

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – November 2024

ISSUE 170

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CHAIRMAN'S MESSAGE

Hello All

The dark nights are upon us and although the weather is still very mild winter is banging on the door.

I would like to thank the members who took the time to give the committee some suggestions for trips and holidays. We shall see what we can do, there are some good ideas amongst your suggestions.

Past events:

The pub lunch at The Swan, Little Chart was quite nice, the food and service was good also.

Dog Racing Crayford:

We had a nice late afternoon/evening trip with a meal which was very enjoyable. The food was very good and the venue had been upgraded and was very comfortable. A first-class view of the track so no complaints at all. A few members did well but most of us broke evening or lost.



Phil's Film Show:

The film "Made in Dagenham" is a lovely film but it was a shame some of the sound quality wasn't quite so good but we managed and I think most people enjoyed it.

Future Events:



Some of us are off to the Isle of Wight on Monday until Friday on a Turkey and Tinsel holiday. It looks an interesting trip with a full itinerary, I think we may need another holiday when we get back to get over this one.

On "Christmas Day" we are visiting Quarr Abbey, the Donkey Sanctuary and then going on to Godshill which boasts some of the oldest architecture on the Isle of Wight.



"Boxing Day" sees us in Newport, a visit to Whippingham Church and then on to Ryde.

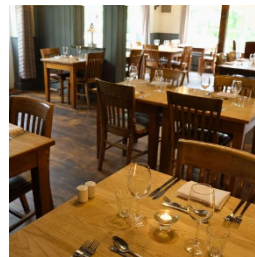
On "New Year's Eve" we tour the island from East to West stopping at Shanklin Old Village, Alum Bay and Yarmouth. So quite a busy week for us all but I am sure it will be very enjoyable.



On Thursday 14th November, KentARA are holding the Annual Ten Pin Bowling Competition at Maidstone. We will enter three teams for this so good luck to you all.



This month the pub lunch is at The Bull Inn, Bull Hill, Bethersden TN26 3LB.



PUB LUNCH - 20th NOVEMBER 2024

THE BULL INN, BULL HILL—A28 BETHERSDEN, TN26 3LB

STARTERS

CREAM OF KENTISH PARSNIP SOUP with parsnips, cream, truffle oil, bread.

SMOKED SALMON AND DILL with salmon, dill, capers, lemon, rye bread, crème fresh.

CRISPY KENTISH GOATS CHEESE with beetroots, walnuts, honey balsamic glaze, mixed leaf.

CHICKEN LIVER PATE with chutney, piccalilli, sourdough and balsamic.

MAINS

ROAST CHICKEN with stuffing, pigs in blankets, roast potatoes, winter veg, Yorkshire pudding, gravy.

LOCAL BEEF AND ALE PIE with creamy mustard mashed potatoes, vegetables, jus.

PAN SEARED SEABASS with cider cream sauce, crushed new potatoes, greens.

VEGETARIAN NUT ROAST with cherry compote, roast potatoes, winter veg, vegetarian gravy, Yorkshire pudding.

DESSERTS

KENTISH APPLE CRUMBLE with cinnamon, crumble topping, vanilla ice cream.

SET CHOCOLATE ORANGE MOUSSE WITH warm orange curd, crème fresh.

SELECTION OF KENTISH CHEESES, selection of cheese, chutney and crackers.

3 COURSES £28

2 COURSES £23



Following on from the above Julia is trying to arrange a pub lunch for January 2025. If this is possible she will be advertising it before the November meeting. If you wish to go she will be taking names at the meeting, hopefully with the name of the venue, menu and cost.



Our November speaker is Mr Charlie Hewish who is a member of the magic circle which promises to be an interesting afternoon.

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	Chris Godden 01622 858658
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

Please note – the last session for Short Mat Bowls this year will be on Wednesday, 18th December and will return on Tuesday, 7th January 2025.

The last session for Zumba is Wednesday 4th December and will return on 8th January 2025.

The last session for Line Dancing will be Wednesday 18th December and return on 8th January 2025.

LenARA Christmas dinner Thursday 5th of December and LenARA Christmas Social is on Tuesday 17th of December.

SO MAKE A NOTE IN YOUR DIARY OF ALL THESE DATES,

Our monthly events –

NOVEMBER

13 th November 2024	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 27th November 2024	Members meeting: Magician – Charlie Hewish	2.00pm	Lenham Community Centre	

DECEMBER

11 th December 2024	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Tuesday 17th December 2024	Members meeting: Christmas Social	2.00pm	Lenham Community Centre	

JANUARY

8 th January 2025	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 22 nd January 2025	The Secret Life of a Mole!!	2.00pm	Lenham Community Centre	

Ok. Q. - If you were to spell out numbers how far would you have to count to find the letter A?

Answer – One Thousand

Stay safe everyone

Regards John

