

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – October 2024

ISSUE 169

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CHAIRMAN'S MESSAGE

Hi Everyone

Isn't it terrible to see so many shops and stores already geared up for Christmas, filling all their shelves with decorations, lights, gifts, etc? I personally think it's far too early considering we haven't had Halloween yet which is 31st October; unbelievable! Anyway looking back over the past month, I thought our speaker Peter Griffiths was very good and interesting. He has so much to say he must hold the record for speaking roughly an hour and a half at a LenARA meeting. Normally it's about an hour for a speaker.



On Monday, 30th September at 2 pm we held our First Aid Course at the Community Centre which was very informative. I mentioned at our last meeting we were looking to have First Aiders at all meetings. Possibly about six people would be ample to cover most meetings as we know they will not all be in attendance at all meetings but at least one or two would be. At the meeting I did ask for volunteers and had quite a few hands go up. Unfortunately on the day only four members out of 150 turned up which was very disappointing but I would like to thank Frank Bradshaw for coaching us in First Aid, well done Frank.



At this month's members' meeting we shall be showing the film Made in Dagenham, last year you may remember the DVD player did not work properly. We have a new DVD player now so all should be good on the day, I would certainly recommend seeing it and it is a true story.

Greyhound racing Tuesday 22nd October. This is all booked up and the coach will pick up at the Dog and Bear in Lenham at 3:30, please try to be there just before that. Good luck to you all - let's take the bookies to the cleaners!



LENHAM PRIMARY SCHOOL VISIT. On 27th September a group of us from LenARA made a visit to Lenham Primary School. The aim being to talk to the children and tell them what school was like when we were their age. This would be the third time we have been invited to the school and although we were telling the same stories as we had in the previous two years it was to different children. John and Marjorie Edwards told tales of school in London, David Humphrey spoke about school in Barming while my school days were of Newcastle and Frank Bradshaw was able to speak about his early school days in South Africa. The children were very well-behaved and keen to ask questions. They showed interest in all we



had to say and tell them. David had once again brought in his case of old toys, a train, trolley bus, clockwork car and a puppet - Muffin the Mule. Frank was able to tell them of high fences, big hats, lions, buffaloes and giraffes and while we had a small bottle



of milk in class they had glasses of water instead. Marjorie spoke of how we would get malt at school with everyone receiving a mouthful from the same spoon. Speaking of which the children served us with fruit juice and biscuits. We were politely told we could have two biscuits if we wished. I received an email from the teacher Mrs Horlock telling me that the children had thoroughly enjoyed their time with us and thanking us for coming. The question is, who enjoyed that ninety minutes the most the children or us?

Phil Gooda



Future Events

KentARA Tenpin Bowling Competition in Maidstone. We shall be entering three teams for this but at present we have a date of November 14 which is a Thursday and I'm still awaiting confirmation. We will confirm with you as soon as we know.

November 4th we shall be off to the Isle of Wight for our Turkey and Tinsel short break and back on Friday the 8th.



The Pub Lunch this month will be held at The Swan, Little Chart TN27 0QB Menu as follows.

PUB LUNCH -- OCTOBER 16TH

THE SWAN, LITTLE CHART

TN27 0QB

Starters

Parsnip and Roasted Chestnut Soup with Crusty Bread

Grilled Mackerel with Blistered Tomatoes and Pea Shoots

Honey Glazed Goats Cheese, Toasted Walnuts and Focaccia

Mains

Chicken and Leek Pie served with Creamy Mash, Savoy Cabbage and Gravy.

Smoked Haddock Gratin, New Potatoes, Spinach and Broccoli.

Butternut Squash Risotto, Truffle Oil and Pea Shoots

Desserts

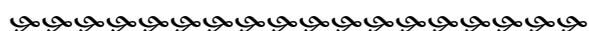
Sticky Toffee Pudding served with Custard

Apple Crumble served with Custard

Biscoff Creme Brûlée served with Homemade Shortbread

2 COURSES - £20

3 COURSES - £25



Thursday 5th December we have the Christmas lunch at the Orida Hotel, Bearsted Road, Maidstone ME14 5AA with entertainment.

Tuesday 17th December is the LenARA Christmas Social, more on that in forthcoming newsletters. We will be taking names at the meeting on 23rd October.

All weekly events seem to be running quite well - Zumba, line dancing, short mat bowls. Petanque restarted a couple of weeks ago but it would be nice to see a few more people attend. Members and friends all are welcome. With regard to short mat bowls - although we have good numbers every week it would be nice to see a few more male players as this would be most helpful in setting out the mats etc. Come along and give it a go.

Finally at the October meeting we will have some slips of paper for you to use giving the committee ideas of what you would like to do in future, for instance Day trips, shows, short holidays etc. I'm sure you can come up with some good ideas.

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

Our monthly events –

OCTOBER

Ten Pin Bowling in Ashford	9 th October 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Phil's Film – Made in Dagenham	Wednesday 23 rd October 2024	2.00pm	Lenham Community Centre	

NOVEMBER

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

DECEMBER

Ten Pin Bowling in Ashford	11 th December 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Christmas Social	Tuesday 17th December 2024	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 in next month's newsletter.

Regards John