



# UpARA UPCHURCH



## ACTIVE RETIREMENT ASSOCIATION

### *Events April 2018*

#### Monthly Meetings

Members Free; Guests £2

Fri 13<sup>th</sup> April, 2pm

*Rich Phillips*

*Sing Along with Rich*

Fri 11<sup>th</sup> May, 2pm

*Augusta Cook-Overy*

*Scam Presentation*

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#### Coffee Mornings

Members £1.00; Guests £2,  
from 9.30

Tuesday 3<sup>rd</sup> April

Tuesday 24<sup>th</sup> April

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#### Art Classes

£5.00, from 10.00

Tuesday 3<sup>rd</sup> April

Tuesday 24<sup>th</sup> April

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#### 4<sup>th</sup> Birthday Party

Friday 18<sup>th</sup> May

*Ticket (£10) on sale from 27<sup>th</sup> March*

#### Line Dancing

*Every Wednesday at 10.30 am*

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April

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#### New Age Kurling

2.00 pm

Monday 9<sup>th</sup> April

Friday 27<sup>th</sup> April

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#### Boules/Petanque

Upchurch Golf Club

Tuesdays 2.00 pm

17<sup>th</sup> April

#### Table Tennis

2.00 pm Tuesdays

3<sup>rd</sup>, 24<sup>th</sup>, April

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#### Bat & Trap

Mon 16<sup>th</sup> April, 2pm

#### Trips

Sun 22<sup>nd</sup> April

*Film Music Gala*

#### Pilates

*Every Monday at 09.30 am*

9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April

*(Please note no Pilates Easter Monday- April 2nd)*

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#### Walks

*Early Spring 'Special' Walk*

6<sup>th</sup> April

*Herne Bay to Whitstable*

*(Leaving on the 10.15 from  
Rainham Station)*

20<sup>th</sup> April

Village Hall at 10.00

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#### Ten Pin Bowling

Chatham Pentagon

Tuesdays 9.45 am

10<sup>th</sup> April

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#### Short Breaks

Mon 23<sup>rd</sup> -Fri 27<sup>th</sup> April

*Five-day break to Potter's*

*Norfolk*



UpARA  
UPCHURCH



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## *Newsletter* April 2018

**At the risk of calling a new Ice Age down on us there are signs of spring bursting forth, which is always time to be optimistic about the future. That is certainly the case with UpARA, but maybe less so for our waterlogged garden.**

**Looking to our holidays now is the time to tone our bodies and get fit, and we have spaces at our Pilates Classes, Table Tennis and Kurling sessions to help you. Talking of holidays, do not forget that Riviera Travel do give us commission for those who take a break with them.**

**The committee volunteer themselves, and we also have a small band of regular helpers. However, they are all first and foremost members of UpARA, so the rest of us also need to put ourselves forward and help out, so that we all enjoy our membership.**

**No big new ideas for extra activities this month, but we are looking to add a few new mind exercising games to our Coffee Mornings – Chess, Bridge and Whist. Sign up even if you are only a learner and get those little grey cells energised.**

***David***