



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Events July 2017*

#### Monthly Meetings

**Members Free; Guests £2**

**Fri 14<sup>th</sup> July 2017, 2pm**

*Mel Rees*

*“You’ll never believe this, but....”*

**Fri 18<sup>th</sup> August 2017, 2pm**

*Mark Walsh*

*The Ukulele Sensation*

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#### Coffee Mornings

**Members £1.00; Guests £2**

**Tue 25<sup>th</sup> July 2017, from 9.30**

**Tue 22<sup>nd</sup> August 2017, from 9.30**

**With Art Classes in Rear Hall**

*(Additional £5.00 from 10am)*

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#### Table Tennis

*2.00 pm Tuesdays*

**11<sup>th</sup>, 25<sup>th</sup> July 2017**

**8<sup>th</sup>, 22<sup>nd</sup> August 2017**

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#### Line Dancing

*Every Wednesday at 10.30 am*

**5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July 2017**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Aug 2017**

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#### New Age Kurling

*2.00 pm Mondays*

**3<sup>rd</sup> July, 7<sup>th</sup> August 2017**

*2.00 pm Fridays*

**28<sup>th</sup> July, 25<sup>th</sup> August 2017**

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#### Boules/Petanque

**Upchurch Golf Club**

*Tuesdays 2.00 pm*

**18<sup>th</sup> July 2017**

**15<sup>th</sup> August 2017**

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#### Coming up

**Saturday, 15<sup>th</sup> July 2017, 10am**

***Radio UpARA’s Breakfast  
Brunch***

*(tickets from Bryn £7.50)*

#### Trips

**Thursday, 20<sup>th</sup> July 2017**

***‘Beautiful’ @ The Aldwych***

**Wednesday, 23<sup>rd</sup> August 2017**

***Day trip to Hastings***

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#### Walks

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

**7<sup>th</sup> July 2017**

**Setting off from Village Hall at 10.00**

**21<sup>st</sup> July 2017**

**From Shorne Country Park (car park) 10.00 (or meet in village for car share 09.15)**

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#### Ten Pin Bowling

***Tuesdays 9.45 am***

**11<sup>th</sup> July 2017**

**8<sup>th</sup> August 2017**

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#### Bat & Trap

**Mon 10<sup>th</sup> July 2017, 2pm**

**Mon 14<sup>th</sup> August 2017, 2pm**



UpARA  
UPCHURCH



# ACTIVE RETIREMENT ASSOCIATION

## *Newsletter* July 2017

Dear Friends,

With the summer and holidays upon us, this is generally a quiet time of year, but not this year! The monthly meeting in June was quite exceptional. Our speaker (Matthew of Kent Fine Foods), was not only a local boy made good, but very entertaining – and he brought some food – well chosen Malcolm. Also at the monthly meeting we had a mini plant sale, as a small diversion. In the event it proved extremely popular and raised an unexpected £50 for our funds.

A first for us was having an UpARA presence at Upchurch village Fête, down to Jan Lacy and her small band of helpers. The idea was to showcase UpARA, which attracted quite a lot of interest, and raised more than £50 to go to the village hall funds. Another first was our first art class in parallel with the coffee morning. A very promising start and some space for more to join in, but not that many. If you want to join in sign up quickly at the monthly meeting. Yet another first was a start to walking football, organised by Pete McGibbon, and open to more players. See the notices and contact Pete to join in. On the social side, we finished the month with another of Bryn's trips to Sister Act at the Marlowe, which was a great success. The next offering from our Social Committee will be our Brunch Breakfast on 15<sup>th</sup> July. I have seen the menu and it is lip smackingly good. You will need a ticket, but there are a few left, available from Bryn.

As to the future, I am still working on setting up weekly Pilates/Keep fit sessions and feel optimistic that something will be in place before the end of the month. Whilst I cannot be at these sessions, I am looking for one of you who signed up to give this a lead, once it starts. We have almost completed our Petanque pitch at the golf club, and will be playing with a vengeance once the topping is completed.

Buzy, Buzy, Buzy...