



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 26th September 2024

This month's speaker will be Simon Keable-Elliot on *Robert Keable - Utterly Immoral*. This will be a presentation by Simon about his extraordinary grandfather Robert, who wrote the scandalous novel *Simon called Peter*.

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Next month's meeting will be on **Thursday 24th October 2024** when the speaker will be Martin Orkin on *the Simon and Garfunkel story*. Martin will play some of their hits and explain how their careers had its ups and downs. He is the author of several books, including *Rivals of the Beatles*.



ELG4 at Audley End House / Photograph by Steve Sell

CESHUNT u3a MONTHLY MEETINGS

Monthly meetings will usually be held on the **fourth Thursday** of each Month at **1:30pm** at the LAURA TROTT CENTRE, Grundy Park, 44 Windmill Lane, Cheshunt EN8 9AJ.

Please note the doors to the big sports Hall for the u3a Meeting will not open until 1:30pm for registration and perusing the Group tables, book and jigsaw puzzle stalls and refreshments.

Meeting commences at 2:30pm.

VISITORS

A Temporary Membership Fee of £2.00 is charged to visitors and a dated receipt will be given. This confers all the advantages of Cheshunt u3a membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 25th April 2024 - 31st March 2025

New permits for 25th April 2024 to 31st March 2025 are now available for **collection at various tables today** and at the regular monthly meetings, excluding the December meeting. Please **add your Vehicle Registration Number** in the space labelled 'Permit Number'.

RAFFLE

Splash your cash on our monthly Raffle. You have to be present at the meeting to claim your prize.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:30pm** during the main monthly meeting.



SAFETY NOTICE

Following an accident at a meeting, we would remind members, to be very careful when carrying hot drinks.

WANT TO GET MORE INVOLVED WITH YOUR U3A

A reminder once again your u3a is run by volunteer members for the benefit of all members. Without these volunteers giving up their time we have no u3a!

Do you want to get involved? At least two members of the committee, Chair and Secretary, will be stepping down later this year and need to be replaced. If you feel you could take on either of these roles then please talk to a committee member.

If you are a relatively new member then perhaps a commitment to these key roles would be too much, so why not consider joining as a committee member to get an insight into how things work. We are a very welcoming group and new ideas and insights are always valuable. Get in touch now and help to perpetuate our successful u3a!

CHESHUNT U3A WEBSITE

Our website address is <https://cheshunt.u3asite.uk>.

Find this Programme and forthcoming Events on our Website.

Please send any photographs or content for the Website via the following email address cheshuntu3aweb@gmail.com or the Website Co-ordinator via the 'Contact' page on the Website.

This programme is normally available on the website about three days before the monthly meeting.

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

October's Programme / Newsletter Copy is required by
Close Of Play on Tuesday 15th October 2024.

Please email copy to:

cheshuntu3aprogram@hotmail.com

Cheshunt u3a Groups 2024

NEW MEMBERS

Jan 01992 624868
Carole 01707 552361

Our aim is to aid new members find, through the various special interest groups, interesting, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the u3a.

Please visit us at our table for more information or come along to our **Coffee Morning on Tuesday 30th September 2024 at 10:30am** in the **Laura Trott Leisure Centre Café**.

? **AFTERNOON QUIZ**

Mary Hanney 01992 426341

Nothing planned for October. The next quiz will be in November; further details next month.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Play Backgammon and Scrabble. Tuition given. Boards provided. Meet in Tesco Community Room at Brookfield Centre on **third Thursday** every month. Next meeting: **10:00am 17th October 2024**.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BIRDWATCHING GROUP

Brian Fitzjohn 07709 455991

The Bird watching group meets on the **second Monday** of the month, so the next meeting will be on **14th October 2024**. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides, on a gentle stroll, watching birds as we go.



Big Brother is Watching You! / Grey Heron by Phillip Thornton

❖❖**BOLIVIA** Peter Harris 01992 429297 peterharris30@live.co.uk

Dates for Bolivia: **Every Monday at 2:00pm**. New members always welcome for a light-hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon. St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

❖❖**BOLIVIA 2** Sylvia Lyons 07851 055346

Bolivia dates are **Every Monday at 2:00pm**.


At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **COACH TRIPS** Heather Douglas 07984 791184

There are a couple of seats left on the **Thursford trip on Tuesday 12th December at £75**. At the meeting I will be selling seats for **Friday 1st November** to Boundary Mills outlet store in Grantham for a shopping trip, stopping at Stamford on the way, at £20. I will also have all the information for the Llandudno holiday, May 2025, but will not be accepting bookings until the October meeting.

 **CURRY CLUB** Mary Hanney 01992 426341

Next meal is on **Wednesday 23rd October 2024** at the Mai Thai Restaurant, High Street, Cheshunt. Time **7:00pm**. Please register your interest at my table.

