

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – June 2025

ISSUE 177

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CHAIRMAN'S MESSAGE

As most of you are aware I have just taken over as Chair of LenARA. Firstly, I would like to say again that we are all very grateful to our previous Chairman John Edwards, his committee, the activity leaders, everyone who has contributed to running and working in the kitchen, raffle organisers and everybody else who has contributed to our enjoyment over the last year.

Coming up we have the June lunch at the George Inn, Leeds on the 18th and the July lunch at the Wagon and Horses, Faversham Road, Charing.



LUNCH AT THE WAGON AND HORSES, CHARING

16th July 2025

Starters

Tomato and Basil soup with crusty bread and butter

Sauteed garlic mushrooms served with crusty bread and butter

Breaded whitebait with salad garnish and tartar sauce

Mains

Suet Crust Steak and Kidney Pie served with new potatoes and vegetables

Chicken breast with a mushroom and tarragon cream sauce

served with diced herb potatoes and fresh vegetables

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

Dessert

Gypsy tart with cream

Hot chocolate fudge cake and ice cream

Apple crumble and custard

Lemon Roulade and cream

2 courses £26

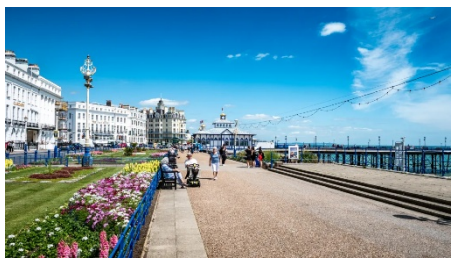
3 courses £32

Includes tip.

Email elliottjulia342@gmail.com. **Requests must be in by 4th July**

FUTURE EVENTS

We are getting a trip to Eastbourne organised for Thursday 3rd July. The cost will be approx. £25 and you need to get your names down quickly so please email Barbara – barbara@bkaccounts.co.uk or ring me on 07889 287417 to book your place. **This is on a first come first served basis.** The coach will take us to Eastbourne and drop us off near the front leaving you to do your own thing for the day. **All payments must be made at the next meeting on 25th June 2025.** If you wish to pay by bank transfer please contact Chris Godden who will give you the bank details. This will be the first of more day trips now that we are continuing with the Club.



Our weekly activities are continuing as normal, the exception at the moment being the Pétanque. If anyone is interested in taking it on as the Activities Leader let us know. It is a shame not to use the court after all the work we put in to install it.



The next LenARA meeting at the Community Centre is 25th June. We have Peter Griffiths giving us a talk on The History of Champagne. He has been to us before and is a really interesting speaker.

If you are interested in joining the Committee please let us know. We are still looking for someone to help arrange our speakers for 2026. We will also need someone to arrange the Pub Lunches so if you would like to help again let us know. We want to continue putting on a varied and interesting programme of events.

Our weekly events –

Short Mat Bowls	Tuesday	2.00pm to 4.00pm	£3 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	10.00am to 12.00pm	£3.00 per session	John Edwards 01622 858439

JUNE

Wednesday 25 th June 2025	The History of Champagne – Peter Griffiths	2.00pm	Lenham Community Centre	
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There is no ten pin bowling this month due to the number of people unable to go but Pat has said she will be organising a session in July.

JULY

9 th July 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 23 rd July 2025	The Ups and Downs of a Stunt Woman – Lucy Allen	2.00pm	Lenham Community Centre	

AUGUST

13 th August 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 27 th August 2025	Games Afternoon	2.00pm	Lenham Community Centre	

People going to Exbury Gardens on Monday, 30th June, please pay for the trip in full at the next meeting (£41 per person.



Best wishes to all our members and hoping you will be able to attend as many of our meetings, trips and functions as possible.

Roger

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**A PERFECT SUMMER DAY IS WHEN
THE SUN IS SHINING, THE BREEZE
IS BLOWING, THE BIRDS ARE
SINGING, AND THE LAWNMOWER
IS BROKEN.**

– JAMES DENT