



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Events* November 2017

#### Monthly Meetings

Members Free; Guests £2

Fri 10<sup>th</sup> November, 2pm

*Tony Harris*

*Henry VIII*

Fri 8<sup>th</sup> December, 2pm

*Christmas Meeting*

*Mince Pies, Cakes & Carols*

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#### Coffee Mornings

Members £1.00; Guests £2,  
from 9.30

Tue 21<sup>st</sup> November

NOTE:

*No Art Classes on 21<sup>st</sup> Nov*

(Replacement Art Class Session  
on 5<sup>th</sup> December at 10.00)

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#### Line Dancing

*Every Wednesday at 10.30 am*

*1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> November*

*Please Note: No Session 29<sup>th</sup> Nov*

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#### New Age Kurling

*2.00 pm Mondays*

*6<sup>th</sup> November*

*2.00 pm Fridays*

*24<sup>th</sup> November*

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#### Boules/Petanque

Upchurch Golf Club

*Tuesdays 1.00 pm*

*28<sup>th</sup> November*

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#### Table Tennis

*2.00 pm Tuesdays*

*14<sup>th</sup>, 21<sup>st</sup> November 2017*

*Please note: no session on 28<sup>th</sup>*

#### Trips

Sat 18<sup>th</sup> November

*Guided tour of Houses of Parliament*

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#### Walks

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

*3<sup>rd</sup> November*

*Setting off from the Village  
Hall at 10.00*

*17<sup>th</sup> November*

*Setting off from the  
Bredhurst Bell at 10.00*

*(or meet UVH at 09.30)*

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#### Ten Pin Bowling

Chatham Pentagon

*Tuesdays 9.45 am*

*14<sup>th</sup> November*

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#### Events

Fri 15<sup>th</sup> 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*