

**DIARY**

Date	Event/Location	Price	Pay Date	Organiser	Depart	Time
Mar 29	Quiz + Tea & biscuits	£2.50	*	Mandy	*	14.00 pm
April 28	Trip To Rye	£13.50	March & April Meetings	Jean Saxby	MKS	9.00 am

**QUIZ - Total this "old money"**

	£ s d
Florin.....	
Robert.....	
50% Royal head gear.....	
Disgusting domestic bird.....	
Poorly sea creature.....	
A planet for instance.....	
Leather worker.....	
Beatles Lane.....	
TOTAL .....	

*Answer in April issue*

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**Is It Any Wonder ?**



**AGM**

Don't forget that the AGM is next month and all positions to serve on the committee are available to all members so put your name forward if you are interested in any aspect.

**Ramblers**

Despite the rain we had 18 walkers (4 newbies) turn up with 15 of us tucking in to lunch at the Walnut Tree *Ian*

**Ten Pin Bowling**

Well 11 bowlers turned up and it turned out to be quite close games with myself winning the first game with 137 followed by Phil with 114 and Brian W coming third. The second game was won by Phil on 125, next was Brian W with myself third with 97. The third game was won by myself on 130 with Sylvia on 102 and a tie for third between Brian W and Phil 97. A very enjoyable morning was had by all.

Our next meeting is 25th March.

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**Allara Subscription Increase**

The time has now come to necessitate an increase in our subs which have remained at £10 including tea and biscuits for a number of years. With the increase (yet to be decided) we will still be the cheapest ARA.

# Allara News

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THE NEWSLETTER OF ALLINGTON ACTIVE RETIREMENT ASSOCIATION

March 2022 Email [allaranewslet@aol.com](mailto:allaranewslet@aol.com) Chapter 3 Issue 177

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\*\*\* Our Website - [allara.org.uk](http://allara.org.uk)



**Trip To Rye - 28th April 2022**

Come and join us for a lovely day at Rye to visit the old town and market.

We will arrive in time for coffee and there will be plenty of eateries for lunch. Around 2.00pm we will leave Rye for Blackbrooks Garden Centre in Seddlescombe where there will be time to look around and a cup of tea before we head for home.

*Marilyn*

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**Allara Lunch Club**

We are pleased to announce our new group is now up and running. with a full membership of 25 people.

Our first lunch will be at The Fields (previously Poppyfields) on Thursday 24th March 2022.

Please note that we have to be seated at 12 noon when we will place our orders with the staff.

Look forward to seeing you all.

John and Marjorie

01622 752593

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**The Benefits of Tai Chi**

Anyone can learn the benefits of Tai Chi, There is no age limit, you can improve health, reduce stress levels, increase your energy, improve concentration, strengthen bones, muscles and joints and increase flexibility. Tai Chi's slow movements provide the opportunity to relax and strengthen your body without risk of strain or injury. It improves balance and strength preventing injury from falls. Many people begin Tai Chi after injury as an aim to help recovery, but starting at any time is a benefit to your health. Just loose fitting clothes and flat comfortable shoes are required. We meet on a Monday at !!.30 to 12.30 in the small hall. We are a small friendly group and will welcome any member who wishes to join us

ALLARA COMMITTEE MEMBERS

**Chair:** Philip Puttifer 686305  
**Hon. Sec.:** Myra Farrer 756475  
**Treasurer:** Gerry Waters 671691  
**Membership Sec.:** Simon Vivian 676726  
**Outings:** Jean Saxby 761256  
**Theatre/Shows:** Vacant  
**Holidays:** Philip Puttifer 686305  
**Kentara:** Gerry Waters 671691  
**Newsletter:** Colin Lester 717511  
**Speakers:** Diane Lefevre 756326  
**General Asst.** Rosemary Kitney  
**Hall Bookings:** Kathy Ribiero  
**Meet & Greet:** Betty Douglas 753424

INFORMATION

Meetings are held on the 3rd Tuesday of the month from 2pm to 4pm  
**Monthly Meeting**  
There were 86 members + 2 new members & 4 visitors attending the February meeting  
**Suggestion Box**  
There were no suggestions  
  
All suggestions are recorded and kept for future consideration by the committee.

SPEAKER PROGRAMME

March  
Tony Harris  
"Churchill"

April  
Keith Simmons  
50 Years in Showbusiness

Allara Activities

Tai Chi

Every Monday 11.30 to 12.30 - £5.00  
Contact: Christine 677629

Keep Fit

Under Review  
Contact: Myra 756475

Art Group

Every Monday 1.30 to 4.00 - £3.00  
Contact Megan Christmas 759426

Rambling

1st Tuesday in month 10.00 - FOC  
Contact: Roly 677629 or Ian 750480

Kurling

2nd & 4th Mondays in month  
2.00 to 4.00 - £3.00  
(Inc. Tea/coffee & cake)  
Contact: Philip 686305 or Colin 717511

Ten Pin Bowling

Last Friday in month 11 to 2 - £9.00  
(3 games)  
Contact: Brian 759796

Lunch Club

Contact John /Majorie 01622 752593

Kentara Diary Dates

Feb 24 - May 26  
The Drifters Girl Musical  
Garrick Theatre London - £32.50

March 23  
Kentara Quiz 2022  
Ditton Community Centre

Allara First Aider

Audrey Boston 695466

Kent Community Warden Service

Dawn Riach-Brown 0777 3397125

Did You Know?

The electric chair was invented by a dentist.  
An Olympic Gold Medal contains 92.5% silver.  
In 1859 24 rabbits were released in Australia. Within 6 years there were 2 million.  
Possums have one of the shortest pregnancies - 16 days.  
February 1865 is the only month on record not to have a full moon.  
Peanuts are one of the ingredients in Dynamite.  
The human brain cell has 100 billion nerve cells.  
Scotland has more "redheads" than any other country.  
"GO" is the shortest sentence in the English language.  
Flamingoes eat with their heads upside down..

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Happenings in March

March 1 2022 is St David's Day & also Pancake Day.  
March 2 is Ash Wednesday  
March 3 1923 The Time magazine was first published.  
March 3 1837, Melbourne was named.  
March 8 2022 is International Women's Day.  
March 9 1858 Albert Potts awarded a patent for the letter box.  
March 12 1912 The Girl Guides was founded.

March 17 2022 is St Patrick's Day.  
March 17 1845, Self raising flour was patented, also the Rubber Band was patented on this day.  
March 20 2022, the Spring Equinox in Northern Hemisphere.  
March 21 2022, the Autumn Equinox in Southern Hemisphere.  
March 27 2022, Mother's Day in United Kingdom.

*Supplied by B.D.*

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More Senior Moments

A man was excitedly telling his friend about his new hearing aid.  
"It wasn't cheap, but believe me it was worth every penny".  
"What kind is it?" asked his friend.  
"Half past three"

Two old men were sitting in the park watching the world go by  
One said "I don't know about you, but at eighty-four my body is full of aches and pains"  
"Oh I feel like a new born baby" said the other.  
"Really"  
"Yes. No teeth, no hair, and I think I've just wet myself"

Grandma Says

Think Positive - it keeps you young.  
For example, I fell down the stairs today and I thought WOW - that's the fastest I've moved in years.