LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

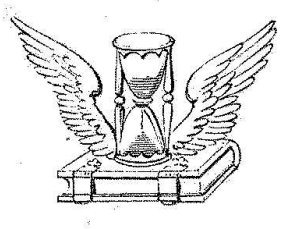
NEWSLETTER – October 2026 **ISSUE 193**

CHAIRMAN: - Roger Newman Email: rog.newman@outlook.com

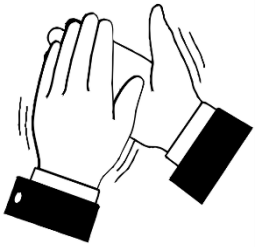
VICE-CHAIR: - Julia Elliott Email: elliottjulia342@gmail.com
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The King's Award for Voluntary Service

Chairman's message



Well, here we are in October already. "Tempus Fugit". Bet you all remember that one. Mind you it is the only one I know.



For those of you unable to attend Phil's Film at our September meeting you will have missed the details of the support we were able to give to our August speaker's Charity "The Kent Kidney Patients Association". The club made a donation of £80 and our members present donated a further £155. Once gift aid was added the donation was worth £293.75. Peter Woodley, the speaker, wrote a really nice email to us expressing his gratitude. This really was a magnificent effort. Thanks to everyone.

Coming on to Phil's Film he really chose another good one. Thank you, Phil for giving us a really entertaining afternoon.



What a great lunch we had at the Pilot in Dungeness. I think that we had 43 of us booked and I am sure it was universally enjoyed. The majority were chauffeured by Wealdon Wheels Mini Buses making the day even more relaxing.

This month we have Ten Pin Bowling at Ashford on the 14th followed by lunch for those who want it and our monthly meeting with a speaker on the 28th October.

Things really start hotting up in November:

11th November is our monthly Ten Pin Bowling session at Ashford.



12th November - Pat Highsted has asked that I remind you that LenARA will be taking part in the yearly Ten Pin Bowling KentARA Competition. We have two men's teams and a lady's team. The competition is between many of the other ARAS so we wish our teams lots of luck and to have an enjoyable day. If anyone would like to come along and support our players the games start at 11am at the AMF Bowling in Rochester.

18th November - We are at The Alma in Painters Forstal for an extra pub lunch. You can either book this by contacting Sue Newman (07857 758597 or n.susie@outlook.com) or at the October meeting. However, numbers are limited and places are going fast.

STARTERS



Prawn cocktail (gf)
Chicken Liver Pate (gf)
Honey and Walnut Camembert (gf)

MAINS

Steak and Kidney Pudding-Fresh veg and mash potato.
Fish Pie (gf) smoked haddock, cod, salmon and prawns in a creamy sauce topped with mash and melted cheese. Served with fresh veg.
Creamy Pea, mint and courgette Rissotto (gf) finished with toasted pine nuts.
Trio of Sausages-3 different sausages, onion gravy, mash, fresh veg.

DESSERTS

Apple Crumble with custard
Gypsy Tart with cream
Warm chocolate Brownie (gf) with warm toffee sauce and vanilla ice cream.
Selection of ice creams (gf) two scoops of any flavour. Choice can be made on the day.
2 courses- £29
3 courses- £35
prices include tip.

If you wish to go please let Sue know and your choice

25th November is our monthly meeting when we are having a beetle drive which should allow a bit of time for some social interaction (should be a bit chaotic).

29th November-1st December is our trip to the Thursford Christmas Spectacular.

Then our Christmas activities:

2nd. December. - The Christmas lunch (and more) is now fully booked at The Orida Hotel with over 70 members going.

16th December. - Our Christmas Social at the Hall. There is a £5 non-refundable charge which I am sure you realise is being heavily subsidised by LenARA. Bookings can be made via Julia as recently notified or at the October meeting. This year we will be putting out a donation box for the Heart of Kent Hospice for those who may prefer to make a donation instead of sending Christmas cards. Hopefully also a board that you can add a message to. You are of course completely able do what you want and some may wish to do both. The choice is yours.

Timings of the events that require them will be circulated nearer the time.

The trip to The London Show next June (Charlie and the Chocolate Factory with Michael Ball) is going ahead. We still have a few seats left and anyone who thinks they may be interested should contact Barbara Kyprianou as soon as possible – Barbara.47.bk@gmail.com or 01622 850468.

Weston-Super-Mare



I believe that next year's holiday to Weston Super Mare from the 8th-12th March is now fully booked but names can be put on a reserve list.

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

OCTOBER 2026

14th October 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 28th October	Stroke Awareness – types, signs and symptoms Julie Camburn	2.00pm	Lenham Community Centre	

NOVEMBER 2026

11th November 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 25th November	Beetle Drive	2.00pm	Lenham Community Centre	

DECEMBER 2026

9th December 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 16th December	Lenara Christmas Social	2.00pm	Lenham Community Centre	

IMPORTANT INFORMATION FROM SOUTH EAST WATER -

We're going to install almost 2.5 kilometres of water pipes in and around Old Ashford Road and Ham Lane in the Lenham area. The planning for this project is underway and we're currently aiming to start work on ***Monday, 26 October 2026****. Our teams will work weekdays and some Saturday mornings. We still need to finalise the programme, but expect the project to take approximately seven months in total. We'll do our best to get the work done faster if we can. We'll be working in two phases for the project, starting on Old Ashford Road in October, with a rolling road closure in place as we install more than two kilometres of water mains.*

The rolling road closure, from the junction of The Square and Old Ashford Road to the junction of Old Ashford Road and Ashford Road, has been agreed with Kent Highways, and is scheduled to be in place until ***Wednesday, 10 February, 2027****.*

We'll be lifting the road closure over the Christmas period, before resuming work on Monday, 4 January 2027.

Two-way traffic lights will also be required in the new year at the junction of Old Ashford Road and the A20 Ashford Road, for a period of around three weeks from ***Thursday, 21 January, 2027****.*

Work is then due to follow on in Ham Lane, which will require a lane closure for the duration of this phase and three-way traffic lights for a short period at the junction with the A20 Ashford Road. A road closure will also be in place at the junction of Pilgrims Way and Ashford Road for a period of around five weeks.

Please be aware that these road closures may affect your journey to and from Lenham especially if you are picking up coaches for holidays etc. Give yourself plenty of time for diversions.



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.

If you know of anyone who would like to join Lenara please bring them along to a meeting so that they can see what we get up to. I am sure they will enjoy it. Or they can contact Barbara Peacock, our Membership Secretary – email barbpeaco1@yahoo.co.uk

Best Wishes to All
Roger

