

# LenARA

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – February 2025

ISSUE 173

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### CHAIRMAN'S MESSAGE

Hello All

Well what a lovely bright sunny morning, a bit cold and frosty but nice to see the sunshine. According to the weather reports it should be a good dry week with sunshine, fingers crossed.

For those of you who missed our January meeting I need to tell you what is happening with the LenARA committee. As from our May AGM I and a few others are standing down, so we need to start advertising for replacements. The Committee Members standing down as I said are myself, Mike Compson, Sue Compson, and Phil Gooda. So we are looking mainly for a Chairman, Vice Chairman and a Speakers Secretary. We have a volunteer to take over from Sue Compson, as LenARA Secretary.

This is a most serious situation to be in as without replacement to cover these jobs LenARA would fold, what a shame that would be after running for 20 years now.

If any of you are interested in these positions, please let us know or come along to our committee meeting this Wednesday, 5th February at 2 pm in the Lenham Community Centre to see what we discuss and do.

Full help will be given to the new committee members so please don't worry about anything, we will all be there to help and support you. With this said please give it some serious thought, if possible to even job share.

Past events:

Pub lunch at Ledian Gardens, Upper Street Leeds, this was a beautiful venue, very good food and service, most enjoyable with plenty of nice compliments, well done to Julia.



Future Events

On Saturday, the 15th February we shall be supporting a Lenham Nursery Fundraising Dance at the Lenham Community Centre and dancing to Chicory Tip. Tickets are £15 per person, bring your own nibbles and drink, there will also be a raffle and doors open at 7 pm until 11 pm, tickets are available from -

LenARA (Barbara Kyprianou)  
Lenham Nursery School  
Parish Council Office  
Dog and Bear

Please try to support this event it should be a good evening for a good cause.

**Note for your Diary:** on Saturday, 8th March at the Lenham Community Centre we shall be holding a Quiz Evening. I know many of you have done these before, they are very enjoyable so look out for the tickets going on sale at the next meeting. The cost is £2 per person with tables of four people. What a cheap night out and don't forget to bring your own drinks and nibbles. This is always a very popular event so don't delay in purchasing tickets.

The Pub Lunch this month is at -

**The Plough Inn, Sutton Road, Sutton Valance, Maidstone MR17 3LX**

**STARTERS**

Maple glazed Sour dough crumpet delight, topped with pickled pear, drizzled with Maple syrup, sprinkled with crunchy Pecans & micro greens. **Vg**

Tomato and Basil soup, served with freshly baked Bloomer bread. **Vg Gf**

½ steamed Mussels in fresh creamy white, onion, celery & garlic sauce and half warmed baguette. **Gf**

2 Chicken Satay Skewers marinated in a rich blend of aromatic spices, coconut milk, roasted peanuts, coriander, galangal & garlic.

**MAINS**

Cottage Pie, slow-cooked minced beef in rich gravy topped with buttery mash, & selection of seasonal vegetables & pot of gravy.

2 Cumberland sausages, mash potato, garden Pease and onion gravy.

Full steamed Mussels, fresh mussels in creamy white wine, onion, celery, & garlic sauce with seasoned fries & half a warmed baguette. **Gf**

Vegan Fishless Fishcake, plant based fishcake, on a bed of Ratatouille, topped with fragrant herbs, with crispy garlic plant Fries. **Vg**



**DESSERTS**

Vanilla Crème Brulee, with seasonal berries. **Gf**

Raspberry, Gin Cheesecake, drizzled with Raspberry Coulis. **Vg Gf**

Cookie Dough Salted Caramel Crunch Pie. Chocolate pastry case filled with salted caramel chocolate & honeycomb pieces, toffee flavoured mousse topped with Cookie Dough balls and salted caramel sauce, cocoa powder dust. **V**

2 scoops of ice cream or sorbet,

Ice cream-vanilla, choc chip, strawberry, mint choc chip, honeycomb, salted caramel, blackcurrant and clotted cream **V Gf**

Vegan vanilla & vegan mixed berry.

Sorbet - black currant, blood orange, mango, raspberry, coconut, cherry and Kirsch, lemon, passionfruit **Vg Gf**

**2 courses £19**

## 3 courses £24

Price includes a 10% Gratuity.

### 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

### Our monthly events –

#### 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	

#### MARCH

12 <sup>th</sup> March 2025	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 26 <sup>th</sup> March 2025	Susan Shaw from the Heart of Kent Hospice.	2.00pm	Lenham Community Centre	

#### APRIL

9 <sup>th</sup> April 2025	Ten Pin Bowling in Ashford	11.00am	£7 for two games	Pat Highsted 01622 743658
Wednesday 23 <sup>rd</sup> April 2025	Lindsey Barrell aka Ms Cherry Bombe! – Burlesque, me and the WI.	2.00pm	Lenham Community Centre	

Look after yourselves and see you soon.

Regards John

PS Please put your thinking caps on re the committee.

