

# LenARA

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – December 2024

ISSUE 171

CHAIRMAN: - John Edwards 01622 858439 Email - edwardsjohn19@sky.com

VICE-CHAIRMAN: - Mike Compson 01622 851763

SECRETARY: Sue Compson 01622 851763 Email: sue\_compson@yahoo.co.uk

EMAILS TO: - info@lenara.org.uk

WEBSITE: Mike Compson 01622 851763 Email: - mike.compson@btinternet.com

### CHAIRMAN'S MESSAGE

Hello All

Christmas is literally just around the corner and I am sure we are all looking forward to it. LenARA have already started their celebrations with our Christmas lunch at the Orida Hotel last Thursday, it was a most enjoyable afternoon, a lovely venue with good food, service and entertainment.



A big thank you to Julia for organising such a brilliant afternoon which as far as I know was enjoyed by all.



On the 14th November we entered three teams into the KentARA Tenpin Bowling Competition at Rochester, a ladies team, a man's team and a mixed team. Unfortunately we didn't win but at least we took part.

Last month's Pub Lunch was at The Bull Inn at Bethersden which again was a very nice venue with 41 of our members attending. I think we will certainly go back there again.

Our speaker for November was actually a magician, Charlie Hewish, A very nice young man with plenty of confidence, it was certainly mind-boggling how he did the tricks but we shall never know his secret, so on the day he was certainly magic.

On Tuesday, 10th December some of us went to London, to visit Covent Garden, the Chelsea Pensioners Museum and to see the London Christmas Lights.



We left a chilly and wet Lenham just before 10.00am and made our way with good old Kevin from Carrs Coaches to Covent Garden for some lunch. It was really buzzing up there and we managed to find a seat in the Punch and Judy pub which was established in 1787, for a cheese toastie and a drink.



*The Punch and Judy pub*

After lunch we headed down to the Chelsea Pensioner's Museum which is not very big but very interesting.

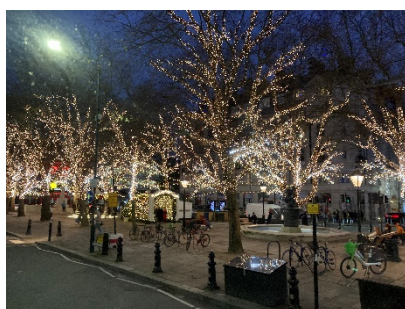


*Cup of tea time*

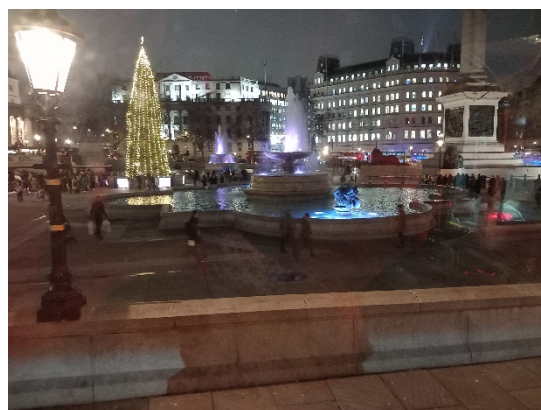


*One of the lovely works of art at the Museum*

Then back on the coach again to see some of the Christmas Lights.



Unfortunately we couldn't drive up Regents Street or Oxford Street as they are closed to traffic but there were plenty of other lights to see.





So all in all it was a lovely day out. Thank you Barbara for organising it for us.

*Trafalgar Square*

### **FUTURE EVENTS**

Tuesday December 17th is LenARA's Christmas Social,

hopefully everything is going to plan. I would just like to remind members that **doors won't open until 1.30** as we have a lot to do to set it all up so please be patient. We will be making a collection for a donation to charity instead of handing out Christmas cards this year so please give generously. The charities will be either the Air Ambulance or The Heart of Kent Hospice or possibly both.

January Wednesday 15th 2025 will be the pub lunch at Ledian Gardens Upper Street Leeds for a 1 o'clock start. See menu below for your choices -

**Wednesday 15<sup>th</sup> January 2025**

**13-00hrs**

This is to be held at the Bridges Restaurant, **Ledian Gardens**, Upper Street, Leeds ME17 1RZ

This is an inspired retirement village.

### **Starters**

Leek, potato, and chive soup.

Smoked mackerel, creamed horseradish, new potato salad.

Duck and truffle pate, red onion chutney.

Breaded chicken goujons, curried mayonnaise.

### **Main course**

Steak and ale pie, mashed potato and seasonal vegetables.

Baked salmon herb crumb, caper and parsley sauce, potatoes and vegetables.

Roasted supreme of chicken, shallot, tarragon and mushroom sauce, potatoes and vegetables.

Vegetable lasagne, fresh salad, and garlic bread.

### **Dessert**

Winter crumble and custard.

Lemon Tart and fresh cream.

Strawberry Pavlova.

**3 courses @ £25**

**2 courses @ £20**

If you haven't already booked and would like to go could you please put your cash or cheque INTO an envelope with your name and menu choices on the OUTSIDE of the envelope and hand it to Julia at the Christmas Social on the 17th of this month.

**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 (this activity will resume in the Spring)	Thursday	10.00am to 12.00pm	£3.00 per session	John Edwards 01622 858439

Please note – the last session for Short Mat Bowls this year will be on Wednesday, 18th December and will return on Tuesday, 7th January 2025.

The last session for Zumba is Wednesday 4<sup>th</sup> December and will return on 8<sup>th</sup> January 2025.

The last session for Line Dancing will be Wednesday 11<sup>th</sup> December and return on 8<sup>th</sup> January 2025.

**Our monthly events –**

**DECEMBER**

11 <sup>th</sup> December 2024	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Tuesday 17 <sup>th</sup> December 2024	Members meeting: Christmas Social	Doors open 1.30pm	Lenham Community Centre	

**JANUARY 2025**

8 <sup>th</sup> January 2025	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 22 <sup>nd</sup> January 2025	The Secret Life of a Mole!!	2.00pm	Lenham Community Centre	

**FEBRUARY**

12 <sup>th</sup> February 2025	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 26 <sup>th</sup> February 2025	Richard Griffin - Bodyguard to the Royal Family.	2.00pm	Lenham Community Centre	

Wishing all members a Merry Christmas and a Happy New Year, in case I don't see you.

Regards John

