

Número 34 de abril
de 2025

Grupos de español u3a

Bienvenidos a abril and our monthly newsletter full of seasonal joy and interest. Easter falls in April so there's plenty of interest to consider in our groups if you want something cultural.

Last month there was a sudden change in the weather and many of our groups will be thinking of enjoying the warmer days together. It's always good to try something a little different and with this in mind I've been working on some new leaflets for the Spanish page on the u3a website.

Many of our groups face challenges with members who have additional need and I've addressed some of these such as visual impairment, hearing loss and wellbeing.

Those of you familiar with my page on the national website may already know my reasons for getting into Spanish when I retired. I'm very much in favour of the value of language learning to support cognitive health as we age.

Do take a look at these leaflets as they contain lots of ideas to support members who may fall into one or more of these groups. You'll find one of these in full on page 2 of this newsletter.

Let me know if you try any of the ideas or if you can think of some additional suggestions yourself. I'll happily mention your u3a in the next newsletter.

Have a wonderfully sunny April,

Sandra

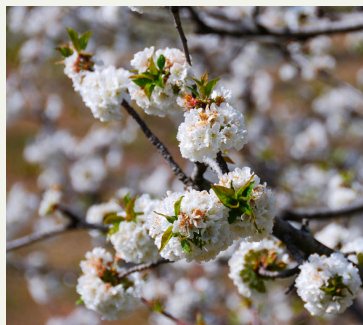
Asesor de materias de español



*¡Felices
Pascuas!*



Events to look out for across Spain during April.



From late March 'til early April Vallee del Jerte is covered with the blossom of over 1.5 million cherry trees. It's one of Extremadura's top tourist attractions as people come from all over the world to see this stunning landscape.



Semana Santa (Holy Week) is a time of celebration across Spain. The week leading up to Easter Sunday is marked by a series of solemn processions, religious ceremonies, and traditional events that draw both locals and visitors alike.

Asesoramiento sobre asignaturas de español

Puedes contactarme en:-
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o visite mi página de Asesor de
asignaturas de español en
[https://www.u3a.org.uk/learn/
subjectadvice/spanish](https://www.u3a.org.uk/learn/subjectadvice/spanish)



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SUPPORTING MEMBERS WITH HEALTH AND WELLBEING IN OUR SPANISH GROUPS

Promoting Health and Wellbeing

Learning Spanish and participating in a group of like-minded members within the u3a can be incredibly beneficial for our health and well-being.

Engaging in language learning stimulates cognitive function, enhancing memory and mental agility. Moreover, being part of a supportive community fosters social connections, reducing feelings of isolation and promoting emotional well-being. The shared experience of learning and growing together creates a sense of belonging, purpose, and joy, contributing to overall mental and emotional health.



By combining language acquisition with social interaction, u3a members can enjoy a richer, more fulfilling life.

Below you'll find one or two ideas to try in groups to promote health and wellbeing for our members.

01. Walk and Talk

The great outdoors is a very stimulating place. Try a local park or go further afield. Combine it with a stop for a snack. Develop the vocabulary that you'll use in the session or try a scavenger hunt.

Try different seasons or vary the destination to extend the vocabulary you're using. A shopping trip makes a great alternative.



02.

Link with other Groups

Whether it's another Spanish group, a language group, a different interest group or even another u3a-share an event together. It could be a film night, a wine tasting event, a meal out or a visit to a local event. This will help to strengthen friendship groups and make new contacts.



03. Go for a Virtual Tour or Holiday

Many group members can no longer access trips abroad and this is a great way to do some planning together. Select a virtual destination in Spain or further afield.

Research a location and "organise" your trip.

See *Going on Holiday with ChatGTP, Spanish u3a.*



04. Try a Spanish Exercise Video

Spanish Pilates, mindfulness, yoga.....the list is endless. Select an activity that your group could try. A short five or ten minutes session would make for a different start to the normal group session. Learn the names of body parts, moves in the activity etc. to strengthen vocabulary.

Share articles from a Spanish health and wellbeing magazine using Libby or BorrowBox to read about your chosen relaxation method.



Words and Phrases for April



Español para principiantes

Pascua - Easter

Semana Santa - Holy Week

Domingo de Ramos - Palm Sunday

Viernes Santo - Good Friday

Cuaresma - Lent

Huevo de Pascua - Easter egg

Conejo de Pascua - Easter bunny

Idiomas para Intermedios

Estar en las nubes.
To be daydreaming.

Más vale tarde que nunca.
Better late than never.

Cada loco con su tema.
To each their own.

Hacer castillos en el aire.
To build castles in the air.

Abril aguas mil.
April showers bring May flowers.
Literally: "April, a thousand waters."

Abril, abril, está por venir.
April, April, yet to come.
A saying suggesting patience and the idea that April will bring new things.

En abril, cada gota vale por mil.
In April, each drop is worth a thousand.
This highlights the value of rain in April for agriculture.



How to Find a Group to Join?

Use a Search Engine often referred to as "doing a Google Search"

Check out a range of u3as in your area (you might need to travel to find the group you want)

Ask you u3a to start a Spanish group

Look on my Spanish Subject Adviser site for tips and help.

How to Start a Group

There are a lot of common principles between languages. If you want to start a Spanish group but you're not sure where to start, ask another language group in your u3a what they do and share the same formula. All you have to do is apply it to Spanish!

New Release for April

The new Supporting Members series of leaflets is now 'live' on the Spanish Adviser page. You'll find this under the **learn** tab on the u3a website www.u3a.org.uk. The leaflets include a full page for visual impairment, hearing loss, support for people returning to groups and mental health and wellbeing. Each leaflet contains ideas to support our members in these groups and the great thing is that the suggestions can be used with everybody in mind.



No lo olvides, si intentas algo que crees que a otros grupos les gustaría, házmelo saber. Siempre estoy feliz de compartir esto con nuestros grupos en español.

¿Necesitas más ideas?

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Asesor de asignatura de español

<https://www.u3a.org.uk/learn/consejosujeto/español>