

LenARA

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – June 2024

ISSUE 165

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

This month's newsletter is going to be very hard to write so please bear with me. I would like to touch on the sad loss of Keith Varney, our treasurer. For well over 10 years Keith carried out a fantastic job for LenARA. As many of you may know from our last meeting, we sadly lost Keith following a tragic car accident on Monday, 20th May. The full details are yet unknown and I hope you all agree that we are to leave his family in privacy and respect their peace to grieve. All we know is that following the accident Keith was airlifted to Kings College Hospital London where he sadly passed away sometime later.

I am in contact with Keith's daughter who has promised to keep in touch with me. If his family wish to touch on what happened that sad day I will ask permission from them to share with those who truly respected him as our treasurer and for the lovely man and friend that he was. I will also share funeral arrangements when they are known as I have advised the family that members will wish to pay their respects and say goodbye. R.I.P Keith.



Past events

The month of May has been a quiet month for us apart from our LenARA AGM. As there were no nominations at all the whole of the committee were asked if they would stay on and, one by one, they fortunately all agreed. Thank you all. The only thing that will change is our treasurer as you can appreciate. We are working on a replacement for treasurer and I will let you know who it is as soon as the outcome is finalised.

Future events

On Saturday 1st June at Lenham Community Family Festival we shall be there to promote Petanque and hopefully gain some new players.

Monday 10th June we are off to Lingfield Park Horse Racing.

The Pick-up times will be - 11am Lenham and 11:15am Harrietsham. Please be there in plenty of time and if any other pickups are required please let Roger Newman know ASAP (tel 01622 851900 or 07889 287417).

Friday 14th June is John's walk. We shall be meeting at 10am and starting from the church in Lenham Square.

Wednesday 19th June is our Pub Lunch. –

By popular demand we are returning to

STUBBS RESTAURANT.

Wednesday 19th June 13.00

STARTERS

Broccoli and Stilton Soup, served with homemade, Focaccia bread.

Tempura Vegetables, Teriyaki dipping sauce, Jalapeno Dip.

Kentish Smokie, served with Focaccia toast.

Ham Hock Terrine, Piccalilli, Watercress and toasted Focaccia.

Prawn Cocktail, buttered Focaccia.

Breaded Whitebait, tartare sauce.

Scottish Smoked Salmon Pate, Homemade Focaccia Bread.

MAIN

Breaded Chicken Fillet, Portobello Mushroom, served in Sesame Bun

Hand cut Chips, Onion rings, Potato salad, Coleslaw.

Cod and Chips, Peas, Tartare Sauce.

Beef Chilli Con Carne wrapped in a Tortilla with Salsa, Mozzarella, topped with sour cream, served with Spicy Slaw.

Breaded Scampi, Chips, Peas and tartare sauce.

Grilled Gammon, Egg, Chips and roasted Tomato.

Chicken Schnitzel, Broccoli and Chips.

Fresh Crepe, stuffed with steamed Spinach, Mushroom and Shallot.

Quarter Pounder, Sesame Bun with melting Cheddar, onion, tomato and lettuce.
Chips, Onion rings, Coleslaw.

DESSERT

Warm Chocolate Fudge Cake---Lemon Posset---Eton Mess

Banoffee Pie---Ice Cream or Sorbet served in a Brandy Snap Basket

2 Courses £22

3 Courses £28

Wednesday 26th June. Our speaker this month is Guy Bartlett who is speaking on the “Battle of Britain – Victory against the Odds”.

Friday 5th July. A trip to Bexhill Museum then onto Hastings for lunch etc. I think Barbara still has a couple of seats available so ask friends and family if they would like to join us. If so contact Barbara Peacock on 01622 858523.

Wednesday 28th August is the 20th Anniversary for LenARA. We have organised an afternoon tea party and names are now being taken for this. We have caterers to look after us and entertainment. The cost of this afternoon is £5 per person.

Monday 4th November we are arranging a Turkey & Tinsel holiday to The Trouville Hotel, Sandown, Isle of Wight. We know this is quite a way off but we need to know how many members are going so that we can confirm with the hotel or we will lose the booking. Four nights’ bed, breakfast and evening meal at the cost of £455 per person including the coach, the ferry and a trip to Osborne House. **Again please think about it and let Barbara Peacock know ASAP.**

All weekly events will be as normal - Short Mat Bowls on Tuesdays 2-4pm – Zumba on Wednesdays 9:30am-10:30am and Line Dancing on Wednesdays 7:30pm-9:00pm.

Annual Subscriptions – We have been collecting the Annual Subscription for the past two months and there are some members who have not yet renewed their subscriptions. I would be grateful if you could let Chris Godden, our Membership Secretary know **whether or not** you will be joining LenARA this year. (Tel 01622 858658 or email rrgodden@btinternet.com).

Don’t forget if any of your details change please let us know so that the records can be kept up to date and then you will not miss out on anything. A reminder – members should attend at least one meeting in every four. If you have a problem with this please do not hesitate to let us know. We distribute most of our information by email so if you know of anyone who is not on our email list please could you pass the information on to them so that they are kept informed. If you are not on our email list we can post out the monthly newsletter to you if you can provide some stamped self-addressed envelopes.

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

**We will be getting back to Petanque soon – watch this space!

Our monthly events –

JUNE

Ten Pin Bowling in Ashford	Wednesday 12th June 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Battle of Britain, Victory against the odds – Guy Bartlett	Wednesday 26 th June 2024	2.00pm	Lenham Community Centre	

JULY

Ten Pin Bowling in Ashford	Wednesday 10th July 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Being a Magistrate – Mary Winder	Wednesday 24 th July 2024	2.00pm	Lenham Community Centre	

AUGUST

Ten Pin Bowling in Ashford	14 th August 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: A Games Afternoon	Wednesday 28 th August 2024	2.00pm	Lenham Community Centre	

I'd like to finish by thanking everyone for their help throughout the year and hope we move onto a better future as a club.

Regards John

