

## LenARA

# LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – August 2023

ISSUE 156

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### CHAIRMAN'S MESSAGE

Hello All

Isn't it nice to see the back of July with all the bad weather especially the rain? Looking forward to August it looks to be a lot better so hopefully we can start enjoying what's left of our summer. When you look back to July I know we complain about the rain but I'm sure like me you would rather have that than the poor Europeans with the fires and heat waves, that must've been terrible.

### PAST EVENTS.

Our holiday to Potters - speaking to many of the members who did this trip they thoroughly enjoyed it. Please read the write-up below from one of our members.

#### **Holiday at Potters.**

On the 10th July a happy band of 29 LENARA members set off with Kevin our friendly coach driver for our four night break in Norfolk at Potters Resort Hopton-on-Sea which is between Lowestoft and Great Yarmouth.

Potters is an all-inclusive holiday resort specialising in "short breaks for active adults". It is probably best known to us older generation as the place that hosts the annual World Indoor Bowls Championships which is on TV each year.



Discussing tactics



It is set in extensive grounds that stretch down to the sea and as we were mostly blessed with excellent weather many of us enjoyed walks down to the cliff top and beach.

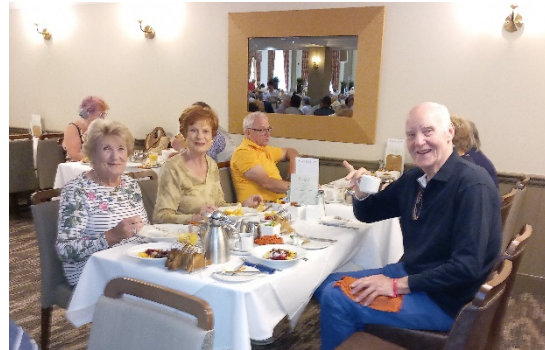
This helped to give us the exercise we needed to compensate for the three full meals a day we were eating!

Having a paddle

The accommodation at the resort is either in the hotel or in cottages dotted around the grounds. Judy and I stayed in one of the hotel rooms which we found clean and spacious.



Cheers.....



Enjoy.....

Potters has an extensive range of sports and leisure activities and a very full daily programme to take part in if you wish. Unlike other sports related resorts I have visited all these are provided at no extra cost. Some of our group certainly threw themselves into the activities on offer with notable success from the following gold medal winners:

Brian Sharp - Archery, Golf and Rifle Shooting.

Roger Collier - Archery and Laser Shooting (they forgot to give him his gold medal for this!)

Neil McGowan - Golf

Barbara Kyprianou - Rifle Shooting

Lesley Dack – Curling

In addition to our gold medal winners Muriel Shade won both the horse racing and the pig racing (not riding them you understand but on film) and Neil McGowan and Lesley Dack both won the bingo. Apologies to any winners I may have missed.

As an alternative to all the sports activities the entertainments team kept you busy throughout the day if you wished with a wide variety of fun activities, quizzes, music games and workshops. And the fun didn't stop in the evenings as after dinner the stage was set for show time with outstanding west end style shows every night.



Definitely something for everyone but your holiday could be as active or relaxing as you chose. Potters reminded me of an upmarket holiday camp with a similar atmosphere. It was a most enjoyable few

days and I am sure I would be joined by all the others in thanking Barbara Kyprianou who organised the whole thing and Kevin who got us there and back safely.

Dave Tawney.



Well done Barbara

The July pub lunch was at the Alma at Painters Forstal which was enjoyed by those who attended.

On 16<sup>th</sup> August we are off to The Swan at Little Chart. Lunch is at 1.00pm.



The price is - 2 courses for £20 or 3 courses for £25.

### Starters

Chicken Liver Pate with Crusty Bread

Whitebait with side salad and tartare sauce

Potato Skin choose either cheese and onion (v) or cheese, onion and bacon

Tomato and red pepper bruschetta on sour dough toast

### Mains

Hunters chicken with chips and peas (if preferred new potatoes)

Beef or Vegetarian Lasagne (made with Quorn mince) with garlic bread and side salad

Scampi, chips and peas with tartare sauce

Classic Chicken Caesar Salad

Vegetable chilli with rice, soured cream and homemade nachos

### Desserts

Rhubarb Crumble

Cherry Pie

Chocolate Brownie

All the above desserts come with a choice of cream, custard or ice cream.

Also available is a selection of ice cream (3 scoops)

Choose from

Mint choc chip - Vanilla – Strawberry - Chocolate - Salted Caramel - Honeycomb

## FUTURE EVENTS

We have 10 pin bowling at Ashford on Wednesday 9th August and all our usual weekly events, Short Mat bowls, Zumba, Line Dancing all carry on as normal, but with the exception of Petanque. Unfortunately this is not getting the support we need to keep it going so if it doesn't improve it could be lost. Maybe we need to try for once a fortnight. Let us know your thoughts because we need to do something soon. Non-members can come and play too. Please give it some serious thought.

The show TINA is now booked as is the Dog Racing with Sunday lunch. It is with regret that the other show, Aspects of Love has been cancelled. Nothing to do with us but it is being taken off in August. We need payment for the above two events at our next meeting on August 23rd please. We have had to cancel the day out to Lingfield horseracing because of lack of interest. It is a shame this is normally a good day out.

We will also be collecting payment for the Mystery Tour which is on 7<sup>th</sup> September. So those who have yet to pay please do so at the August meeting.

The Kentara Bowling Competition is on August 24th at Ditton Community Centre - ME20 6AH. Check in is by 9am and the start time is 9:15. We have four teams entered, good luck to you all.

The members meeting on August 23rd is our annual fun and games afternoon. We have lots of different and fun games for you. I trust you are all in training for this and hope to see you all there, come along and have a laugh. START TIME 2:30pm

## FUTURE EVENTS

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 –

## AUGUST

Ten Pin Bowling in Ashford	Wednesday 9 <sup>th</sup> August 2023	11.00am	£7 for two games	Pat Highsted 01622 743658
Pub Lunch – The Swan at Little Chart	Wednesday 16 <sup>th</sup> August 2023	See the menu above		Julia Elliot 07842 193166
Members meeting – Games Day	Wednesday 23 <sup>rd</sup> August 2023	2.00pm	Lenham Community Centre	

## SEPTEMBER

Mystery Trip	Thursday 7 <sup>th</sup> September 2023	Pick up times to be advised		Barbara Peacock 01622 858523
Ten Pin Bowling in Ashford	Wednesday 13 <sup>th</sup> September 2023	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting – Sloe Seduction – Katherine Hook	Wednesday 27 <sup>th</sup> September 2023	2.00pm	Lenham Community Centre	

## OCTOBER

Ten Pin Bowling in Ashford	Wednesday 11 <sup>th</sup> October 2023	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting – Film afternoon – To be arranged	Wednesday 25 <sup>th</sup> October 2023	2.00pm	Lenham Community Centre	

May I remind members that our constitution states that members should attend at least one meeting in every four? I would also like to ask you to let us know if you have a change of contact details ie address, email address etc.

At every members meeting we organise tea and biscuits and if anyone would like to help serve teas please put your name down with Audrey Joy. We have been having a few problems lately with members not being able to do it when they have put their names down and then we have to find replacements usually at short notice. This is proving difficult. Many thanks.

Regards John

