

DIARY

| Date | Event/Location | Price | Pay Date | Organiser | Dep. | Time |
|---------|-----------------------------------|------------------------------------|-------------------|-----------|------|-------|
| Aug 23 | Sandringham House | £28 | July meeting | Diane | MKS | TBA |
| Sept 27 | Bury St. Edmonds / Ickworth House | NT mem £13 non mem £25.75 | July/Aug meetings | Marilyn | MKS | 08.30 |



Ramblers

June Walk - Luddesdown

We started out from the Golden Lion this time as we had been told that the Cock Inn in Henley Street, where we had started previously, had gone "Bistro" and/or was not serving at lunch time now. To compensate for not covering some of our previous route, we followed the road towards Little Buckland for a while before turning onto a footpath across a wheat field then down another path which brought us out by Luddesdown Church. The Church was not open so we looked briefly at the old Manor House (which claims to be the oldest continuously inhabited house in Kent) before taking the path across the fields behind the Church. Along this path we found some Pyramidal Orchids which although not rare, are not easy to find.

The route from here followed the paths we have used before up onto the ridge between Luddesdown Valley and Henley Street Valley. There is a mixture of rough fields and woodland with some good views looking down on the village and numerous wild flowers to notice. Leaving the ridge we dropped down a steep path to the road by the Church again before a short road section back to the Golden Lion for lunch. The sun shone brightly and we were glad of the shade of the trees.

John Seabrook

Kurling

June Session 1

Audrey, Carol, Gay, Dave - 119 score
25 members attended

June Session 2

Barbara, Mary, Colin - 135 score
20 members attended

10 Pin Bowling

The last 10 pin bowling session was held on 29th June where 9 of us took part (5 men and 4 ladies). The first game saw us suffering from the heat and the scores reflected this. Top score for the first game was David with 116 pins with Sylvia and Ian in joint second with 113 pins.

Game 2 was slightly better in terms of pins hit but only two of us managed over 100 pins (David 119 and Ian 129). Top ladies scores were Sylvia with 97 and Babs just one behind at 96 pins. After some refreshments, we moved on to game 3. Ian scored the highest with 139 pins, David came second with 112 and Maddy came third with 105. I am sure we can put it down to the weather and things can only get better - so they say.

Despite the relatively low scores we had a good morning. Our next meet is on Friday 20th July, same time same place. Hope to see you there.

Ian

Allara News



THE NEWSLETTER OF ALLINGTON ACTIVE RETIREMENT ASSOCIATION

July 2018 Email allaranews@aol.com Chapter 3 Issue 137

*** Our Website - allara.org.uk

YOUR CLUB



URGENT REQUIREMENT

Sadly due to ill health, our excellent Treasurer John is having to retire from office. We therefore urgently require a volunteer to undertake the vital position of Treasurer. A Backup Treasurer is also required..

John has in place a fully computerised system but this can be replaced by ledger accounts if needs be.

We cannot overstate the necessity of finding a replacement, so if you have any experience of accountancy, please make yourself known to Philip.

The Club will be very grateful.

No Treasurer = No Club!!

Allara Holiday

After an uneventful journey we arrived at the excellent Cairn Hotel in Harrogate. The food, service and the convenience of having a bus stop right outside made it all very enjoyable.

Harrogate itself is like a really interesting Grand Old Lady and with access to so many interesting places around we certainly took advantage. Many of us used our bus passes (a godsend) to visit either Leeds, Rippon, Knaresborough or Weatherby, which are all very near, and on other days a visit on our coach to lovely York or Harlow Carr RHS Gardens. The famous Betty's Tea Shop was, of course, a must visit! Luckily the weather was benign, not too hot for sightseeing.. All in all a beautiful area with so much more to see for further visits.

Many thanks to Philip and Elaine for organising such a successful trip.

B.D

Kent Active Crossword Competition

One of our own Allara members Deidre Clark has won the Spring edition to claim the £25 reward. I always knew that we had some clever members. Well done Deidre!

