

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – May 2025

ISSUE 176

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CHAIRMAN'S MESSAGE

Hello all

As you are aware it is LenARA's AGM this month. This is your opportunity to vote for the Committee that you want and to ask questions of the Committee members. If you have any questions it would be appreciated if you could email me at edwardsjohn19@sky.com before the meeting on 28th 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. The last few months have been a worrying time as we have been asking members to come forward and replace the committee members who are standing down at this AGM, namely myself, the vice-chairman and the secretary.

It is now near the eleventh hour and I am pleased to say we have the nominations needed to form a committee and carry on. So please, if possible, come to the AGM and welcome the new committee members. We will all need to get behind them and move forward into the 22nd year of LenARA.

In the very near future we will be looking to start trips, outings, and possibly shows and we will keep you posted.

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.

PAST EVENTS

Under the circumstances we have been unable to book any long-term events as we didn't know in which direction LenARA would be going. Julia has thankfully kept the pub lunches going and last month we enjoyed lunch at the 'Who'd a thought it' - always a popular venue.



Then on the 2nd May Barbara Kyprianou organised a trip to London and three museums on Exhibitions Road. I think most of us went to the Victoria and Albert Museum and talking to most people they all enjoyed the day. Thank you, Barbara.

FUTURE EVENTS

This month on 21st May our pub lunch is at Ledian Gardens. We had a lovely time here last time so we are going back again.

The pub lunch for June is on 18th June 2025 at

The George Inn, Leeds

2 Courses for £24 3 Courses for £30

Includes tip

Please be aware the carparking at the pub is limited. But parking is available at the church, which requires a short walk downhill.



Starters

Homemade Soup of the Day **

Prawn Cocktail *

Breaded Brie

Lightly Battered Prawns

Mains

Homemade Lasagna served with garlic ciabatta & dressed salad

Homemade Mediterranean Vegetable Lasagna Served with garlic ciabatta and dressed salad

Steak & Ale Pie Served with chips, peas and a jug of gravy

Scampi & Chips Served with peas, salad garnish and tartare sauce

Vegan Cauliflower & Red Pepper Curry Served with white rice, naan bread, poppadom & mango chutney *

Trio of Butchers Sausages served with horseradish mash, peas, gravy and topped with onions.

Traditional Ploughmans. - A choice of either cheddar & brie or cheddar & ham with warm ciabatta, salad, pickles & coleslaw.

Desserts

Homemade Fruit Crumble of The Day

Cheesecake of the Day

Warm Chocolate Fudge Cake **

Syrup Sponge *

All served with your choice of custard, cream or ice cream

*Can be served as a gluten free option - **Can be served as a vegan/vegetarian option

No orders taken after 1st June.

Email elliottjulia342@gmail.com

Julia will be collecting orders and payment at the next meeting on 28th May 2025. If you would like to pay direct to the bank please contact Chris Godden for the details.

Tenpin bowling is back to Ashford this month - £7.50 per person for two games, please see Pat Highsted if you haven't already booked.

Annual Subscriptions

126 members have already renewed their annual subscription, including a number of new members, and we will be collecting again at the May meeting. **If you have not renewed your membership you will not be entitled to a vote at the AGM.** So please make sure you pay your subs for the coming year.

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

MAY

14 th May 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 28 th May 2025	LenARA AGM	2.00pm	Lenham Community Centre	

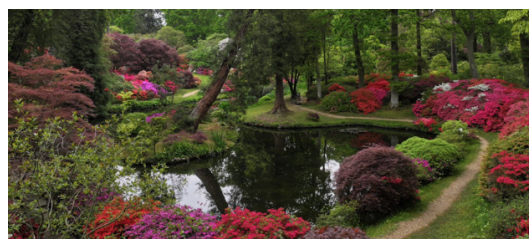
JUNE

11 th June 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 25 th June 2025	The History of Champagne – Peter Griffiths	2.00pm	Lenham Community Centre	

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	

People going to Exbury Gardens on Monday, 30th June, please pay for the trip in full at the next meeting (£41 per person) or pay direct using LenARA's bank details. Contact Chris Godden for details.



This is possibly my last newsletter. I have enjoyed my chairmanship at LenARA, with all you lovely people. You are not going to get rid of me as I will still be around.

Finally, I would like you all to sing along now as you read on.

And now the end is near
And so I face the final curtain
My friends I'll say it clear
I'll state my case of which I'm certain
I have lived a life that's full
I have travelled each and every highway
And more much more than this
I did it my way with a good committee behind me

Thanks to you all
Regards John