

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – March 2026

ISSUE 186

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 all.

What a great afternoon we enjoyed at our monthly meeting in February. Henry V111 "spoke" to us about his six wives but spoke is definitely not the right word. He was Henry in all respects and his presentation was historically correct and delivered in such a humorous and entertaining manner. In my opinion he is the best speaker we have had. It was really good to see everybody laughing so much.



FUTURE EVENTS

Ten Pin Bowling at Ashford on the 11th March followed by a large group of us meeting for lunch at The Bowl, Stalisfield.



Lenara Quiz at the Community Centre on Saturday 14th March. Tickets are still available for a small number of teams of 4 from Chris Godden.

Neil Butcher from Trading Standards will give us a talk at our meeting on 25th March specifically covering SCAMS. This is such an important subject as there seems to be an increasing number of scams and they are taking different formats all the time. I always say if someone phones me and I don't recognise the number then I don't answer the phone. If it is important they will always ring back. I make more use of my ansaphone now as well so that I have some idea of the identity of the caller and the number they are calling from. I can then check their identity against an official website and use the website phone number to check the caller. I always err on the side of caution and not follow up any calls that I am dubious about. No doubt we will learn more about how to be aware of scams, how to deal with them, what to do and what not to do and if you need to find out further information and helpful contacts please go to -



Neil Butcher, Trading Standards Officer, Trading Standards, Economy and Community Protection, Growth and Communities, Kent County Council, PO Box 320, Ashford, Kent TN24 8AS
Tel: 03000 412020



The Spa Valley Railway and Pie and Mash on 15th April. Full details will be sent out when finalised.

Holiday to Torquay - 25th-29th April. Your names can still be put on a reserve list if you wish. Contact John Edwards for more information.

Thursford Christmas Spectacular – 22nd to 24th November. This is booked but we have room for more. For those who haven't been before it is a good trip and the spectacular was a really great show when we went previously. Please let John Edwards know if you would like your names added. John's contact details – Tel 01622 858439
Email: edwardsjohn19@sky.com



Lingfield Races on the 18th August. We now have sufficient people who have shown an interest in a trip to Lingfield and have decided to go ahead on Tuesday 18th August. Details have not been finalised but we estimate costs in the region of £40 per head for coach and entrance and would probably be leaving Lenham around mid-day with the last race scheduled for 5pm.

Now can I ask that everyone has a real think about this and whether you are able to help us. We are looking for new committee members to join us in May 2026. In particular we need someone to find us potential speakers and entertainers for our monthly meetings. We probably need someone for 5 to 6 meetings a year as the others will be done on a DIY basis. Don't worry if that's not enough to keep you busy, we can always find you more to do.



We have also been discussing placing a short item in the Focus magazine (and perhaps others) each month publicising Lenara. Is there a budding writer (or experienced one) out there who would like to take this on? Promoting Lenara and potentially attracting new members you could even be securing Lenara's future. This job could be done either as a committee member or from outside the committee. Please contact me if you think you may be interested.

Your committee is stretched and needs new members and I am aware this will be even more desperate by the time the AGM comes around.

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

MARCH 2026

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

APRIL 2026

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

MAY 2026

13 th May 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 27 th May	Lenara AGM	2.00pm	Lenham Community Centre	

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

Best wishes and please do consider joining your committee. It is your club and you can make a difference.
Roger

I feel like my body has got totally out of shape so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down and perspired for an hour. But, by the time I got my leotard on the class was over!

