

# LenARA

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – January 2025

ISSUE 172

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### CHAIRMAN'S MESSAGE

Hello All

May I firstly take this opportunity to wish each and every one of you a happy and healthy New Year. Hopefully you all enjoyed Christmas with family and friends and now it's onwards and upwards for 2025. Stay safe.

### **Past events.**

The trip for the London Christmas Lights - I understand from some of you it wasn't as good as expected. Not enough time at Covent Garden, then off to the Chelsea Pensioners Museum and then back to see the Christmas Lights. Unfortunately you were not allowed to drive down Oxford Street or Regent Street, this would have been very disappointing.

### **LenARA Christmas Social.**



This was very well attended which is nice to say and a big thank you goes to all committee members and helpers who made it a successful afternoon. I thought our entertainment for the afternoon was brilliant. It was nice to see lots of you singing along to the songs and



many of you dancing. We had an email from a member asking us to put the comments in the newsletter. It read as follows: "our thanks to everyone involved in putting on our Christmas Social. What a good afternoon it was, by the looks on members' faces it was universally enjoyed and we thought the entertainer got it absolutely right. Well done. Thank you."

From Roger & Sue Newman.



I must say that many of you came up to me at the end of the afternoon and said the same. It is nice to know when the job of organising any event is successful and nice to have feedback such as this. Thank you.

## Monthly events.

This month's Pub Lunch is on Wednesday 15<sup>th</sup> January 2025 at 1.00pm

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 @ £2**

### **January's Speaker**

Have you ever wondered what those bumps of earth on the meadows are? Come along and hear from Chris Stewart, who has been a molecatcher for 12 years and trained with the Guild of British Molecatchers, as he gives his talk "The Fascinating and Secret Life of the Mole".

There's a secret world that exists just beneath our feet. While we know plenty about Britain's mammals above ground, we've never really known what they get up to once they scurry into their subterranean homes. Until now.

### **Tenpin Bowling**

This month's Tenpin Bowling at Ashford will be later than usual. It will be on Wednesday, 29th January at 11 o'clock. The price is £7.50 per person and then, if you wish, we go back to the Kennington for lunch. Please make your booking with Pat at the next meeting on 22<sup>nd</sup> January. In February we will resume as normal for this activity which is on the second Wednesday in the month.

**Weekly events will resume as follows -**

Short Mat Bowls - Tuesday 7th January

Zumba - Wednesday 8th January. We will be welcoming a new instructor, Andee, so I hope you can all make it. Line Dancing also 8th January.

**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 -**

**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	Chris Stewart - 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	

**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	

*A reporter interviewing a 104 year old woman asked her "What is the best thing about being 104?" She simply replied "No Peer Pressure!"*

Look after yourselves and see you soon. Regards John.