

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – September 2026

ISSUE 192

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Chairman's message

Hi everyone and welcome to the LenARA September newsletter.

First of all can I please ask that you all read and digest all the information that these newsletters contain. There is I know a lot of it, with dates and times of various events and it is impossible to remember everything so please also keep a copy so that you can refer to it avoiding the need to make enquiries to Committee Members re our events that are covered in the newsletter. Don't get me wrong, if you do have a question, you are always very welcome to telephone me and I will be pleased to have a chat.

Our trip to Lingfield on the 18th August was a great success with 50 people sharing a very enjoyable day. Among those were 8 members of MaidARA who joined us helping to fill the coach and keep the price down for all. Thank you Sue for organising this trip.

The monthly meeting, a talk from Peter Woodley entitled "Behind the Scenes at the BBC" was both humorous and informative. Peter does not take a charge for the talks he gives and just asks for a donation to his nominated charity. I will update you at this month's meeting on the results following his afternoon with us. Thank you all for the support you gave to Peter's chosen charity, the Kent Kidney Patients Association. Also thank you to all 88 of you who attended, it was a great turnout and really pleased me.

FUTURE EVENTS

Ten Pin Bowling

9th September is our next ten pin bowling session at Ashford followed by lunch for those who want to "lunch out".

We have both a male and female team in the KentARA ten pin bowling but do not yet have a mixed team. If anyone would like to make up a team (of three) or do a late booking for the session at Ashford please contact Pat to see if it is still possible. (tel 01622 743658)





September 16th is the lunch trip to the Pilot at Dungeness. If you are travelling on one of the minibuses they will be leaving from the Dog and Bear, Lenham at 10.45. Please arrive a little early. Can I also remind you that we are asking for a tip for the drivers of £2 per head as they are volunteers. This will be collected on the day.

Menu

Medium fish and chips & Peas

Beef and Ale pie, chips & peas

Chicken and leek pie, Chips and Peas.

Pan fried Cod with new potatoes. (Gluten Free)

Apple crumble

Banoffee Pie

Vanilla Ice Cream

Lemon Sorbet.

With tea or coffee

2 courses £28



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.

Christmas Lunch at the Orida Hotel.

We also have our Christmas dinner at the Orida Hotel and Christmas Social to look forward to. I believe you can still add your name to the Orida but you will need to do it quickly. Contact for that is Julia.



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





The trip to the Thursford Christmas Spectacular as of two days ago had two seats left due to a cancellation. Names can also be added to a reserve list for this trip.



Finally, an appeal and a thank you. The thank you is to almost all of our members who pay their money for events quickly and with no problems. It makes the whole process easier for the organiser and treasurer. The appeal is to those who do not, meaning the organisers have to "chase them up." It would be so helpful if everyone was able to remember to get their payments in each time on time, although of course things do sometimes get overlooked by all of us.

Our weekly events –

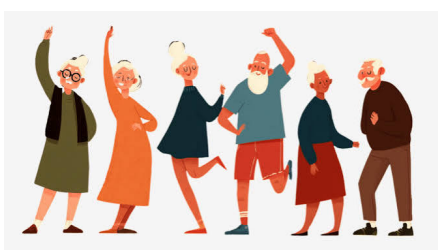
Short Mat Bowls	Tuesday	2.00pm to 4.00pm	£4 per session	Phil Gooda 01622 851217
Zumba	Wednesday	9.30am to 10.30am	£7 per session	Barbara Kyprianou 01622 850468
Line Dancing	Wednesday	7.30pm to 9.00pm	£5 for members/£6 for non-members per session	Ann Rolfe 01622 859725
Petanque – weather permitting	Thursday Saturday	10.00am to 12.00pm	£3.00 per session	Peter 07831 147656 Jackie 07734 566896



If you would like to join any of our weekly events please come along on the day or contact the Activities Leader for more information. These activities are really fun and will help to keep you fit and mobile. We are considering putting on Seated Zumba so if you are interested, please contact Barbara for more details or come and see what we



do. All our activities are reasonably priced and to avoid any increase we would welcome new members.



SEPTEMBER 2026

9 th September 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 23 rd September	Phil's Film	2.00pm	Lenham Community Centre	

OCTOBER 2026

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

NOVEMBER 2026

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



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

