



UpARA UPCHURCH



ACTIVE RETIREMENT ASSOCIATION

Events November 2017

Monthly Meetings

Members Free; Guests £2

Fri 10th November, 2pm

Tony Harris

Henry VIII

Fri 8th December, 2pm

Christmas Meeting

Mince Pies, Cakes & Carols

~*~

Coffee Mornings

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

Tue 21st November

NOTE:

No Art Classes on 21st Nov

**(Replacement Art Class Session
on 5th December at 10.00)**

~*~

Line Dancing

Every Wednesday at 10.30 am

1st, 8th, 15th, 22nd November

Please Note: No Session 29th Nov

~*~

New Age Kurling

2.00 pm Mondays

6th November

2.00 pm Fridays

24th November

~*~

Boules/Petanque

Upchurch Golf Club

Tuesdays 1.00 pm

28th November

~*~

Table Tennis

2.00 pm Tuesdays

14th, 21st November 2017

Please note: no session on 28th

Trips

Sat 18th November

Guided tour of Houses of Parliament

~*~

Walks

On the 1st & 3rd Fridays

3rd November

**Setting off from the Village
Hall at 10.00**

17th November

**Setting off from the
Bredhurst Bell at 10.00**

(or meet UVH at 09.30)

~*~

Ten Pin Bowling

Chatham Pentagon

Tuesdays 9.45 am

14th November

~*~

Events

Fri 15th December

Xmas Party



UpARA UPCHURCH



ACTIVE RETIREMENT ASSOCIATION

Newsletter November 2017

Dear Friends

By way of a change I am not going to start off by saying something about the weather. It tends to make a liar of me by changing between when I write it and when you read it. However, the reality is that winter is here and will curtail some of the things we like to do, but UpARA has plenty of indoor activities to keep you in circulation over the next few months.

I am now on the cusp of my three score and ten years, but each of life's milestones seem pretty benign when you get to it. For me it is a reminder to get on with all those ambitions I have yet to achieve.

We still very much hope that there will be Pilates classes the other side of Christmas and provided enough of us step forward to make it happen, there will be an additional games/coffee morning and another Art class, every month – the ball is in your court to make it happen. Pilates is likely to be a Monday morning and perhaps the other two activities could be a Tuesday morning, when we have nothing else scheduled.

Towards the end of each month I am often asked when our next Newsletter is coming out – obviously a quality read. Do not forget that the calendar for the next three months is always displayed on our notice boards and the whole year on our web site.

A small reminder to everyone who may be involved with unlocking and locking the hall for us. Please ensure that the keys are returned straight after our booked session.

David