

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – May 2026

ISSUE 188

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

Hi everyone.

This is an important month for LenARA in which we hold our AGM where we will have the opportunity to strengthen our committee and therefore our club. Please do consider putting yourself forward and joining the excellent committee members we already have. Our problem at the moment is there are just not enough of us.

48 of our members have recently returned from a five-day holiday in Torquay. This was a great trip with lots of laughs. Thank you John, for making this trip possible and thank you to everyone who went. The company of each and every one of you is what made this trip the superb five days that it was. Below is a report from Phil giving details of all the goings on -

South Devon Delights.

On a bright sunny Saturday morning, under the banner of Alfa Holidays, a group of LenARA members set off on a tour entitled "South Devon Delights". The journey to Torquay and the Metropole Hotel was uneventful and we made good time arriving at approximately 4 pm. We soon discovered that our hotel was a warren of passages and stairways, but luckily our cases were delivered to our rooms. The rooms were very good, looked as though they had been recently refurbished and the bathrooms spotless. The food was ok, better than other Alfa hotels we have visited, although I would say the chef had used a little poetic licence with some of his menus. There was of course the obligatory Bingo each evening with I believe good cash prizes and also a variety of vocalists and an organist for the dancers in our group to strut their stuff.



Evening entertainment in the hotel



On the first day of our trip we visited Brixham and Totnes. We stopped for two and a half hours in each of these small towns, which was too long or not long enough, depending on what you wanted to explore. Brixham is one of England's most historic fishing ports and still has a thriving fishing industry today. It was originally a Saxon settlement and was the landing place of William of Orange. Walking along the quay side you were able to see the fishing trawlers that went to sea for trips of 7-10 days and it was easy to imagine what a hard life it must be. Looking across the harbour it was amazing to see the houses. There were rows and rows appearing to be built one on top of the other, so many different colours pink, blue, red, yellow and white.

The houses in Brixham



In the harbour you will also see an exact replica of the Golden Hinde, the ship that Sir Francis Drake sailed around the world.

It was the Pirates Festival!



The Golden Hinde replica

Our next stop was Totnes; this is a small market town that has consistently been named in the world's "Funkiest Towns" list and is set on the banks of the River Dart with its own Steamer quay. The main street in the town rises steeply from the river to Totnes Castle and there are a variety of shops and cafes housed in historic 16th and 17th Century buildings. Our group split up and took off in different directions having been guided by the large town map at our coach stop some heading for the high street others for the riverbank.

Day Two of our trip was a day of leisure and was spent exploring Torquay or using our bus passes to visit other local Devon Delights including Paignton, a

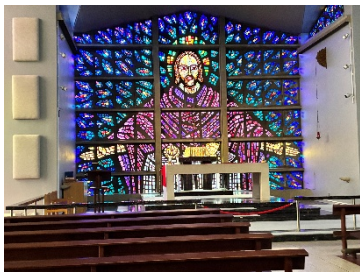
typical seaside town where a couple of groups of our members headed to the sea front to play crazy golf. Some of us caught the bus to Cockington Village which was beautiful.



Relaxing in the gardens of Cockington Village

The next day our trip took us to Plymouth and Buckfast Abbey. In the morning we were dropped off by the harbour close to the Barbican where once again everyone disappeared in different directions to do their own thing.

The afternoon was spent with a trip to Buckfast Abbey, definitely a place worth visiting. You do not have to be religious to appreciate the tranquil beauty of the Abbey building, its gardens and surrounding areas.



Inside the Abbey the stonework and masonry is bright and spotlessly clean with many architectural features that needed incredible skill from the stone masons that constructed such a fine building. One of the standout features is the stained-glass window of Christ set in the wall at the end of the Abbey it is spectacular.

This being the last night a small group of us took the opportunity to go to a local variety show at Babbacombe theatre. The show was called "Celebration" and was to mark 40 years to the day that the theatre was bought by its present owner. It was always going to be a chancy venture, but it turned out to be a BRILLANT evening of entertainment.

