and was kept at Archangel until her repatriation to UK on 7th May. She was 85 years old. Her cremation was on 26th May.

In Stella's case we were able to pass on the condolences of the C3A Committee on behalf of all those who knew her to her sons, one in UK and one in Australia.

All will be greatly missed.

Life in lockdown

Sue Leach - Lockdown & Onions

My first reaction on hearing about Lockdown was "It's a hoax"! Ringing some strange mobile number for permission to leave the house? Curfew? Of course, it's a hoax.



It only took a few phone calls from friends for the idea of Lockdown to become real.

We've all experienced unexpected situations which have kept us at home but they only usually last a few days at the most.

Being in the so-called Vulnerable Category I had come to terms with being housebound. Luckily, I have several hobbies and I thought that they would keep me occupied but very quickly you start to think differently and security and survival become your priorities.

I was fortunate enough to have a very kind neighbour who shopped for me and that prompted me to avoid being wasteful.

Home cooking took on a whole new meaning, baking and cooking, gradually building up the freezer "just in case ". My freezer has never looked so healthy, neither has my bank balance I'm pleased to say! One day I was browsing eBay, not really to buy anything, more for light relief, and I came across some seeds which I had been

looking for long before I returned to Cyprus. Welsh Onions or *Allium Fistulosum* to you professional gardeners.

I only have a courtyard garden and two small balconies but my excitement on finding these ever-populating onion seeds for very little money and free postage, I just couldn't resist. I sent for two packets, one for me and one for a friend who had recently moved into a new home with a garden.

Time passed and they eventually arrived about six weeks after the start of Lockdown.

Life in lockdown

Sue Leach - Lockdown & Onions (continued)

I couldn't wait to get my seeds planted and offered to start some off for my friend. Compost was bought and a few pots filled. Once I started sprinkling the seeds, they seemed to go on forever, at least six pots had been seeded before I noticed the number of seeds that were supposedly in each pack. Imagine my surprise when I read that each packet contained two thousand seeds and I had only used about a quarter of a packet. "Ah they won't all come up " I thought.

Two weeks after sowing THEY DID!!!

I have been battling to find homes for these wonderful baby onions and still have one and three-quarter packets of seeds left!

It didn't stop there as while waiting for the wonders of nature to take its course I read tips on Facebook about how to grow other tasty things from seed. I sliced about six Tom Thumb tomatoes and laid them on compost with a light covering of compost on top. I saved seeds from a pepper I was having in a salad and seeds from the chilli which went into a curry. These were planted and guess what? THEY ALL CAME UP! Hundreds of tomato plants, at least forty pepper plants and twenty plus chillies.

I will remind you dear reader of the fact that I only have a courtyard garden, every vessel I could lay my hands on I've filled, every available space is filled. I even have pots hanging in my lemon tree.

But what a wonderful problem to have finding homes with my friends and neighbours for these wonders of nature.

Lockdown or no lockdown what enjoyment these dear little plants have given me.

Hopefully next year there will be no lockdown but I will still plant my seeds - maybe not quite so many - I will still cook more filling my freezer again with lovely curries, soups and a variety of tasty meals and will enjoy a much simpler life.

I hope that whatever hobbies or pursuits you have filled your days with during lockdown have been enjoyable and let's hope we have all learned some very valuable lessons.

Anyone need any onions?

Life in lockdown

Barbara Johnson - Elephant collage

For me, the lockdown didn't make a lot of difference, living alone in a small village and only going out only a couple of times a week, there is always something to do whether its painting, plastering, gardening or composing xwords for my granddaughter.

I have to thank Jane though (Art Group) for keeping us inspired with amazing works of art from all over the world and urging us, as David Hockney said to go and actually LOOK at what is around us and paint or draw something.

Jane encouraged us to go out of our comfort zone, to attempt something different and my effort was a collage of an elephant using bits of fabric which although was very fiddly, I enjoyed doing. When she circulated the email asking for contributions for Grow Bold, she mentioned things she had collected.

I thought of what I had amassed over the years, 13 chimney pots gleaned from skips and builder's lorries (a visitor to my house once asked if I had an underground bunker!) teapots – I only brought 10 here, old stone sinks (left those behind), bits of unusual shaped wood and blue and white china and if anyone can restore a broken piece to its former glory, please get in touch.



Life in lockdown

Pamela Calver



Well it was time to challenge my self!

For years I have claimed that I should love to learn the piano or write my life story or some story and learn to do crosswords.

