



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Events* September 2017

#### Monthly Meetings

**Members Free; Guests £2**

**Fri 8<sup>th</sup> September, 2pm**

*Ann Hall*

*Tales of Egypt*

**Fri 13<sup>th</sup> October, 2pm**

*Ley Liberson*

*“My Grandfather’s Tale”*

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#### Coffee Mornings

**Members £1.00; Guests £2,  
from 9.30**

**Tue 26<sup>th</sup> September**

**(plus, sausage & chips lunch)**

**With Art Classes in Rear Hall**

***(Additional £5.00 from 10am)***

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#### Table Tennis

*2.00 pm Tuesdays*

**12<sup>th</sup>, 26<sup>th</sup> September 2017**

**10<sup>th</sup>, 24<sup>th</sup> October 2017**

#### Line Dancing

*Every Wednesday at 10.30 am*

**6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September**

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**NEW!!**

#### Pilates

*Every Monday at 10.00 am*

**4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> September**

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#### New Age Kurling

*2.00 pm Mondays*

**4<sup>th</sup> September**

*2.00 pm Fridays*

**22<sup>nd</sup> September**

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#### Boules/Petanque

**Upchurch Golf Club**

*Tuesdays 2.00 pm*

**19<sup>th</sup> September**

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#### Bat & Trap

**Upchurch Rec**

**Mon 11<sup>th</sup> September, 2pm**

#### Trips

**November TBC**

*Guided tour of Houses of Parliament*

**January 22<sup>nd</sup> 2018**

*An American in Paris @ The  
Dominion Theatre*

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#### Walks

*On the 1st & 3<sup>rd</sup> Fridays*

**15<sup>th</sup> September**

**Setting off from the Three  
Mariners at 10.00, meet  
Upchurch 9.30 for car share**

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**NEW!!**

#### Walking Football

**A2, opposite Bloors Lane**

*Fridays 4pm*

**15<sup>th</sup>, 29<sup>th</sup> September**

~\*~

#### Ten Pin Bowling

**Chatham Pentagon**

*Tuesdays 9.45 am*

**12<sup>th</sup> September**



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Newsletter* September 2017

Dear Friends,

Since I penned the previous Newsletter we have had the sad news that John McWilliam has passed away. He will be missed by all in UpARA and his friends in all the other local organisations with which he was involved. Our sympathies go to Pauline and family. The funeral will be at 1.00 pm on Monday 18<sup>th</sup> September at Bobbing crematorium.

Last month saw a lot of us, including the committee, on holiday, but UpARA steamed merrily along with John Wishart at the helm for our monthly meeting. This is testament to the strength of our organisation and enthusiasm of our members.

September means that summer is slipping behind us, but I like the crisper temperature and no more humid nights. With all the summer distractions of holidays, grandchild sitting etc., now is a very good time to start planning how to occupy yourself through the winter months. You owe it to yourself to keep going and not go into hibernation mode!

We have all our regular activities for you to join in with; Petanque on our new pitch (we are now asking players for a £1 contribution towards future maintenance costs) and September will be our last Bat & Trap practice of this year (bring suitable shoes for the grass surface). In addition to these activities we have started a number of new ones recently, which have spaces for new participants – Art Classes, Pilates and Walking Football.

On the social side, we had a very enjoyable jaunt to Hastings when Bryn even managed to call up some pleasant weather. This coming month Jan Lacy is organising a Sausage and Chips lunch after the coffee morning, and if you are interested you need to sign up very quickly.

*David*