

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – January 2026

ISSUE 184

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### Chairman's message

First of all a happy new year to everyone. I hope you will all enjoy your 2026 membership with Lenara and take part in as many of our activities as you possibly can.

On 17<sup>th</sup> December we held our Christmas Social at the Community Hall. I hope all that attended would agree with me when I say it was a great afternoon. Firstly, we were able to enjoy our food, followed by plenty of singing, dancing, wine and soft drinks. Then of course we had the surprise of Santa popping in. Thanks to everyone who helped in particular to Julia.



### FUTURE EVENTS

So now we move on to 2026. Our next meeting is on the 28<sup>th</sup> January when we have Julie Camburn, Volunteer Community Connector for the Stroke Association, speaking to us under the title of "Stroke Awareness". The Stroke Association is an internationally recognised charity that supports stroke survivors, funds research, and provides information to the public. The charity offers a wide range of publications and resources, including guides on reducing the risk of stroke, advice for those recovering from a stroke and a helpful reference card outlining key symptoms and when to seek emergency help. In the UK, there are currently around 100,000 strokes each year, a number that continues to rise due to an ageing population, declining physical health, higher alcohol consumption and lower activity levels. Risk factors can relate to lifestyle (eg. Smoking and activity levels), age, or pre-existing health conditions (such as high blood pressure and obesity) – but it can happen to anyone, regardless of age (even children) and that rapid action can make a vital difference to survival and recovery.



**PUB LUNCH.** Our next pub lunch is at the Wagon and Horses on Wednesday 18<sup>th</sup> February at 1.00pm. Details were sent out by e-mail on the 19<sup>th</sup> December or you can book at the January meeting. Here is a reminder of the menu.

**Starters**

**Leek and Potato soup with crusty bread and butter**

**Sauteed garlic mushrooms served with crusty bread and butter**

**Breaded whitebait with salad garnish and tartar sauce**

**Mains**

**Slow roasted leg of duck served with a buttered leak mash and seasonal vegetables**

**Chicken breast with a mushroom and tarragon cream sauce served with diced herb potatoes and seasonal vegetables**

**Poached salmon fillet with lemon and herb butter served with new potatoes and seasonal vegetables**

**Desserts**

**Gypsy tart with cream**

**Apple crumble and custard**

**Lemon Roulade and cream**

**Tea and Coffee**

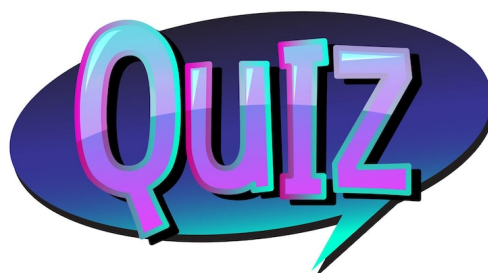
**2 courses £24.50 + £2 tip**

**3 courses £32.00 + £2 tip**

**TEN PIN BOWLING AT ASHFORD** is on Wednesday 14<sup>th</sup> January. Our lunch following the bowling in December at the Red Lion in Lenham was considered a success so most of us will be back there this month.

**TORQUAY HOLIDAY.** I believe there may be two places left. After that we will have a waiting list. Anyone interested please contact John Edwards. The balance of £315 will need to be collected at the January or February meeting.

**ANNUAL QUIZ.** This is to be held at the Community Centre on Saturday March 14<sup>th</sup> and as normal is open to non-members. The cost is £4 per head with teams of four. Doors open at 7.00pm for a 7.30 start. Tickets on sale at our January and February meetings. Bring your own drinks and nibbles.



**SPA VALLEY RAILWAY and LUNCH** is on  
Wednesday April 15<sup>th</sup>.

During the rapid expansion of the railways across Britain in the 19th and early 20th centuries, trains revolutionized travel, enabling people to explore new towns and cities. Tunbridge Wells, a notable site of this railway growth, became home to two rival stations, Tunbridge Wells Central and Tunbridge Wells West, which connected the town to key destinations like Brighton, Eastbourne, and London.



Photo courtesy of Spa Valley Railway

Over time, the railway evolved through ownership changes and adaptations to accommodate modern needs, including a shift from steam to diesel engines and eventual closures in the face of increasing car usage. The line saw revival in 1985, with the formation of the Tunbridge Wells and Eridge Railway Preservation Society, now known as the Spa Valley Railway.

Through the efforts of volunteers and community supporters, this heritage railway offers a nostalgic journey from Tunbridge Wells to Eridge, attracting thousands of visitors annually with unique events, dining experiences, and the charm of the scenic High Weald area.

We will be collecting the balance for this trip at the January meeting. The total cost is £40 so if you have paid the £10 deposit it will be £30 (I am sure you had already worked that one out).

One trip under consideration is a return to the **Christmas Spectacular at Thursford**. Spectacular is the right word to describe it and when we went a few years ago we had a fabulous time. I will be seeking out an indication of how much support there would be at the January meeting. This would be a one or two night trip. If you will not be at the January meeting and are interested in going please email me.

We have just had our January committee meeting and are planning lots of other varied events however we would be absolutely delighted to welcome additional members on to the committee at the AGM in May (or sooner). Please contact me 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

## **JANUARY 2026**

14 <sup>th</sup> January 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 28 <sup>th</sup> January	Julie Camburn – A talk about Stroke Awareness	2.00pm	Lenham Community Centre	

## **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	

Best Wishes  
Roger