Taking myself in hand whilst going through the affirmation stage of 'yes you can do these things' I started.

If my intent was to be serious then now with the lockdown giving me the spare time I had claimed not to have , it was now or never.

How did I go about this? Discipline was the key to even starting so I developed a routine to my day with these 3 new programmes firmly at the head of the list.

My first task of the day was the crossword. I kid myself my brain is sharper in the morning; perhaps it is! The easy questions were answered first then the harder ones left until the next morning, taking me two attempts to complete one crossword. I did have a book with the answers in the end. I am well on my way now. The secret I am told is to stay with one crossword maker to get to know his thinking.

The piano lessons are more of a struggle because the left hand often does not want to cooperate with the right. This is probably my 3rd effort to learn to play and I must say that the on-line course I have joined is making learning simpler and fun. I guess that's why they call it 'Simply Piano' I am giving it time and effort with a newly tuned piano who knows the outcome.

So lastly but admittedly my favourite choice. Learning to Write Fiction with Open University. I have completed the tasks to date and start week 6 now. It is wonderful to follow and be advised by many eminent writers. They make it seem easy until narrative gets to be written then you can see all the flaws. I will definitely continue with this course and hopefully one day I will send my short story out o all of you.

My lockdown involved much more but this is enough to suffice. Lockdown enhanced my life. I am sorry for those that had great difficulty.

Pamela Calver

Life in lockdown

Advice from a Tree– by Ilan Shamir

Dear Friend,
Stand Tall and Proud
Sink your roots deeply into the Earth
Reflect the light of a greater source
Think long term
Go out on a limb
Remember your place among all living beings
Embrace with joy the changing seasons
For each yields its own abundance
The Energy and Birth of Spring
The Growth and Contentment of Summer
The Wisdom to let go of leaves in the Fall
The Rest and Quiet Renewal of Winter
Feel the wind and the sun
And delight in their presence
Look up at the moon that shines down upon you
And the mystery of the stars at night.
Seek nourishment from the good things in life
Simple pleasures
Earth, fresh air, light
Be content with your natural beauty
Drink plenty of water
Let your limbs sway and dance in the breezes
Be flexible
Remember your roots
Enjoy the view!

(Submitted by Koula Papadopoulou)



Recipe

Aubergine Chermoula

Aubergine chermoula makes a delicious lunch, dinner or supper. Serve topped with a dollop of Greek Yogurt and some warm pittas. The amount of spices can be increased to taste.

Ingredients



Olive oil
2 aubergines trimmed and cut into 2.5 cm cubes
Sea salt
1 medium onion thinly slices
3 cloves of garlic crushed into a paste with sea salt
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1 teaspoon sweet paprika
Chilli flakes to taste [optional]
1 smallish red pepper deseeded and cut into thin strips
A handful of plump golden raisins
400gm tin of chopped tomatoes
3 tablespoons red wine vinegar
2 teaspoons brown sugar
2 tablespoons clear honey

Method

Heat a good glug of olive oil over a medium heat and saute the aubergine cubes until golden brown. Season with salt halfway through. Remove from the pan and set aside.

Reduce the temperature to low and add the onion slices. cook until caramelized. Stir them frequently so that they cook and color evenly.

Just as they start to brown add the garlic paste and the spices and stir through. Then add the red pepper strips and continue to saute until the pepper is soft and no longer raw.

Add the raisins and cook for a further 5 minutes before adding the chopped tomatoes. cook for another 5 minutes then add the red wine vinegar, the sugar and honey.

Increase the temperature and stir fry the mix for a minute or two {ensuring that it doesn't burn} then reduce the temperature to low and using a potato masher lightly mash the mixture and stir it to make sure that it is evenly cooked.

Stir in the cooked aubergine and cook for about 10 minutes over a low heat then turn off the heat but leave the pan on the hob to cool slightly to allow the flavours to meld. Check seasoning before serving.

Quiz

A Figure of Speech

There are 27 figures of speech in the photo. Can you guess what they are? Here's one to start you off "the cat has got his tongue". Good luck!



Small ads



Need a holiday, some peace and tranquillity, but your trip abroad had to be abandoned? Try Cyprus! More specifically my "stone-built, 200-year-old, traditional Cypriot house in a small village only four km from the beautiful, clean beaches to the east of Limassol and close to the eastern Troodos for walking etc. It is truly a peaceful place, though maybe not quite as exotic as you were planning!