Wednesday 29th April. Departure day has arrived sooner than expected, time to pack our bags say our goodbyes and be homeward bound. Also, time to look back on days spent with friends and in good company. Thank you, John for all your hard work in making this short break possible and worthwhile. Here's to the next one?

Phil & Sue Gooda

FUTURE EVENTS

13th May. We are off to Ten Pin Bowling at Whitstable and then for those that want to lunch, the fish and chip restaurant

27th May. This is our AGM. As the AGM does not normally take very long we have arranged for a singer, Chrissie Kent, to entertain us probably for about half an hour once the business side is done.

17th June. At the AGM Julia will be taking requests and payment for the June lunch being held at Ledian Gardens, Leeds village on 17th June.

You can still book for this and as you know it is a good venue and the lunches we have had there before have been very good. You can book either by emailing Julia (elliottjulia342@gmail.co) and pay by transferring the money direct to the LenARA bank account or to Julia at the May meeting.



Image courtesy of Inspired Villages

The Menu is as follows -

LEDIAN GARDENS, Leeds

Starters

Wild Mushroom & Leek Soup

Vine Plum Tomato, Mozzarella & Basil Tart

Classic Prawn Cocktail, Crisp Lettuce & Marie Rose Sauce

Mains

Braised Beef in Red Wine, Smoked Bacon & Pearl Onions

Baked Fillet of Salmon Bonne Femme with Chive Sauce

Roast Loin of Pork, Sage & Onion Stuffing & Red Cabbage

Desserts

Tiramisu with Black Cherries

Homemade Sticky Date Pudding & Caramel Sauce

Glazed Lemon Tart with Blood Orange Sorbet.

Tea or Coffee

£25 for 2 courses

£30 for 3 courses

At the June monthly meeting, Julia will be taking payment for the Buffet lunch being held at the Pavilion in Charing playing fields.



Wednesday July 15th - 1-30pm

LUNCH WITH A DIFFERENCE

A BUFFET Picnic at Charing Pavilion

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. Please put your names down if interested to ensure that it is a viable event.

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 any of these events please do. You may email her direct at elliottjulia342@gmail.com

24th June. We have a speaker from KCC Highways.

22nd July. We are holding a Horse Race Meeting at the Community Centre. Start saving your 50ps for your bets on the tote. I am sure you will enjoy it and once again more details will follow.

For those who have put their names down for the trip to Lingfield Racecourse on the 18th August and have not paid their £10 deposit please let us have it at the May meeting.

We will also be taking names of those interested in a trip to Amberley Museum near Arundel in West Sussex.



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

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	

JUNE 2026

10 th June 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 24 th June	Safe Driving	2.00pm	Lenham Community Centre	

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	

Finally, a reminder that if you have not yet paid your annual subs of £10 Chris will be collecting again at the AGM and, if you have not paid you will not be entitled to a vote. If you wish to pay by bank transfer please let Chris Godden know and she will give you the details.

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.

The Kentara Short Mat Bowls Competition

For those of you who may be interested in putting in a team for this competition please let John Edwards know at the next SMB afternoon on Tuesday 12th May 2026. All the details are below –



THE KENTARA 2026

JOHN HARDIMAN SHORT MAT BOWLS COMPETITION



KentARA are pleased to invite your club to enter the KentARA John Hardiman Short Mat Bowls Triples Competition.

VENUE

**Ditton Community Centre, Kiln Barn Road, Ditton, Maidstone ME20 6AH
on Wednesday 16th September 2026**

The doors will open at 8.30am and all teams are requested to book in by no later than 9.00am for a 9.15am start. The entry fee is £25 per team.

Each game will consist of 7 ends with 2 woods.

The skips may NOT visit the head and there will be no trial ends.

**2 points will be awarded for a win and 1 point to each team for a draw.
Dress will be white or club shirts above the waist and grey or black below.**

Team members to wear same-coloured shirts.

K C S M Rules will apply.

Please bring a packed lunch. Tea and coffee will be available.

I hope to see as many of you as possible at the AGM. Best wishes and please do consider joining your committee. It is your club and you can make a difference.

Roger

