



# Schedule 2025/26

Edition 1 | september



**Quarteira**  
Longevidade  
com qualidade.



# Information

## CALENDAR

### Registration period:

1st phase from September 8 to 19, 2025

2nd phase from October 6, 2025

Classes start: October 6, 2025

Christmas vacations: December 22, 2025 to January 2, 2026

Carnival vacations: February 16-18, 2026

Easter vacations: March 30 to April 10, 2026

Classes end: June 5, 2026

## REGISTRATION

Registration in person or via the website  
[www.jf-quarteira.pt/academiadosaber](http://www.jf-quarteira.pt/academiadosaber)

Registration is valid for the current school year only, and participation is subject to availability.

## MANDATORY DOCUMENTS FOR IN-PERSON REGISTRATION

- Presentation of Identification Document
- Presentation of Tax Identification Number (TIN)
- Presentation of proof of residence for those not registered in the parish of Quarteira.

## SELECTION CRITERIA

1. Be registered in the parish of Quarteira
2. Reside in the parish of Quarteira
3. Be registered/resident in the Municipality of Loulé
4. Other interested parties
5. Order of registration

## ADMISSION CONDITIONS

- Be physically and mentally robust, suitable for the activities to be carried out.
- Accept and respect the Organization and Operating Rules of the AS at [www.jf-quarteira.pt/academiadosaber](http://www.jf-quarteira.pt/academiadosaber).
- Pay the registration fee for the current school year by the deadline.
- Formalize registration by signing the following documents: Registration, Processing of Personal Data - Right to Information (Art. 13 GDPR) and Declaration for the Processing of Personal Data - Image and Voice, by October 6, 2025.

Only registrants who have received confirmation by message on their national mobile contact or who have confirmed their admission at the JFQ offices will be able to pay the registration fee and subsequently take part in the activities.

*\*Schedule subject to change.*

NEW

## The Art of Knitting

Maria Dinora Lopes

Learn the Fundamentals of Knitting.

**Materials:** Knitting and sewing needles, yarn and scissors.

## Angelology

Valter Encarnação

How to discover the magic of angels in your daily life.

## Arraiolos (Class 1 and 2)

Maria do Carmo Martins

Arraiolos classes involve learning the foundational techniques to create Arraiolos rugs and cushions, familiarization with the necessary materials, and refining the execution technique for this manual craft.

## Capoeira

Belinha

Combines sport, dance, music, self-defence, popular culture, and play.

**Materials:** Comfortable clothing, non-slip sneakers or socks, towel and exercise mat.

## Capolates (Class 1 and 2)

Sara Pakita and Francisco Moita

A fusion of Capoeira and Pilates, aiming to promote quality longevity and an active, healthy lifestyle.

**Materials:** Comfortable clothing, sneakers or non-slip socks and a towel.

## Science for All

Carlos Antunes

How innovations of the last 100 years have changed our lives and what science can offer humanity in the next century.

NEW

## Body in Motion: Active Longevity

Fidel Gongá

A physical exercise program specifically designed for adults aged 50 and over, focusing on mobility, strength, balance, and general well-being.

Classes respect individual limitations and promote autonomy, cardiovascular health, good posture, and overall quality of life. Ideal for those who wish to stay active, prevent pain and falls, and live with more energy and joy throughout all stages of life.

**Materials:** Comfortable clothing, athletic shoes or non-slip socks, a mat and a towel.

NEW

## Create with EVA

Filomena Ramos

Learn basic cutting, assembly, and creation techniques using EVA.

**Materials:** EVA foam sheets, hot glue, scissors and toothpicks.

## Law

Manuela Loulé

Learn about your rights and duties in society.

## Holistic Disciplines

Maurizio Scotti

"Olos" in Greek means "totality."

Through Holistic Disciplines such as Reiki, Mental Dynamics, Ayurveda, and others, we will delve deeper into this concept, which refers to a state of total health and the union between body, mind, and spirit.

**Materials:** Comfortable clothing, mat, notepad and pen.

# Modules 2025/2026

## Spiritual Study

Valter Encarnação

Spiritual study involves learning about various topics. Discover the origins and how to work with Divine energies. Examples of topics to be studied: Feng Shui, Reiki, Alternative Therapies, Music Therapy.

NEW

## Portuguese Figures from A-Z

Vanda de La Salete and Ilídio Pereira (Advisor)

This module will be an alphabetical journey through the History of Portugal, explored through figures lesser known to the general public, but who nevertheless contributed significantly to our social, cultural, and intellectual identity.

## French - Level I

Bernard Boschung

To develop language proficiency in vocabulary, pronunciation, and comprehension.

## French - Level II

Bernard Boschung

To deepen language knowledge in vocabulary, pronunciation, and comprehension.

NEW

## Emotional Management and Awareness

Margarida Monteiro

The module, based on the REHC Methodology, aims to promote behavioural changes for greater personal satisfaction and conscious development, stimulating physical, emotional, mental, and spiritual health, and improving individual and relational well-being. It is a self-paced learning journey that promotes Emotional Awareness through the senses, reflecting on: Who am I? Where am I and Who Surrounds Me? What Can I Change in My Life?

**Materials:** Notebook, pen or pencil, and eye mask (travel or sleeping).

## Brain Gymnastics

Vanda de La Salete and Ilídio Pereira (Advisor)

Brain Gymnastics stimulates parts of the brain with coordinated exercises, improving neuroplasticity and efficiency in memorization and learning. Without physical effort, it promotes full brain utilization, benefiting daily activities.

