

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – March 2025

ISSUE 174

CHAIRMAN: - John Edwards 01622 858439 Email - edwardsjohn19@sky.com

VICE-CHAIRMAN: - Mike Compson 01622 851763

SECRETARY: Sue Compson 01622 851763 Email: sue\_compson@yahoo.co.uk

EMAILS TO: - info@lenara.org.uk

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

### CHAIRMAN'S MESSAGE

Hello All

Another month has flown by, which only seems like a couple of weeks ago was Christmas. Let's hope the weather starts to warm up now.

As you know I mentioned at our February meeting we are still looking for a Chairman and Vice Chairman. This is getting a little bit worrying as we have had no enquiries into the situation. We urge you all to think seriously about coming onto the committee so we can be full steam ahead in organising future events. Job share is an option so please think again, you will not be on your own we will support you all the way. At least come and talk to us, come to a meeting and see what we do. Roughly for the Chairman and Vice Chairman, timewise it involves possibly 2x2 hours per month for meetings.

At the meetings in March and April we will be collecting the annual subs of £10 per member so please attend and join again for another year. This is real value for money and we hope to be able to put on lots of different events and outings in the future. We currently have 154 members so please come along and pay your subs for the next year.

I am sure everyone who came to the last meeting enjoyed the talk from Richard Griffin. He was a great speaker with lots of interesting and funny stories of his job whilst he was the bodyguard to various members of the Royal family.



The speaker for this month is Susan Shaw who will be talking about the fantastic work of the Heart of Kent Hospice.

### PAST EVENTS

The February Pub Lunch was held at The Plough Inn, Sutton Road, Sutton Valance. The lunch was very well attended by members and the food was good and it was nice to see members enjoying themselves.

### LENHAM NURSERY

LenARA helped give support for the Lenham Nursery Fundraising Dance on the 15th February. This turned out to be a good evening which raised a total of £950, well done Barbara Kyprianou and a special thank you to Chicory Tip for their support also.

### FUTURE EVENTS

Saturday, 8th March is Quiz Night at the Lenham Community Centre. Teams of four at £2 per person bring your own drinks and nibbles. The quiz starts at 7.30pm and it is always a fun night.

The Pub Lunch this month on 19th March is at The Flying Horse, Boughton Aluph TN25 4HH.



## The Flying Horse

19<sup>th</sup> March 2025

2 Courses £24 – 3 Courses £29  
(Includes the tip)

### To start

Leek & Potato Soup Ve V \*GF  
Served with Ciabatta bread

Chicken and Cognac Pate \*GF  
Smooth chicken & Cognac pate, served with salad garnish and toast

### Main Course

Liver & Bacon Casserole  
Liver and bacon casserole with creamy mash and seasonal vegetables

Chicken in ratatouille  
Chicken breast served with a homemade ratatouille sauce, tomatoes, courgette, aubergine, peppers and served with new potatoes and vegetables.

Salmon \*GF  
Salmon with cracked black pepper and lemon, served with new potatoes and vegetables

Baked mushroom Bourguignon Pie Ve V \*GF  
Individual baked mushroom bourguignon pies with mash and peas.

### To finish

Chocolate Fudge Cake \*Ve \*V \*GF  
A dark chocolate fudge cake served warm melting fudge with cream

Upside Down Pineapple Sponge V  
Homemade sponge with pineapple and custard

Sticky Toffee Pudding GF V  
Sticky toffee pudding served with custard or cream V – Elmlea

### **YOU NEED TO MAKE OUR TEAM AWARE OF ANY DIETARY REQUIREMENTS**

V – Vegetarian      VE – Vegan      \*GF – Gluten Free available

Please ask a member of our team to view our allergens folder and advise any allergens you may have prior to ordering. Whilst we are happy to advise you on allergens in our dishes we cannot guarantee that any of our dishes are completely free. Fish dishes may contain small bones.

GF – Gluten Free. Please see our Vegetarian and Vegan Menu



## COACH TRIP TO LONDON

Barbara Kyprianou is organising a trip to London to visit either the Victoria and Albert Museum, the Natural History Museum or the Science Museum. Your choice or do your own thing once there. The trip is on Friday, 2nd May and names are now being taken. The cost for the outing is only £22 per person depending on whether we can fill a coach. So put it in your diaries and see Barbara at this month's meeting to book a place. First come first served so don't miss out.



The Great Court at the British Museum



The Natural History Museum

## 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	£6 per session	Barbara Kyprianou 01622 850468
Line Dancing	Wednesday	7.30pm to 9.00pm	£4.50 per session	Ann Rolfe 01622 859725
Petanque (this activity will resume in the Spring)	Thursday	10.00am to 12.00pm	£3.00 per session	John Edwards 01622 858439

## MARCH

12 <sup>th</sup> March 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 26 <sup>th</sup> March 2025	Susan Shaw from the Heart of Kent Hospice.	2.00pm	Lenham Community Centre	

## APRIL

9 <sup>th</sup> April 2025	Ten Pin Bowling at Whitstable – please note the change in venue	Midday	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 23 <sup>rd</sup> April 2025	Lindsey Barrell aka Ms Cherry Bombe! – Burlesque, me and the WI.	2.00pm	Lenham Community Centre	

## MAY

9 <sup>th</sup> April 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 22 <sup>nd</sup> May 2025	LenARA AGM	2.00pm	Lenham Community Centre	

Our meeting in May is the AGM. This is your opportunity to vote for the Committee that you want and to ask questions of the Committee members. Nomination forms will be put on the noticeboard at the next two meetings and we will email out the minutes of the AGM for 2024 and the agenda for the AGM this year. LenARA is your club so please support it. If you have any questions it would be appreciated if you could email me at [edwardsjohn19@sky.com](mailto:edwardsjohn19@sky.com) before the meeting in May so that we can provide comprehensive answers. If you have suggestions for outings and holidays we will try to organise what you want. It is difficult sometimes to think of something different to do that will be popular with members. Again we need your help on the Committee so anyone interested in joining us would be very welcome.

Regards John

