



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Events* October 2017

<p><b><u>Monthly Meetings</u></b></p> <p><b>Members Free; Guests £2</b></p> <p><b>Fri 13<sup>th</sup> October, 2pm</b></p> <p><i>Ley Liberson</i></p> <p><b>“My Grandfather’s Tale”</b></p> <p><b>Fri 10<sup>th</sup> November, 2pm</b></p> <p><i>Tony Harris</i></p> <p><i>Henry VIII</i></p> <p>~*~</p> <p><b><u>Coffee Mornings</u></b></p> <p><b>Members £1.00; Guests £2, from 9.30</b></p> <p><b>Tue 24<sup>th</sup> October</b></p> <p><b><u>With Art Classes in Rear Hall</u></b> <i>(Additional £5.00 from 10am)</i></p> <p>~*~</p> <p><b><u>Table Tennis</u></b></p> <p><i>2.00 pm Tuesdays</i></p> <p><b>10<sup>th</sup>, 24<sup>th</sup> October 2017</b></p>	<p><b><u>Line Dancing</u></b></p> <p><i>Every Wednesday at 10.30 am</i></p> <p><b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> October</b></p> <p>~*~</p> <p><b><u>Pilates</u></b></p> <p><i>Cancelled until further notice</i></p> <p>~*~</p> <p><b><u>New Age Kurling</u></b></p> <p><i>2.00 pm Mondays</i></p> <p><b>2<sup>nd</sup> October</b></p> <p><i>2.00 pm Fridays</i></p> <p><b>27<sup>th</sup> October</b></p> <p>~*~</p> <p><b><u>Boules/Petanque</u></b></p> <p>Upchurch Golf Club</p> <p><i>Tuesdays 1.00 pm</i></p> <p><b>17<sup>th</sup> October</b></p>	<p><b><u>Trips</u></b></p> <p><b>Sat 18<sup>th</sup> November</b></p> <p><i>Guided tour of Houses of Parliament</i></p> <p>~*~</p> <p><b><u>Walks</u></b></p> <p><i>On the 1st &amp; 3<sup>rd</sup> Fridays</i></p> <p><b>6<sup>th</sup>, 20<sup>th</sup> October</b></p> <p>Setting off from the Village Hall at 10.00</p> <p>~*~</p> <p><b><u>Walking Football</u></b></p> <p>A2, opposite Bloors Lane</p> <p><i>Starting again in the Spring</i></p> <p>~*~</p> <p><b><u>Ten Pin Bowling</u></b></p> <p>Chatham Pentagon</p> <p><i>Tuesdays 9.45 am</i></p> <p><b>10<sup>th</sup> October</b></p> <p><b><u>Events</u></b></p> <p><b>Fri 15<sup>th</sup> December</b></p> <p><i>Xmas Party</i></p> <p><i>(tickets on sale from 24<sup>th</sup> October)</i></p>
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## ACTIVE RETIREMENT ASSOCIATION

### *Newsletter* October 2017

**Dear Friends,**

**I have to start off this month's Newsletter with passing on to you the sad news of the death of our member Terry Richards of Wigmore. Our condolences go to his wife Marion and family.**

**It is very encouraging to see the number who are signing up for all our various activities. This is rewarding to the committee who take the time organising everything, but even more to you in staying active – you owe this to yourselves. We have Petanque on our new pitch at the golf club, and have restarted our art classes, with the distinct possibility of an additional session in the month. These are only a few of all that is on offer for you, and as I always ask, please keep your eyes open for all the notices so that you do not miss out on something.**

**Unfortunately we are having to cancel the planned Pilates Classes for the time being, but we hope to still do this in the near future.**

**Talking with other members a lot of us feel that UpARA has given us a second chance. After years of work, being a parent, or home maker, now we can be someone in our own right – “coming out” UpARA style!**

**Our web site is in the throes of a major update, but still worth a browse. Any observations will be gratefully received.**

**David**