

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – April 2025

ISSUE 175

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CHAIRMAN'S MESSAGE

Hello All

Well what a change in the weather we are experiencing at the moment, nice sunny and warm days plus light evenings, long may it last.

As you are all aware LenARA have only one day trip booked at present to London. This is because we don't know which way LenARA will be going until we have the AGM next month.

Hopefully if we can get some new committee members on board we can certainly get things moving, i.e. day trips, shows, possible holidays etc. I'm sure you must all be getting fed up hearing this from me but it's certainly a must.

Please think about this and let us all get together at LenARA to make it a strong association. We are now, if I am correct, into our 21st year, so please let's not lose it.

PAST EVENTS:

Not much happened in March apart from our pub lunch at the Flying Horse 🐎 which was very enjoyable and the menu was certainly my kind of food.



FUTURE EVENTS:

Apart from our weekly and monthly events we have nothing to actually look forward to except the trip to London on Friday 2nd May. We will be able to do our own thing when we get there as there is a good choice of Museums and even Harrods is not too far away.



The V & A Museum



The Natural History Museum

This month's pub lunch is at the 'Who'd a Thought It'

WHO'D A THOUGHT IT

16th April 2025

13.00hrs

2 courses - £24.00 3 Courses - £29.00

Including tip



Starters

Leek & Potato Soup

Warm bread & butter

Ham Hock Terrine

Warm bread & piccalilli

Prawn & Crayfish Cocktail

Sliced brown bread & butter

Main course

Sausage & Mash

With onion gravy & peas

Roasted Chicken

With roast potatoes, tenderstem broccoli & gravy

Poached Salmon

*Crushed new potatoes, tenderstem broccoli, dill & lemon
sauce*

Broad bean & Mint Risotto

Watercress, Pesto

Desserts

Warm Chocolate Brownie *with vanilla ice cream*

Lemon Tarts, *with local raspberries*

Selection of Cheeses, *with biscuits, grapes and chutney*





Our speaker this month will be Lindsey Barrell. Forget the Calendar Girls - we now have the Burlesque Bombshell, Miss Cherry Bombe! Lindsey Barrell (aka Miss Cherry Bombe) gives a fabulously funny and heartwarming talk about her discovery of burlesque and the WI, and how she brought the two worlds together.

Annual Subscriptions

84 members have already renewed their annual subscription, including a number of new members, and we will be collecting again at the April meeting. **If you have not renewed your membership you will not be entitled to a vote at the AGM.** So please make sure you pay your subs for the coming year. We are thinking positive but we are not banking the subs until we know if LenARA is to continue. All subs will be refunded if the club closes. If you wish to pay by bank transfer the details are as follows:

Account Name: Lenara

Account Number: 81526792

Sort Code: 51 70 55

Please put "Subs" and your surname in the reference box so that we know who has paid what.

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	Barbara Kyprianou 01622 850468
Line Dancing	Wednesday	7.30pm to 9.00pm	£4.50 per session	Ann Rolfe 01622 859725
Petanque (this activity will resume in the Spring)	Thursday	10.00am to 12.00pm	£3.00 per session	John Edwards 01622 858439

With regards to Petanque we shall be looking to start back on Thursday, 17th April at 10 am. It would be nice if you could let me know if you are interested in playing. I will put another reminder out the week before commencing so hopefully see you there then, of course if weather permitting.

APRIL

9 th April 2025	Ten Pin Bowling at Whitstable – please note the change in venue	Midday	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 23 rd April 2025	Lindsey Barrell aka Ms Cherry Bombe! – Burlesque, me and the WI.	2.00pm	Lenham Community Centre	

MAY

14 th May 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 28 th May 2025	LenARA AGM	2.00pm	Lenham Community Centre	

JUNE

11 th June 2025	Ten Pin Bowling in Ashford	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 25 th June 2025	The History of Champagne – Peter Griffiths	2.00pm	Lenham Community Centre	

Our meeting in May is the AGM. This is your opportunity to vote for the Committee that you want and to ask questions of the Committee members. Nomination forms will be put on the noticeboard at the next meeting and we will email out the minutes of the AGM for 2024 and the agenda for the AGM this year. LenARA is your club so please support it. If you have any questions it would be appreciated if you could email me at edwardsjohn19@sky.com before the meeting in May so that we can provide comprehensive answers. If you have suggestions for outings and holidays we will try to organise what you want. It is difficult sometimes to think of something different to do that will be popular with members. Again we need your help on the Committee so anyone interested in joining us would be very welcome.

It is impossible to lick your elbow!! At least 75% of people who read this will try to lick their elbow!!

Regards John

April
Showers
Bring May
flowers