

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – February 2026

ISSUE 185

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### Chairman's message

Hello everyone,

As you are aware the arranged speaker, through no fault of her own, was unable to attend our January meeting so as an alternative we arranged to play "Chinese Bingo. This is a bingo type game played with playing cards and is very, very easy. I think it is fair to say that everyone had a good afternoon, it was very sociable with time for a good chat between games and some lucky members went home having won decent prize money.



We intend to repeat our Chinese Bingo afternoon at the April meeting. Do come and try it if you were not there in January and those that were please come again. Let's keep the "active" in our ARA and keep enjoying ourselves. More on that afternoon in our March newsletter.

### **FUTURE EVENTS**

Wednesday 11<sup>th</sup> February we are Ten Pin Bowling at Ashford with a significant number of us going for lunch at the Wagon and Horses afterwards.

Wednesday 18<sup>th</sup> February is our next pub lunch also at the Wagon and Horses - due to be served about 1pm.

Wednesday 25<sup>th</sup> February our monthly meeting. This month we have Tony Harris and the title of his presentation is "Henry and His Six Wives". I have been told that this is extremely entertaining. For two years Tony lived and worked at Hampton Court Palace and played Henry VIII every other day for the benefit of more than half a million tourists.

He learnt his Tudor trade at the feet of major historical experts and has been bringing his unique blend of history and comedy to the speaker circuit for the past six years.

His aim is to trick people into learning by making them laugh, but every point he makes is historically accurate.

Tony's booming voice means he doesn't have to use sound systems but he is equally as comfortable with a microphone as he is unplugged.



Earning his living as a stand up comedian (with his comedy waiter character Frenk) means he can get the most from any age or sized audience but, rest assured, he is as pure as the driven snow on the lecture circuit and you won't be disappointed.

### Lenara Quiz

Saturday 14<sup>th</sup> March don't forget our annual quiz at the Community Centre. This is for teams of four and doors will open at 7pm for a 7.30 start. Bring your own nibbles and drinks. Tickets are available from Chris Godden.

### Spa Valley Railway

Wednesday 15<sup>th</sup> April is the Spa Valley Railway and lunch trip. The headquarters of the Spa Valley Railway, Tunbridge Wells West, is home to a remarkable piece of steam-era history — the original 1896-built engine shed. This unique survivor is the only one of its kind left in the south of England, still fulfilling its original purpose: housing and maintaining locomotives.



*Photo courtesy of Spa Valley Railway*

Inside, you can often see our historic collection of steam and diesel engines, along with vintage carriages undergoing restoration and repair. Full details will be sent out on this a little later.

### Holiday to Torquay

Saturday 25<sup>th</sup> to Wednesday 29<sup>th</sup> April is the LenARA holiday to Torquay. The coach is now full. We are happy to start a reserve list if you decide you may like to go but have been unable to commit so far. If you haven't paid the balance for this holiday it is now due.

### Thursford Christmas Spectacular.



I am pleased to say this looks like it's on. This is a three day holiday from Sunday 22<sup>nd</sup> to Tuesday 24<sup>th</sup> November. The cost per person is £375 which includes the cost of the tickets for the Spectacular.

We will be collecting a £50 non-returnable deposit at the meeting on 25<sup>th</sup> February. Please let John Edwards know if you want your names added to those who are interested. More details to follow.



### Lingfield Races

We are not yet at the numbers where we are able to commit to this but will continue to try to get sufficient names to take it forward.

Your committee has many varied things that they are looking at and we will keep you informed. On the subject of the committee we are keen to recruit new members. Please join us. Give me a call if you think you may be interested.

### **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

### **FEBRUARY 2026**

11 <sup>th</sup> February 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 25 <sup>th</sup> February	Tony Harris – Henry and his Six Wives!	2.00pm	Lenham Community Centre	

### **MARCH 2026**

11 <sup>th</sup> March 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 25 <sup>th</sup> March	Neil Butcher from Trading Standards - Scams	2.00pm	Lenham Community Centre	

### **APRIL 2026**

8 <sup>th</sup> April 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 22 <sup>th</sup> April	Chinese Bingo	2.00pm	Lenham Community Centre	

### Zumba Gold

Every Wednesday morning we run a Zumba Gold session in the Ian George Hall at Lenham Community Centre from 9.30 to 10.30. We charge £7 per person and we all have great fun and feel so much better for doing it. Andee, our instructor, would be happy to include seated Zumba so if you feel you are unable to participate in the normal session please come along and try it sitting down. You would be very welcome. Please contact Barbara Kyprianou if you need any further information – Tel: 01622 850468 or Email: [barbara@bkaccounts.co.uk](mailto:barbara@bkaccounts.co.uk)



Finally a reminder that we will be collecting the annual subs at the February and March meetings. The subs are being held at an inflation busting £10 for another year.

Thanks for your support.

Best Wishes  
Roger

