

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – April 2024

ISSUE 163

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CHAIRMAN'S MESSAGE

Hello All

April showers, who needs them after the last couple of months raining constantly, I am sure we don't. Bring on the sunshine and the lighter evenings.

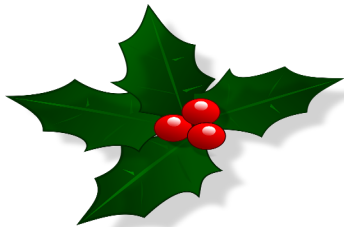
FUTURE EVENTS

This month we have our return Short Mat Bowls match with Harrietsham Bowls Club. It will be held at Lenham Community Centre on Thursday, 25th April and I'm sure they will field their strongest team after losing to LenARA in the first match.

The Mystery tour is on Friday, 26th April pick up times to be confirmed.



Julia has booked the LenARA Christmas lunch at the Orida Hotel - you may know it by its previous name The Hilton Hotel. We have to book early otherwise we lose out and do not get the accommodation we need.



LENARA CHRISTMAS LUNCH

December 5th 2024

At the ORIDA HOTEL

Bearsted Road, Maidstone ME14 5AA

3 COURSE FESTIVE LUNCH

Festive music and entertainment by MISS VINTAGE

COST-£38

£10 non-refundable deposit on booking.

At present Julia has 36 names so please if you are interested get your names down ASAP to avoid disappointment.



The speaker for this month is Christine Rayner giving a talk on Bygone Kent. She was very interesting when we had her visit LenARA last time.

The pub lunch this month will be at The Park Gate Inn, Ashford Road, Maidstone ME17 1PJ

THE PARK GATE

APRIL 17th 2024

12 NOON

PLEASE NOTE THERE IS A MAXIMUM OF 32 DINERS FOR THIS EVENT

2 COURSES £18.95, - 3 COURSES £22.95

STARTERS

CREAMY GARLIC OVEN-BAKED MUSHROOMS (V) in a cheesy Cheddar sauce, with toasted artisan bloomer

CRISPY CALAMARI served with Cajun mayo

TODAY'S SOUP (V) with artisan bloomer bread

Vegan option available

CHICKEN LIVER PATÉ* served with caramelised red onion chutney and toasted rustic bread

MAINS

SMOKED HADDOCK & SPINACH FISHCAKES*

Crispy fishcakes filled with haddock, potato and baby spinach in a cheesy béchamel sauce, with tender stem broccoli, baby potatoes and hollandaise

VEGETABLE PENANG CURRY (VE)

Pak choi, squash, red onions and peppers in a creamy coconut curry sauce, served with jasmine rice

AUBERGINE GRATIN* (V)

Aubergine, garlic and peppers in a sweet & smoky tomato sauce, topped with herb crumb and mozzarella, served with mixed salad and garlic ciabatta

Vegan option available

MAC & CHEESE (V)

Macaroni pasta in a Cheddar, Red Leicester & mozzarella béchamel sauce, topped with a herb crumb and served with mixed salad and garlic ciabatta

CHICKEN PARMIGIANA

Breaded chicken breast topped with bacon and a rich tomato & mozzarella sauce, served with skin-on-fries and a green salad

GRILLED BACON CHOP served with free-range fried egg, grilled fresh pineapple, triple-cooked chips and pea

CHICKEN, BACON & AVOCADO SALAD

Chargrilled chicken breast, smoked streaky bacon, avocado, tomatoes, red onion and little gem in a zesty dressing, topped with a boiled egg and served with pesto toasted ciabatta

DESSERT

STICKY TOFFEE PUDDING (V) topped with salted caramel sauce and served with creamy custard

DOUBLE CHOCOLATE BROWNIE (V) served with honeycomb ice cream & Belgian chocolate sauce

TRIO OF ICE CREAM & SORBET (V)

Your choice of any three scoops:

Ice Cream: Double chocolate (V) Vanilla (V) Honeycomb (V)

Sorbet (V) Raspberry (VE) Coconut milk (VE)

LenARA - 20th Anniversary - 28th August 2024

As I said last month it will be LenARA's 20th anniversary coming up very soon. We have confirmed a booking with Kent Loves to look after us for the afternoon with sandwiches, cakes, tea, coffee etc plus entertainment for the afternoon. We will be charging £5 per person for this and LenARA will subsidise the rest. Kent Loves will be catering for 100 people so as usual this is on a first come first served basis. One thing we need to know ASAP is whether anyone has any food allergies. Please, when you put your names down for this event let us know, so we can then pass this on to Kent Loves. Names will be taken over May and June's meetings.

Lingfield Park

Roger Newman will be taking names for horse racing at Lingfield Park at the April meeting. It will be on 10th June at a price of approximately £32 per person which includes coach and admission. This is always a nice day out especially if you win.



Annual Subscriptions – It has been decided that due to increased costs for venues, speakers etc the Annual Subscription this year will be £10 per person. We will be collecting the subscriptions at our meetings in April and May. We consider this is still excellent value for money and we will continue to try and organise interesting trips and events for you. If any of your details change please let our Membership Secretary know so that the records can be kept up to date and then you will not miss out on anything. We distribute most of our information by email so if you know of anyone who is not on our email list please could you pass the information on to them so that they are kept informed. If you are not on our email list we can post out the monthly newsletter to you if you can provide some stamped self-addressed envelopes.

Please remember that in order to carry on with our activities we need YOU to support US.

We need someone to organise the tea rota for the monthly meetings as Audrey who has been doing it for some time now is giving it up. Please consider this and let us know if you are interested. Audrey will be able to tell you exactly what is involved. If we don't get anyone we won't have tea and biscuits!



A trip to Bexhill will be organised for Friday, July 5th taking in Bexhill Museum. We will be taking names for this event at our May meeting when we are sure of the cost.

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

**We will be getting back to Petanque soon – watch this space!

Our monthly events –

APRIL

Members meeting: Bygone Kent – Christine Rayner	Wednesday 24 th April 2024	2.00pm	Lenham Community Centre	
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MAY

Ten Pin Bowling in Ashford	Wednesday 9 th May 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Lenara AGM	Wednesday 22 nd May 2024	2.00pm	Lenham Community Centre	

JUNE

Ten Pin Bowling in Ashford	Wednesday 12th June 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Battle of Britain, Victory against the odds – Guy Bartlett	Wednesday 26 th June 2024	2.00pm	Lenham Community Centre	

Stay safe and well everyone hopefully see you soon.

Regards John

