



UpARA UPCHURCH



ACTIVE RETIREMENT ASSOCIATION

Events February 2018

Monthly Meetings

Members Free; Guests £2

Fri 9th February, 2pm

Alan Haines

Kick up the 60's

Fri 9th March, 2pm

Mary Smith

A Schoolgirl's War

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Coffee Mornings

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

Tue 6th February

Tue 27th February

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Art Classes

£5.00, from 10.00

Tuesday 6th February

Tuesday 27th February

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Line Dancing

Every Wednesday at 10.30 am

7th, 14th, 21st, 28th February

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New Age Kurling

2.00 pm

Monday 5th February

Friday 23rd February

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Boules/Petanque

Upchurch Golf Club

Tuesdays 1.00 pm

20th February

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Table Tennis

2.00 pm Tuesdays

13th, 27th February

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Trips

Sun 22nd April

*Film Music Gala at the Royal
Albert Hall with the Royal
Philharmonic Orchestra*

NEW – Pilates

Every Monday at 09.30 am

5th, 12th, 19th, 26st February

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Walks

On the 1st & 3rd Fridays

2nd & 16th February

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

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Ten Pin Bowling

Chatham Pentagon

Tuesdays 9.45 am

No Bowling in Feb – School hols

13th March

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Short Breaks

Mon 23rd -Fri 27th April

Five-day break to Potter's

Norfolk

Some places still available

*If interested please contact Malcolm
on 07933 211715*



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Newsletter February 2018

Dear Friends

I have decided not to start this edition of our Newsletter with any comments about the weather, as that seems to tempt providence! However, it has to be said that the days are getting longer, so Spring is just around the corner.

UpARA is leaping forward with more new activities – pretty remarkable that we can still come up with ideas after four years. The first is the start of our Pilates classes on Monday 5th February. In truth this idea is at least a year old, but it has taken a long time to bring it to fruition. Another fresh activity is Malcolm and Brenda Groves starting to organise short holiday breaks; the first is to Potters resort in Norfolk in April.

As well as new activities we are also expanding existing ones and on Tuesday 6th February we are going to have an additional regular Art Class and at the same time another Games/Coffee Morning. So, these will now be twice a month.

Details of all of these have been posted on our notice boards, and for all these events to become established on a regular basis, the organisers need you to give your very active support.

On to business matters – subs are due by the end of February to maintain your UpARA membership. We will still be happy to see you if you have done the maths and decided to attend as a guest in future. If that is the case, please let us know so that our records can be kept up to date.