

Berni presents the new Grada magazine



ADEJE GRADA

Get sporty

The second edition of Adeje's comprehensive guide to municipal sports has just been launched and is available in sports centres and shops in the town centre.

Called Grada, and easily identifiable by the picture of the borough's sporting mascot Berni on the cover, this is an excellently produced resource for sporting fans of all ages, giving you all the information you need

to know about the ongoing activities provided by the council in Adeje, where to go, who to ring, what ages the sports are designed for, etc. From basketball to volleyball, rhythmic gymnastics, keep fit, yoga, rugby, football, tennis to cricket, it's all included.

The magazine also includes a series of articles on various sports, a look at Adeje's beaches, a round-up of municipal parks, sporting facilities in the borough's

public schools, and a full directory of relevant addresses and numbers, and a calendar listing sporting events that took place in 2009 and an advance listing for 2010.

Using the guide is a great way to improve the physical health and well being of you and all your family, and what better way to start the new year. Pick up your copy today, or find the full magazine online http://www.adeje.es/esp/revista_grada_2/revista_grada_2.html

A healthier 2010 for you all at Origin



SPA AND GYM

New origin

If one of your New Year's resolutions is to start taking better care of your health or you want to get a kick start to shaping up for the summer days of baring more flesh, try the newly refitted day spa and gymnasium in Playa de la Arena, Puerto de Santiago.

Origin is part of the Hotel Playa la Arena building, turn up the Calle el Lajial towards the main entrance and the entrance to the spa is on the right at about 50 yards up. The gymnasium has

recently been refurbished to a high standard with all the latest gym equipment and cardio machines. The air conditioned rooms provide a comfortable exercising area and the treadmills and step machines look out over the hotel's pools which members also have the right to use.

Their friendly staff offer you a free induction programme and health check, there are personal trainers on hand and various fitness classes available including fitness, yoga, relaxercise, dance classes in many styles

and musical theatre for three year olds upwards.

Origin also offers therapeutic, beauty and spa treatments, a selection of massages, detox and cleansing treatments, Reiki, reflexology, manicures and pedicures, facials, exfoliations and body wraps.

They are open Monday to Friday, 9am to 10pm, Saturday 10am to 5pm and Sunday 10am to 4pm, so there is a time to suit everybody. For more information contact 922 860 324 extension 8088.

How Things Can Change

Wingate School
Tel: 922 720102
15th December 2009

Dear Alice

It takes some believing but it's 5.00 pm on a sunny and bright December evening. David has settled so well and in the mornings is keen (yes! really! our David!) to get to school. How things change.

You know Tenerife but check out the school www.wingateschool.com. On either count a change for the better. Taken together! Incomparable!

Love and best wishes
Jenny

Wingate is a fully recognised British School in the south of Tenerife for children and students from 3 years to 18 years. GCSE and A Level Exams.



RING ROAD

Cash diverted

José Luis Delgado, a socialist councillor in the Cabildo, has accused the Canary Government of transferring funds destined for the south west of the island elsewhere.

He claims that money to be used in the Adeje to Santiago del Teide section of the ring road has been diverted to the metropolitan area of La Laguna and Santa Cruz de Tenerife

and that cash for the connecting road to Fonsalía has been switched to Lanzarote. "This part of the island could lose its development and the diversification of its economy if we don't construct adequate communication links," he declared, stating his intention to demand at the next meeting of the Cabildo that "the south west of Tenerife receives protection".

GUÍA DE ISORA

Desalination plant

Funds have now been allocated to the new desalination plant for the south west in Guía de Isora.

Waterworks for four million euros are planned in total and the first hundred million have already been allocated to the Guía plant and four other projects. The initial cash has been made available

to the island council by the Spanish and Canary Governments. The Guía project has already been sent out to tender and another badly needed scheme for a new sewage works in the area to cope with the additional residential and tourism pressure is also expected to receive funding in the not too distant future.

Budget

Guía de Isora Commercial face lift

• The Canary Government has budgeted over €40,000 for a renovation plan in the commercial areas of the borough of Guía de Isora.

The idea is to make the shopping areas more attractive to the clients all year round. All the street fixtures and fittings, benches, bins etc are to be renovated or renewed as part of the overall scheme to boost the commercial areas in all of the borough's residential and tourist nuclei. According to the council, the changes will project, "the value and identity of Guía de Isora as a commercial area attractive for both residents and visitors".

Guía de Isora

The gift of the
Magi

Kings in Guía de Isora

• Given their very packed agenda, the Magi, Kings Balthazar, Garzón and Melchior, have an extremely busy evening on January 5th, as they travel around the islands making sure that all children are visited and their gifts delivered.

Even in this time of crisis it's to be hoped there's something for everyone. The Three Kings will make a special visit to Guía de Isora, starting with a parade through the main streets at 7pm, with music provided by local bands, some Disney stars in attendance, as well as lots of excited children and their parents.

After the parade the Kings will be collecting letters from the children in the church. Any child or young person who would like to be a page to the Kings should contact the Guía department of culture before Jan 3rd.