There are two rooms each with a single bed, which can be put together in one of the rooms. One of the rooms has an adjoining bathroom (the rooms are never rented out separately). Guests have access to the kitchen for tea and coffee.

(Covid-rules re distancing & hand-washing etc apply, of course)

There is an excellent taverna in the village (plus others!).

More information and booking:

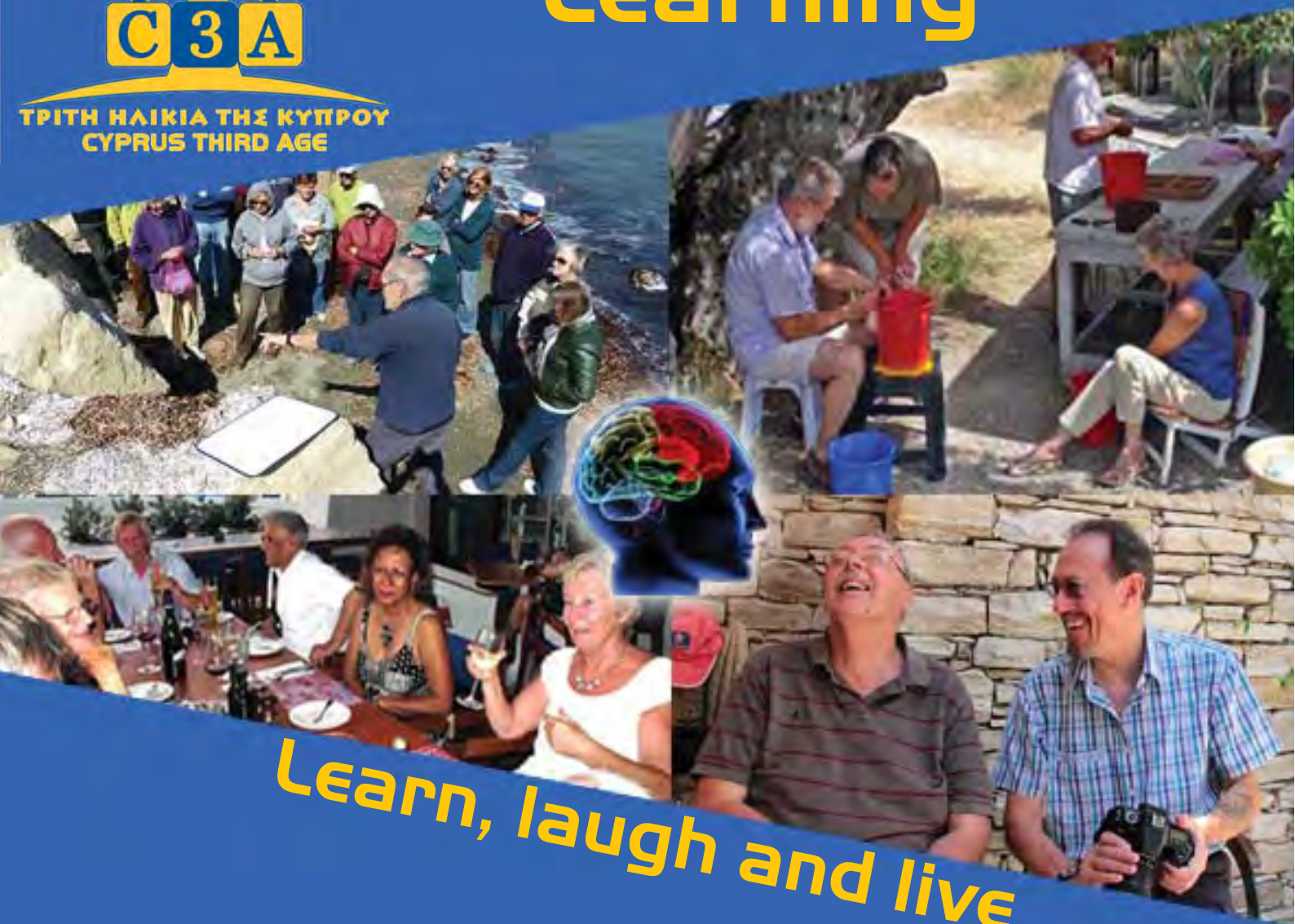
pennydouglasscyprus@gmail.com

Keep safe & well, Penny Douglas



ΤΡΙΤΗ ΗΛΙΚΙΑ ΤΗΣ ΚΥΠΡΟΥ
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