

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – August 2026

ISSUE 191

CHAIRMAN: - Roger Newman Email: rog.newman@outlook.com

VICE-CHAIR: - Julia Elliott Email: elliottjulia342@gmail.com

SECRETARY: Teresa Thompson Email: teresa.thompson2017@outlook.com

EMAILS TO: - info@lenara.org.uk

WEBSITE: Mike Compson 01622 851763 Email: - mike.compson@btinternet.com



Chairman's message

Hi everyone. August already and when you look at the trees it seems like Autumn is arriving early due to the lack of rain and still none in the forecast.

I hope that you found the last meeting, where we held our "Race Afternoon "enjoyable". If you did we will look to repeat it next year.

Our trip to Amberley Museum was great and our thanks to John for organising everything. Jackie has written an article for the newsletter on the day out. Thanks Jacqui.

A coach full of 43 friends, good start! All happy to be having a shared adventure similar to when we were 12 years old except that we are now a little older.



Amberley Museum is situated near Arundel in the heart of the Sussex Downs and Weald. The countryside is beautiful and the museum is housed in the old chalkpit buildings. There's the old site office dating back to the 1840's. The roof tiles were hand made here are so it's worth seeing.

I am sure not many of us have thought from where we acquired lime? Chalk was painfully mined and heated for hours in kilns. This was extremely hard work from early morn till night fall to create the lime substance for use in the manufacture of tiles, bricks, mortar and wall painting (limewash). It was also spread on the land.



There were exhibitions of buses and trains with rides around the museum. There were also fire engines, early garages, communications, television, radio displays and craft workshops etcetera.



One wow of a day! Here endeth my homework.

Thank you, John and Marjorie

Jacqui Cannings



The "pub lunch" afternoon in July at Charing where we had a buffet lunch was fabulous. Lovely venue, plenty of food, great weather and a super social occasion. Thanks Julia.

It is nice to see short mat bowls is fully back in action. I hope that those of you that go are now enjoying your Tuesday afternoons again and that our new equipment is making the mat handling much safer.

Future Events

12th August – The next ten pin bowling session is at Ashford followed by lunch at the Wagon and Horses for those who have booked it.

18th August – Our trip to Lingfield Races. Please note the following pick up times:-

Charing Station 11.15
Lenham Dog and Bear 11.35
Harrietsham 11.40

Please arrive early.

We have the following down for the Charing pick up; Dave and Judy Tawney, Paul and Jane Blundell, Julia and Ian Elliott

We have the following for the Harrietsham pick up; Anthony Hammick and Barbara, Eric and Megan Bensilum

We are expecting everyone else at Lenham.

IF WE HAVE GOT YOUR PICK UP POINT WRONG YOU MUST LET SUE OR I KNOW. (n.susie@outlook.com) (07857 758597)

26th August – Our monthly meeting. The speaker is Peter Woodley with “Behind the scenes at the BBC”.

16th September is our next pub lunch which is at the Pilot, Dungeness.



Menu

Medium fish and chips & Peas

Beef and Ale pie, chips & peas

Chicken and leek pie, Chips and Peas.

Pan fried Cod with new potatoes. (Gluten Free)

Apple crumble

Banoffee Pie

Vanilla Ice Cream

Lemon Sorbet.

With tea or coffee

2 courses £28

For those going by minibus we will be leaving Lenham at 10.45am

The trip to the Thursford Christmas Spectacular still has a few places left. Those who have booked will be able to pay the balance at the August meeting or payments can be made direct to LenARA's bank account.

The Christmas lunch at the Orida Hotel, Maidstone also has some places available. Again for those who have booked we will be taking the balance of £27 at the August meeting or you can pay direct to the bank account

CHRISTMAS LUNCH

Wednesday 2nd December 2026

At The Orida Hotel. Maidstone

12.00 until 16.30

With a three-course meal which includes

tea, coffee and mince pies

There will be Music and a Raffle

£37 includes the £10 deposit

If you prefer to email Julia with regard to the Picnic at Charing Pavilion, the pub lunch at The Pilot or the Christmas Lunch at the Orida you may email her direct at elliottjulia342@gmail.com

Wednesday 16th December is our Christmas Social.

Finally, one for next year's diary. We are planning a five-day holiday at Weston Super Mare from the 8th to 12th March. At the moment it looks like the cost will be £399 per person. Please put your names down at the meeting this month and you can pay a non-refundable deposit of £50. These holidays are really popular so please do not hesitate to book, first come first served.

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	£5 for members/£6 for non-members 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 2026

12 th August 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 26 th August	Behind the Scenes at the BBC. Peter Woodley	2.00pm	Lenham Community Centre	

SEPTEMBER 2026

9 th September 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 23 rd September	Phil's Film	2.00pm	Lenham Community Centre	

OCTOBER 2026

14 th October 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 28 th October	Stroke Awareness – types, signs and symptoms Julie Camburn	2.00pm	Lenham Community Centre	



As we have lots of events coming up please could you consider car sharing as much as possible. This will give some members the opportunity to take part in something that maybe they could not have done otherwise.

If you know of anyone who would like to join Lenara please bring them along to a meeting so that they can see what we get up to. I am sure they will enjoy it. Or they can contact Barbara Peacock, our Membership Secretary – email barbpeaco1@yahoo.co.uk

Best wishes
Roger

AT AGE 4 SUCCESS IS NOT PEEING IN YOUR PANTS.
AT AGE 12 SUCCESS IS HAVING FRIENDS.
AT AGE 16 SUCCESS IS HAVING A DRIVERS LICENSE.
AT AGE 20 SUCCESS IS HAVING SEX.
AT AGE 35 SUCCESS IS HAVING MONEY.
AT AGE 50 SUCCESS IS HAVING MONEY.
AT AGE 60 SUCCESS IS HAVING SEX.
AT AGE 70 SUCCESS IS HAVING A DRIVERS LICENSE.
AT AGE 75 SUCCESS IS HAVING FRIENDS.
AT AGE 80 SUCCESS IS NOT PEEING IN YOUR PANTS.