



Monthly Meetings

General meetings are normally held on the fourth Friday each month from 2pm to 4pm. **Doors open at 1.35pm**

Entry (including refreshments):

Members free, waiting list £1.50, guests £2

**Friday 22nd August
Social Afternoon**

**Friday 26th September
Macular Society
Speaker Stella Black**

Activity Sessions

Entry (including refreshments) Members £1, Waiting list £1.50, Guests £2

Sessions are held Fridays between 1.30 to 4.00pm

On dates below

August

Fridays 1st, 8th and 15th

Art Group/Cards Games/Craft/Short Mat Bowls

August 29th Quiz

September

Fridays 5th, 12th, and 19th

Art Group/Cards/Games/Craft/Short Mat Bowls

Ramble

Our Teston Lock ramble was enjoyed by all and the Red Start at Barming is probably the best pub we use for food – shame it's so far from Higham.

Sunday 27th July – Riverside Country Park

Meet in the car park of Riverside Country Park (fee payable) at 11 am. Walk towards the Strand. Back to cars and on to The Rose and crown, Shorne for lunch around 1 pm

Wednesday 6th August – Hythe to Folkestone

This is our annual seaside ramble from Hythe to Folkestone. Meet on the promenade at the back of the Imperial Hotel at 11am for a walk towards Folkestone. Lunch at The British Lion, The Bayle, Folkestone at around 1pm. We return to Hythe on the bus – remember to bring your bus passes please. (Warning: There is quite a climb on a zig zag path from the promenade up to the Leas. Unfortunately although the lift is being refurbished it will not be working in time for our walk).

Wednesday 20th August – Shorne Country Park

Meet in The Rose and Crown car park at 11 am for a walk through Shorne Country Park and back to The Rose and Crown for lunch at around 12.45

Sunday 31st August – St Mary's Island

Meet outside Marks and Spencer's at the Dockside Outlet Centre at 11 am for a walk around St Mary's Island, back to cars and on to The Kings Arms. Upper Upnor, for lunch at around 12.45

Non-walkers are very welcome to meet up with walkers for the pub lunch and prior notice would be appreciated. Please note that all ramblers walk at their own risk and non-members are reminded they are not covered by HiARA's third party insurance. If you have any queries about the walks please do not hesitate to give Janet a call on 01474 824221 or 07849884563.

Upcoming Events

# Saturday 20 th September	A fish and chip adventure	£65
Saturday 15 th November	Race Night	£10 Bring your own drink and nibbles

#This is a trip on the Mid Norfolk Railway between Dereham to Wymondham a delightful journey through the heart of Norfolk. Trip depends on how many members would like to do the trip. Full details are on the notice board.

Chairman's July Report

June's speaker, Chris McCooey, was well received by all attending. All the more so because nobody fell asleep or started talking amongst themselves! The more avid readers of the newsletter will have noticed that we have no speaker for August. This is because the booked speaker has been up for jury service and we have been unable to obtain a replacement, so instead we will be having an afternoon of Hoy bingo.

Whilst this hot weather continues we will offer cold squash in addition to the normal tea and coffee on a Friday afternoon. We do all we can to try and make the hall as cool and comfortable as we can for all our meetings but sometimes we cannot beat the elements so please bear with us.

Rod

"Retirement, a time to do what you want to do, when you want to do it, where you want to do it and how you want to do it."

HiARA Committee Members					
Chairperson	Rod Stockford	01634 221956	Treasurer	Rita Hunter	07815 853444
Secretary	Joan Summers	01634 297414	Membership	Jenny Mount	01474 356785
Activities	Rod Stockford	01634 221956	Events	Jan Morriss	01474 822775
Newsletter	George Tharby	01634 221579	Committee Member	Percy Scudder	01474 335719
Committee Member	Trisha Stuart	01634 715629	Committee Member	Peter Morriss	01474 822775
If you have any comments, please contact the relevant committee member.					