



UpARA UPCHURCH



ACTIVE RETIREMENT ASSOCIATION

Events January 2018

<p><u>Monthly Meetings</u></p> <p>Members Free; Guests £2</p> <p>Fri 12th January, 2pm <i>Mike Davis</i> <i>Magic</i></p> <p>Fri 9th February, 2pm <i>Alan Haines</i> <i>Kick up the 60's</i> ~*~</p> <p><u>Coffee Mornings</u></p> <p>Members £1.00; Guests £2, from 9.30</p> <p>Tue 23rd January Tue 27th February ~*~</p> <p><u>Art Classes</u></p> <p>£5.00, Rear Hall from 10.00</p> <p>Tuesday 23rd January Tuesday 6th February Tuesday 27th February ~*~</p>	<p><u>Line Dancing</u></p> <p><i>Every Wednesday at 10.30 am</i></p> <p>10th, 17th, 24th, 31st January <i>Note: No Session on 3rd</i> ~*~</p> <p><u>New Age Kurling</u></p> <p><i>2.00 pm Mondays</i> 8th January</p> <p><i>2.00 pm Fridays</i> 26th January ~*~</p> <p><u>Boules/Petanque</u></p> <p>Upchurch Golf Club</p> <p><i>Tuesdays 1.00 pm</i> 16th January 20th February ~*~</p> <p><u>Table Tennis</u></p> <p><i>2.00 pm Tuesdays</i> 9th, 23rd January 13th, 27th February</p>	<p><u>NEW – Pilates</u></p> <p><u>Starting February</u></p> <p><i>Every Monday at 09.30 am</i> 5th, 12th, 19th, 26st February ~*~</p> <p><u>Walks</u></p> <p><i>On the 1st & 3rd Fridays</i> 5th & 19th January 2nd & 16th February</p> <p>Setting off from the Village Hall at 10.00 ~*~</p> <p><u>Ten Pin Bowling</u></p> <p>Chatham Pentagon</p> <p><i>Tuesdays 9.45 am</i> 9th January 13th February ~*~</p> <p><u>Trips</u></p> <p>Sun 22nd April</p> <p><i>Film Music Gala at the Royal Albert Hall with the Royal Philharmonic Orchestra</i></p>
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Newsletter January 2018

Dear Friends

We will all be making our New Year's resolutions to give up all vices; slim down to the size we were at 18 and bring about world peace. Alongside all of those worthy aims we should also find time to promise ourselves something. Like to sign up to all those UpARA activities we have thought about, but done nothing. We all owe it to ourselves not to just sit and watch time pass us by.

The New Year also brings us towards the start of UpARA's 5th year. Unfortunately, that means that our annual subscriptions are due at the end of February. We all need to be paid up to be able to fully benefit from membership of UpARA. Valerie will have your new Membership cards during the Monthly Meetings and Coffee Mornings in January and February.

The most important part of our title is "Active". and whilst we look forward to seeing everyone continue their membership, there is no reason why you should not ask yourselves if you are getting the most out of your UpARA membership. Perhaps if you only participate in one, or a few activities, you may want to come to those as a guest and just pay each time.

From the UpARA committee, a very Happy New Year to you all.