

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – October 2025

ISSUE 181

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CHAIRMAN'S MESSAGE

Hi everybody.

Sue and I have just returned from our holidays so we have not been very involved very much with Lenara activities during September. However I have been told that our entertainer at the monthly meeting, singer Jasmine Gardner, was really, really good and that it was a great afternoon. Hopefully we will be able to rebook her sometime in the future.

Following the request in last month's newsletter for mobile phone numbers and emergency contact details (ICE details) to be emailed to Chris Godden she received a zero response. Please read your September newsletter again to see why we feel this is important. Forms will be put on the chairs at the October meeting. If you do not wish to utilise this we understand but it would help if you told us so that we can note that accordingly.

Names will be taken at the October meeting for the Christmas Social on the 17th December. Please get your names on the list and pay your £5 (cash only) at the same time. Also you will need to indicate white, red, rosé wine or juice.

It has been suggested that as many of us as possible should wear something pink to the October meeting to support the Breast Cancer Campaign and that we could also make a collection for a donation to be made. The committee felt members would be in favour of this so please support this in any way you feel fit.



Look forward to seeing you all at the meeting where we will be watching Phil's film – "Finding your Feet".

This is a 2017 British romantic comedy starring Imelda Staunton, Timothy Spall, Celia Imrie, Joanna Lumley and David Hayman.

The Christmas lunch on the 3rd December at Ledian Gardens has only one space left. We have 69 of the 70 places booked so it has been a great response. 68 people have paid. Please could the one member that has not paid do so straightaway if they have not already done so. It makes so much extra work for the organizers when members don't get their money in on time. If you want to go and have not booked you should contact Julia as soon as possible. Her email is - elliottjulia342@gmail.com

LEDIAN CHRISTMAS LUNCH

DEC 3rd 2025 12-15 until 16-30

LEDIAN GARDENS, *UPPER STREET, LEEDS*

MAIDSTONE ME17 1RZ

3 COURSE FESTIVE LUNCH

FESTIVE MUSIC AND ENTERTAINMENT BY

NIGHT FEVER VIDEO DISCO & KARAOKE

COST £38

STARTERS

CREAM OF PARSNIP SOUP with BREAD ROLL and BUTTER

CHICKEN LIVER PATE with WHITE TOAST

TRADITIONAL PRAWN COCKTAIL with BROWN BREAD AND BUTTER

.....

MAINS

ROAST TURKEY with the TRIMMINGS

HERB CRUSTED SALMON with HOLLANDAISE SAUCE

WINTER NUT ROAST

.....

DESSERTS

CHRISTMAS PUDDING with BRANDY SAUCE

FRIUT CRUMBLE with CUASTARD

VANILLA ICE CREAM and CHOCOLATE SAUCE

.....

TEA AND COFFEE



Photo courtesy of English Riviera

The holiday at the Metropole Hotel, Torquay is now in place and we will be shortly asking for names and a £50 non-returnable deposit. I think the price is very reasonable and it will be great to see a list of members names wishing to go beginning to form.

Five days for £365 – 25th April 2026



Photo courtesy of Alfa Travel



The bi monthly pub lunch is booked in at Stubbs in Kennington, Ashford on the 19th November. As many of you will know this is a venue we have used before and has always been excellent. After Stubbs the next pub lunch will be in February 2026. Julia has

something different in mind for possibly a couple of lunches next year which if she can bring it together I think it will be very popular. Watch this space.

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	£4.50 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

OCTOBER

8 th October 2025	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 22 nd October 2025	Phil's Film – Finding your Feet	2.00pm	Lenham Community Centre	

NOVEMBER

12 th November 2025	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 26 th November 2025	Islands of the Medway Estuary – Adam Taylor	2.00pm	Lenham Community Centre	

DECEMBER

10 th December 2025	Ten Pin Bowling Venue to be arranged.	11.00am		Pat Highsted 01622 743658
Wednesday 17 th December 2025	Lenara Christmas Social - £5	2.00pm	Lenham Community Centre	

Remember – you don't stop laughing because you grow old, you grow old because you stop laughing



Best wishes

Roger