## Therapeutic and Respiratory Gymnastics

Manuela Furlani

The objective of this exercise is to develop elasticity and strength through slow movements combined with breathing. All infused with a lovely smile!

**Materials:** Indoor shoes or non-slip socks, an exercise mat and a small pillow (inflatable).

## Guitar

Marc Policarpo

Guitar Classes for Beginners.

**Materials:** Guitar, notebook, pen, pencil, eraser and tuner.

## Stories about Quarteira (Past and Present)

Isidoro Correia

Knowledge of the historical periods pertaining to the settlement history of Quarteira.

## English - Level I

Maria das Mercês Pais

Reading and translation of simple texts in English.

## English - Level II

Idalina Andrade

Improve English conversation skills.



## Interculturality (Us and others)

Olga Rocha

What separates us? What unites us? Discovering the essence of Portuguese culture and comparing it with others, through discussions, experiences, stories, and testimonies. A journey fostering cultural connection!

## Introduction to Computing - Level I

João Calado

Demystify the use of computers and smartphones. Learn to use a keyboard and mouse to facilitate the use of computer programs (applications).

**Note:** Students should have a smartphone (Android preferred) and a computer at home with Internet access.

NEW

## Introduction to Computing - Level II

João Calado

Let's explore and simplify the functionalities of the world of computing and the Internet.

**Note:** Students should have some prior knowledge of using a computer (mainly knowing how to use a mouse and recognizing the main keys on the keyboard) and a Smartphone (preferably Android).

## Senior Karate

Fernando Romão and Helder Guerreiro (Advisor)

A sport that engages the mind and body, developing the following aspects: concentration, quick thinking, flexibility, motor coordination, and muscle strengthening.

## Moments of Poetry

Maria Albertina Farinho

Develop an appreciation for Poetry through reading Portuguese poets. To learn about and promote the oral heritage of the Algarve.

## The Awakening of Consciousness

Fernanda Diniz

Theoretical and practical classes covering various topics in spirituality and complementary therapies.

## Painting (Class 1 and 2)

Laura Silva

Learning the technique of painting on canvas.

**Materials:** Brushes, paints and canvases.

## Pastel Painting

Valentina Coelho

Pastel painting offers a practical approach to various techniques of artistic expression. Pastel is characterized by its softness and subdued tone.

**Materials:** 1 sheet of CANSON paper or white paper (120g/m2), dry pastel palette, blending stump or cotton swabs, and fixative or hairspray.

## Portuguese for Foreigners - Level I (Class 1)

Olga Rocha

Learn essential Portuguese through practice and simulations. A fun way to learn Portuguese without worrying about grammar. For beginners.

## Portuguese for Foreigners - Level I (Class 2)

Deolinda Boschung

To facilitate the acquisition of communicative skills in Portuguese.

## Portuguese for Foreigners - Level II

Deolinda Boschung

To improve communicative skills in Portuguese.

## Portuguese for Foreigners - Level III

Sónia Tavares-Teles

During classes, scenarios for debate, grammar reviews, and games will be created.

## Portuguese for French Speakers

Aurora Belchiorinho

Enable the acquisition of communicative skills in Portuguese. Improve the ability to read, comprehend, and write texts in the Portuguese language.

## Health and Well-being

Valentina de Sousa

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" - World Health Organization.

## Tai Chi

Claude Grenier, Glauco da Silva and António Albuquerque

Tai-Chi is the art of longevity. The objective of Tai-Chi is to restore faculties that diminish over time – balance, flexibility, reflexes, concentration, and memory – through slow and graceful movements. Beneficial for our health, this art of movement reconnects us to our body. Tai-Chi can be practiced at any age.

## Self-Defence Techniques

Maurizio Scotti

Through breathing exercises, self-control, and awareness, we will learn self-defence techniques. These techniques involve learning physical, mental, and emotional defence strategies to protect and preserve personal safety in situations of danger or aggression.

**Materials:** Comfortable clothing and an exercise mat.

## Handicraft Sewing Techniques - Level I

Tiziana Prandina and Maria Carmela Di Franco (Advisor)

Learning techniques such as: taking measurements, hand sewing and basic stitches, pattern making, cutting techniques, fabric placement, and garment construction.

## Handicraft Sewing Techniques - Level II

Tiziana Prandina and Maria Carmela Di Franco (Advisor)

Advanced techniques covering: taking measurements, hand sewing and basic stitches, pattern making, cutting techniques, fabric placement and garment construction.

## Painting Techniques (Class 1)

Magaly Gouveia

Theoretical and practical classes, along with various techniques, to learn oil painting and working with other materials, organized into monthly modules.

**Materials:** Materials to be specified by the instructor for each class module.

NEW

## Painting Techniques (Class 2)

Magaly Gouveia

Theoretical and practical classes, along with various techniques, to learn oil painting and working with other materials, organized into monthly modules.

**Materials:** Materials to be specified by the instructor for each class module.

## Laughter Yoga

Marisa Morgado

Promotion of physical and mental well-being through laughter, combining playful activities with respiratory exercises capable of eliminating stress.

**Materials:** Gym mat or towel.

## Yoga and Posture

Roxana Carnelli

Activity suitable for all ages, regardless of your situation. You will learn to observe your posture and, from there, transform incorrect daily postures. We will use movement, breathing, and rest. Strengthen muscles and joints, gain flexibility, release chronic pain and tension, improve balance, rest and manage your emotions in harmony.

**Materials:** Socks, exercise/yoga mat, yoga strap, yoga block and blanket.

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**TUESDAY**

## Sociocultural Building

[illegible]



[illegible]

# THURSDAY

## Sociocultural Building

[illegible]

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Registration in person or via the website:

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