

# LenARA

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – May 2024

ISSUE 164

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

It is now the time of year for our AGM on 22nd May and it would be nice to see as many of you there as possible. On the noticeboard at the back of the hall we have had the nomination forms, so feel free to use them for any nominations you may have.

We know that some of the events we are looking at and organising are a long way off but if we didn't book early we would lose them so please have a look around at what is on offer at the next meeting and get your names down early if interested so as not to be disappointed.

### PAST EVENTS

We had our return match with Harrietsham Short Mat Bowls Club which was a very enjoyable afternoon. Unfortunately we came second which means we will have to play again for the best of three. I'm sure our members will look forward to it as well as me. Bring it on.

### PUB LUNCH

April's pub lunch was held at the Park Gate Inn and, apart from a couple of slight problems, it went well. The problem was a change of starter for I think approximately seven people.

### MYSTERY TOUR

It was certainly surprising as, with six of us waiting at a pickup point, to see the coach coming and the driver waving and smiling as he sped by. We all wondered "what is he playing at?" It was suggested maybe he was going to the next roundabout and coming back the other side of the road but no, a few minutes later the second Carrs coach arrived, we embarked and off we went.

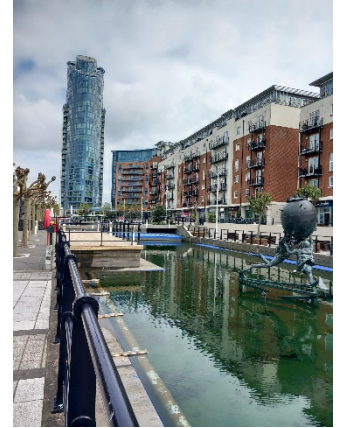
Our first stop was Cobham Services on the M25 for anyone to use the loos. Unusual we thought, stopping so quickly, anyway 15 minutes later we were off again. Then you could hear all the suggestions as to where we were going Some were Littlehampton, Bognor Regis, Arundel Castle, Guildford Cathedral, all wrong of course as we ended up at Portsmouth.





We parked minutes away from the Spinnaker Tower and were set free to wander as we liked.

Fortunately we had a dry day if a little windy and fresh. On the whole I think it was enjoyable as we all had tales to talk about on the way home.



## FUTURE EVENTS

### LENARA PUB LUNCH MENU FOR MAY

Wednesday 15<sup>th</sup> May 2024

13.00hrs

## THE CHEQUERS DODDINGTON ME9 0BG

**PLEASE NOTE THERE ARE STEEP STEPS INTO THE PUB**

From the A20 at Lenham this venue is less than 5 miles continuing on the Faversham Road.

The size of the venue restricts the numbers of diners to 30 guests on a first come basis.

MENU 2 COURSES @ £22 or 3 courses at £28

### **Starters**

Tempura Prawns with a Sweet Chilli dipping Sauce.

Chicken Liver and Redcurrant Pate-- smooth pate, served with chutney and toast.

Cauliflower Buffalo Wing with a hot spicy sriracha and maple glaze.

Garlic Mushrooms on toasted bloomer bread with mixed salad leaves.

### **Mains**

Braised Beef -melting tender beef in a rich ale gravy, creamy mustard mash and veg.

Hunter's Chicken - chicken breast topped with bacon, Monterey Jack cheese,

BBQ sauce, chips, petit pois and coleslaw.

Oven Baked Cod with herb new potatoes, veg and a white wine & dill sauce.

Steak and Ale Pie, mash and seasonal veg

Vegetarian Katsu Curry-breaded vegetarian chicken in coconut curry sauce with spiced rice and mixed leaf salad

### **Desserts**

Rich chocolate fudge cake with plant based cream or ice cream.

Cherry Lattice Pie with custard, cream or ice cream.

Lemon Tart with berry coulis, cream or ice cream.

Saturday 1<sup>st</sup> June 2024

Lenham Festival at the Community Centre– we hope to be running taster sessions for Petanque at the Lenham Festival

## Monday 10<sup>th</sup> June 2024

Horse racing at Lingfield Park. I think there are a few places left on this trip so please see Roger at our next meeting. The cost of the day is £32 per person this includes the coach and the entrance fee into Lingfield.



## Friday 5<sup>th</sup> July 2024

We have a trip to Bexhill and the Museum and then possibly go on to Hastings for eats etc.

## Wednesday 28<sup>th</sup> August 2024

Afternoon tea at the Community Centre

A special day for LenARA as it is our 20th anniversary and we will be celebrating it in style. We have local caterers coming in to look after us with tea, coffee, sandwiches, cakes etc. We shall be charging members £5 per person for this with 100 places being catered for and we also have entertainment. I would recommend you get your names down for this as soon as possible so as not to be disappointed. LenARA will be heavily subsidising this event. The caterers will be Kent Loves so come along and let's make it a memorable day.