A new crossword is in the current edition of Kent Active, available on the Information Table

ALLARA COMMITTEE MEMBERS

Chair: Philip Puttifer 686305
Vice Chair: Jo Dolton 762665
Hon. Sec.: Myra Farrer 756475
Treasurer: John Susans 661464
Membership Sec.: Gill Humphreys 670058
Outings: Diane Lefevre 756326
Marilyn Bateup 750480
Theatre/Shows: Rosemary Welcome 736017
Holidays: Philip Puttifer 686305
Kentara: Jo Dolton 762665
Newsletter: Colin Lester 717511
Speakers: Kathy Ribiero 765951
General Asst. Rosemary Kitney
General Asst/First Aider: Hilary Susans
Meet & Greet: Betty Douglas 753424

INFORMATION

Meetings are held on the 3rd Tuesday of the month from 2pm to 4pm

Monthly Meeting

There were 87 members + 10 Renewals & 4 visitors attending the June meeting

Suggestion Box

There were no suggestions this month

Note

Please keep your suggestions coming to be considered for outings

SPEAKER PROGRAMME

July 17

Amy Van Der Weide
Kent Assoc. For The Blind

August 21

Mrs Toni Mount
Medieval Housewives

September 18

Cyril Baldwin
Funny Funerals, Weird Wills and Eerie Epitaphs

Allara Activities

Tai Chi

Every Monday 11.30 to 12.30 - £4
Contact: Christine 677629

Keep Fit

Every Wednesday 11.00 to 12.00 - £3
Contact: Myra 756475

Art Group

Every Monday 1.30 to 4.00 - £2.50
Contact Megan Christmas 759426

Rambling

1st Monday in month 10.00 - FOC
Contact: Roly 677629

Kurling

2nd & 4th Monday 1.45 to 4.30 - £2.50
(Inc. Tea/coffee & cake)
Contact: Philip 686305 or Colin 717511

Kentara Activities

Ten Pin Bowling

Last Friday in month 11 to 2 - £6.25
(3 games & tea or coffee
Contact: Brian 759796

Line Dancing

Every Monday
Beginners 12.45 to 1.45 - £3
Advanced 2 to 4 - £3.50

Kentara Diary Dates

Thurs August 16

Short Mat Bowls Competition
Ditton Community Centre

Friday October 26

Supper & Race Night
7.30 - to 10.30
Ditton Community Centre

Kent Community Warden Service

Dawn Riach-Browne
0777 3397125
dawn.riach-browne@kent.gov.uk
www.kent.gov.uk/Community Wardens

Tai Chi

What is Tai Chi?

Tai Chi is a series of slow gentle movements that most people can do. It is relaxing but at the same time exercising the whole body. Very often Doctors and Nurses will recommend this form of exercise as beneficial in coping with conditions such as Parkinson's Disease, Rheumatoid Arthritis, Balance and Memory. The gentle movements strengthen leg muscles which help to minimise balance issues and falls. We are a friendly group and meet every Monday at 11.30 a.m. to 12.30 p.m. in St. Nicholas Church Hall, the first lesson is free. If you are interested in joining us or would like to know more about the group please call Christine on 01622 677620

Hampton Court Flower Show

The day was very hot - temperatures around 30 degrees. A tanker spillage on the M25 near Reigate and an accident on the M20 meant our coach driver Brian took us on a roundabout route but eventually the Palace came into view. What a relief! Allara last visited in 2013 and I was amazed how the show had grown in size with an explosion of places to eat and drink plus many more welcome seating areas in the shade. The show gardens were stunning, fairly simple in construction and ideas that could be copied on one's own plot. The vast range of flowers in the marquee was beautiful, ranging from cottage garden to oriental. The trade stands sold every conceivable tool or ornament you could possibly wish for if pockets were deep enough. The summer houses were amazing and could be fitted out so luxuriously that most visitors could only dream of owning. Our day ended with a good journey home and another happy memory.

Rosemary W

Scam Warning

Dear Members

I have been scammed recently for a considerable sum of money and I wish to advise your members of how it occurred. I received an email from my travel agent requesting the balance of my account. I duly did an online payment to the account given to me. The email reportedly came from the lady I was dealing with and was correct in every detail apart from the bank details, and the return email address had one digit "e" changed to "c". So the money never reached them. If I had paid by credit or debit card I would have been covered, but as I filled in the request to the Bank it is my error. I searched Google for the bank sort code and account number, and it appears to have happened to others according to the website of a company called APS Financial Services. PLEASE do not use On Line Banking for any major transactions. I still don't know how they got all the details included in the email. This reputable company has checked its system and I have religiously done a virus scan and updated the software. **Please be warned.** I would hate for this to happen to anyone else.

Keith Goldacre - Secretary KentARA

Sorry Officer

An elderly man was stopped by the police around 2am and he was asked where he was going at that time of night. The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late" The officer then asked "Really? Who's giving that lecture at this time of night?" The man replied, "That would be my wife."