LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – August 2025

ISSUE 179

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CHAIRMAN'S MESSAGE

Well I am sitting in the lounge and it is 9pm and it is a bit disappointing to see the nights are already drawing in but we have had some lovely weather recently and let's hope we have more to come.

Our monthly meeting was again well attended and Lucy Allen, speaking about the "Ups and Downs of a Stuntwoman" was certainly about the most lively speaker I have ever seen. Quite amazing she told us she has never broken any bones!

The monthly lunch at the Wagon and Horses was another great lunch and again very well attended. It is so motivating to see members participating in good numbers and obviously enjoying themselves.

The next pub lunch is at The Swan, Little Chart on the 20th August. Again we have a good number of members going but I am afraid the last date for booking your place was the 24th July.

THE SWAN, LITTLE CHART. August 20th 2025



Starters

Whitebait Tomato and Basil Soup Ardennes Pate with Toast.

Mains

Steak and Ale Pie, New potatoes and vegetables. Or vegetarian pie Salmon, new potatoes and vegetables.

Hunters chicken breast, chips and salad.

Chickpea and sweet potato curry, basmati rice and popadom.

Dessert

Apple crumble, custard New York, baked cheesecake, berry compote Chocolate Brownie, ice cream

2 courses £22

3 courses £27

The Christmas lunch at Ledian Gardens Restaurant on the 3rd December has only a few places left so if you want to go and have not booked yet it is essential you contact Julia as soon as possible on -

elliottjulia342@gmail.com



LENARA CHRISTMAS LUNCH

DEC 3rd 2025 12-15 until 16-30

LEDIAN GARDENS

UPPER STREET LEEDS

MAIDSTONE ME17 1RZ

3 COURSE FESTIVE LUNCH

FESTIVE MUSIC AND ENTERTAINMENT BY NIGHT FEVER VIDEO DISCO & KARAOKE COST £38

LIMITED NUMBERS,

BOOKINGS TAKEN NOW, FULL AMOUNT DUE BY AUGUST 30™



Our next coach trip is to Brooklands Museum on the 6th October. This is now fully booked but we are taking names on a reserve list so please contact John Edwards if you would like to be included (edwardsjohn19@sky.com or 07831 408597).

There is good news on the Pétanque. We now have new volunteers taking the lead on this (thank you Peter Bowler and Jackie). They are working hard to get this going again with some new ideas. Below is a leaflet they have produced. Any questions please contact Peter or Jackie.

PETANQUE

Want to get a bit of extra exercise but fed up with walking? <u>TRY PETANQUE</u>

A set of Petanque takes about an hour.

Why Petanque?
It's like bowls but with no fancy outfits
It's Fun
You can play on a simple surface
Easy rules
We can provide the equipment
It's cheap – the first few sessions are free – see if you like it.
Just turn up and play – Sturdy shoes please



A few years ago Lenara built a court to play Petanque at the rear of the Community Centre for use by Lenham and the surrounding villages. Circumstances mean the team that ran weekly sessions are unable to continue and we would like to take over with two sessions a week.

Thursday 10.00 to midday Saturday 10.00 to midday

If you are interested please call Peter on 07831 147656 or Jackie on 07734 566896

Our next monthly meeting on the 27th August is our games afternoon. Please note it is a **2pm start**. I will probably be contacting a few of you for some help with this but it won't stop you taking part as well.

Our weekly events -

Short Mat Bowls	Tuesday	2.00pm to 4.00pm	£4 per session	Phil Gooda 01622 851217
Zumba	Wednesday	9.30am to 10.30am	£7 per session	Barbara Kyprianou 01622 850468
Line Dancing	Wednesday	7.30pm to 9.00pm	£4.50 per session	Ann Rolfe 01622 859725
Petanque – weather permitting	Thursday Saturday	10.00am to 12.00pm	£3.00 per session	Peter 07831 147656 Jackie 07734 566896

AUGUST

13 th August 2025	Ten Pin Bowling at Whitstable	12.00am	£8 for two games	Pat Highsted 01622 743658
Wednesday 27 th August 2025	Games Afternoon	2.00pm	Lenham Community Centre	

SEPTEMBER

10 th September	Ten Pin Bowling	11.00am	£7.50 for two	Pat Highsted
2025	at Ashford		games	01622 743658
Wednesday 24 th	Jasmine Gardener	2.00pm	Lenham	
September 2025	sings "Songs		Community	
	from the 60's		Centre	
	Divas"			

OCTOBER

8 th October 2025	Ten Pin Bowling	11.00am	£7.50 for two	Pat Highsted
			games	01622 743658
Wednesday 22 nd	Phil's Film	2.00pm	Lenham	
October 2025			Community	
			Centre	

Finally, we are still looking for support with organising the monthly pub lunches. It would be nice for a group of four to go out and source the venues, book them and then come to the meetings to collect the money and take the details of the menu. You don't need to be on the committee to do this.

We also need someone to book our speakers for 2026. We also could still do with a couple more committee members and should any members out there be interested in joining the committee please let us know. We want to continue to put on a varied and interesting programme of events for you.

Best wishes to everyone

Roger

