

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – July 2026

ISSUE 190

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

Hello everyone.

I expect like me most of you found the heatwave was a bit too much. We found you really couldn't do much in it and it was pretty hard to cope with at times. Also it was so disappointing to have to cancel the monthly meeting but the committee just felt it was the most sensible thing to do. We will rebook the speaker from Kent Highways on one of our available months next year.

The June Ten Pin Bowling at Ashford was successful with 16 attending and a large number of us met at The Harvester for a bit of lunch afterwards. Although I was not able to attend the Ledian Gardens lunch I understand the food was again excellent.

Future Events

Wednesday 8th July - Ten Pin Bowling is arranged at Ashford with lunch at the Wagon and Horses Charing. If you want to go and have not booked it contact Pat re bowling (01622 743658) or Alastair re lunch (01622 859032).



Wednesday 15th July - Picnic at Charing Pavilion. As you will know this is our pub lunch with a difference. It is a buffet lunch and weather permitting we could get a couple of games of rounders in. Bring a chair to sit in the sunshine afterwards or sit on the veranda overlooking the playing field. There will be Games for the energetic. £15 per head

Wednesday 22nd July – Our monthly meeting. This month we have our Horse Racing Afternoon. Some members will be familiar with this type of event and others will not. Please be assured it is an easy afternoon to enjoy. There will be the normal £1 to pay at the door and tea, coffee and biscuits will be available as normal. In addition, for your afternoon at the races if you wish please bring your own nibbles and drinks (soft or alcoholic). For the tote (your bets) please bring 50p and £1 coins. Bets will be taken in multiples of 50p and all money taken in bets will be paid back out as winnings.





Friday 31st July - This is the day of our trip to Amberley Museum. We have 47 seats booked on our 48-seater coach.

Pickup times will follow.



Tuesday 18th August – Our trip to Lingfield Races. We have a full coach now so let's have a good day and make "loads of money".



Wednesday 16th September - The pub lunch at The Pilot, Dungeness. We will be taking money for this at the July meeting.



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

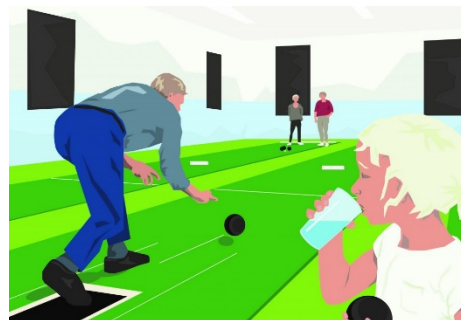
2 courses £28

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



A date for your diary - Wednesday 16th December is our Christmas Social.

With regards to Short Mat Bowls. We have now ordered the required handling equipment to get the short mat bowls up and running. We have storage space sorted out with the Community Centre and things are beginning to look good. I am sorry that I still am unable to give you a date when we can re-start however. The company that I am dealing with are based in Lincolnshire and only deliver in this area once every 4 weeks. They are delivering in Bexhill on the 9th or 10th July but cannot yet guarantee a space on their transport that day but I have stressed how much we would appreciate them managing to fit us in. In the meantime Peter will again be running an additional Petanque session starting at 2pm on Tuesday. The kitchen is not available so if you go you may wish to bring your own refreshments.



There are still places available for our end of year Christmas lunch at the Orida hotel. £10 non-refundable deposit is required.

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

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

JULY 2026

8th July 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 22nd July	Horse Race Meeting	2.00pm	Lenham Community Centre	

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	



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.

We would also like to keep our membership list up to date so please remember to let us know of any changes to your details – email address or mobile phone number etc and also, if you have emergency contact details that you would like us to have. These are very important if you are participating in any of our holidays or days out. Thank you if you have already given us your information.

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