## Tuesday 4<sup>th</sup> November 2024

### Turkey and Tinsel

The Trouville Hotel, Sandown, Isle of Wight is the venue for our Turkey and Tinsel holiday. This is for four nights' bed, breakfast and evening meal at a cost of £455 per person plus £17 per person if insurance is needed. Included in this is obviously the coach and the ferry and free entrance to Osborne house (Queen Victoria's holiday retreat) and evening entertainment.

## Thursday 5<sup>th</sup> December 2024

Christmas lunch and entertainment at the Orida Hotel, Bearsted Road, Maidstone ME14 5AA

### 3 Course Festive Lunch

#### STARTERS

Butternut Squash Soup, Thyme Oil (VE) (GF)

Chicken Liver Pate, Toasted Brioche, Onion Marmalade (GFA)

Prawn Tian, Cucumber, Lemon Mayonnaise (GF)

#### MAINS

Roast Turkey, Roast Potatoes, Seasonal Vegetables, Pigs in Blanket, Stuffing, Roast Jus (GFA)

Salmon Fillet, Herb Potatoes, Savoy Cabbage, Dill Cream (GF)

Mushroom, Spinach, Chestnut Vegetable Bake, Roast Potatoes, Seasonal Vegetables (VE)

#### DESSERTS

Christmas Pudding, Brandy Sauce (GFA)

Chocolate & Cherry Tart, Cherry Glaze (VE)

Baked Vanilla Cheesecake, Mulled Wine Berries (GF)



TEA or COFFEE

Festive music and entertainment by MISS VINTAGE

COST-£38 - £10 non-refundable deposit on booking.

## Tuesday 17th December 2024

LenARA Christmas Social and entertainment at the Community Centre.

As I said earlier we know some of these events are way down the line but everything has to be booked as soon as possible. Come and join us and get your names down.

And finally with regard to the events at the Eastbourne Bandstand. Some members have asked for dates, times and cost to certain shows, please find listed below months dates and times, hopefully this will be helpful to you.

If you are interested in going you will need to book direct by phoning Eastbourne Borough Council On 01323 410611 or emailing [info@eastbournebandstand.co.uk](mailto:info@eastbournebandstand.co.uk).

### JUNE

1st	Buddy Holly Tribute	9th	Elton John Tribute
15th	Eagles Tribute	23rd	Sounds of the 60s

### JULY

4th	The Kinks Tribute	7th	Lionel Richie Tribute
14th	Simply Red Tribute	18th	Michael Buble Tribute
19th	David Bowie Tribute	26th	Cliff and The Shadows Tribute

### AUGUST

4th	An Evening with the Central Band of The Royal British Legion	11th	The Carpenters Tribute
15th	Rolling Stones Tribute	23rd	Queen Tribute
24th	ELO Tribute	25th	Phil Collins/Genesis Tribute

### SEPTEMBER

8th	Beach Boys Tribute	20th	Motown Tribute
22nd	Tom Jones Tribute	27th	Madness Tribute
28th	Elvis Tribute	29th	Beatles Tribute

This is just a small selection. Doors open at 7.00pm, the shows start at 8.00pm. Tickets in advance are £11.50 per adult, full price is £14.00. There is more on the website -[www.EastbourneBandstand.co.uk](http://www.EastbourneBandstand.co.uk)

**Annual Subscriptions** – It has been decided that due to increased costs for venues, speakers etc the Annual Subscription this year will be £10 per person. We will be collecting the subscriptions at our meeting again this month. We consider this is still excellent value for money and we will continue to try and organise interesting trips and events for you. If any of your details change please let our Membership Secretary 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.

**Please remember that in order to carry on with our activities we need YOU to support US.**

### **IMPORTANT**

We need someone to organise the tea rota for the monthly meetings as Audrey who has been doing it for some time now is giving it up. Please consider this and let us know if you are interested. Audrey will be able to tell you exactly what is involved. If we don't get anyone we won't have tea and biscuits!



## 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 –

### MAY

Ten Pin Bowling in Ashford	Wednesday 8 <sup>th</sup> May 2024	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting: Lenara AGM	Wednesday 22 <sup>nd</sup> May 2024	2.00pm	Lenham Community Centre	

### JUNE

Ten Pin Bowling in Ashford	Wednesday 12 <sup>th</sup> 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 <sup>th</sup> June 2024	2.00pm	Lenham Community Centre	

### JULY

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

Stay safe and well everyone hopefully see you soon at the AGM.

Regards John