 **CYCLE GROUP** Stewart Wagstaff 07594 475051

We now turn out around 40 riders **every Wednesday morning**, with some of our groups also riding on Mondays. The riders have a mix of electric and conventional bikes. At present there are six separate groups of various abilities meeting at various locations. Most groups aim to stay off-road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. Weather permitting, when there's a **Fifth Wednesday** in the month, some make a day of it, going much further, with lunch along the way. If interested, please visit our table at the main meeting, or phone.

 **EXERCISE GROUP KEEPING FIT** Mary Hanney 01992 426341

Every Thursday at the Laura Trott Leisure Centre. Registration **9:30am** class will commence at 9:40am, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

 **EXPLORING LONDON 1** Sheila Barton 01992 636783
Pat Smith 01992 623448

On Monday 2nd September 14 members of the group went to The Princess Diana Exhibition in the stunning and picturesque Katherine's Dock, a short walk from Tower Hill underground. Here we saw lots of beautiful photographs of Lady Diana Spencer who then became Princess Diana, Princess of Wales, our Queen of hearts, together with some photographs of her sons and daughters in law. We listened to an audio recording giving us a glimpse into the circumstances behind these iconic photographs. Well worth a visit, enjoyed by all, even the weather couldn't put a dampener on our visit.

Future events:

St Pancras hotel - **6th October 2024**

Boat trip and lights - **25th November 2024**

Christmas meal - **9th December 2024**.

Next meeting **Friday 4th October 2024**.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

In August, on a beautiful sunny day, we went on a bus trip through Epping Forest, to visit the William Morris Museum in Walthamstow.

We left Waltham Cross Bus Station and enjoyed a picturesque ride through the Forest on a Route 66 bus to Loughton. Here we had a refreshment break at the café in St. Mary's Church, where we received a very warm welcome.

Then we travelled on, via Bus Routes 20 and 123 through the southern part of the Forest, arriving at the Museum at about lunch time.

After an introduction, given by a museum volunteer, we were free to enjoy the many Arts & Crafts exhibits in the Museum.

We returned home in the late afternoon via a shorter route, ie 123 Bus to Tottenham Hale Station and then a train to Cheshunt.

Our forthcoming trips are as follows:-

Tuesday 15th October 2024 - Museum of Brands

Thursday 14th November 2024 - Guided tour of Lincoln's Inn

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 18th October 2024 at 11:00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our August outing was to Three Lakes restaurant at Westmill Farm for lunch. A few of the group met early to enjoy a drink in the warm sunshine, in the garden of the restaurant, overlooking the lake and countryside. Then 27 of the group enjoyed a leisurely two course lunch in the restaurant with views across the countryside.

Our September outing was a coach trip to Windsor with some people enjoying a day out in Windsor and others visiting the castle. We arrived just in time to see the Coldstream Guards marching back to their barracks after the changing of the guard ceremony.

Windsor castle is the largest and oldest occupied castle in the world. It was founded by William the Conqueror and has since been the home of 40 monarchs. The ceremonial rooms are still used today when the King hosts official visits by Heads of State. St. George's chapel in the grounds of the castle is the resting place of 11 monarchs including Queen Elizabeth II.

Future trips:

Royal Mews – Thursday 10th October 2024 – tickets for this trip have now been purchased. Meet at Cheshunt Station at **9:30am**. Timed entry to Royal Mews is 11:15am.

Canterbury Xmas Market – Tuesday 19th November 2024 – cost for this coach trip is £18 per person. More details at the table today.
Xmas Fish & Chips – Wednesday 11th December 2024 – more details in next months' programme.

Our next planning meeting is **Wednesday 2nd October 2024 – 11:15am** at Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 16th October 2024 from 11:00am** at St. Clements Church Hall.

Future events:

Monday 7th October 2024 - Guided Tour of Watermen's Livery Hall

Monday 4th November - The Art of Banksy Soho Exhibition

Wednesday 27th November - The Museum of the Home at Christmas, Hoxton

Wednesday 11th December - Bulls Head Christmas Meal

At the end of August, a dozen group members travelled by train to Goring on Sea in West Sussex. It was a short walk from Goring station to the Catholic Church of the Holy Martyrs in Goring Way. It is a relatively new church built to replace the adjoining stone barn that now serves as a parish centre. The church now receives many visitors because of the unusual artwork and stained glass.

Parishioner Gary Bevans went on pilgrimage to Rome in 1987 and was transfixed by the wonder of the Sistine Chapel in the Vatican. He went on to spend his evenings over the next five and a half years reproducing the ceiling of his own parish church in Goring and then undertook painting the walls and décor of the Church, to create its glorious marble effect.

After our church visit we used our bus passes to travel on the Coastliner 700 bus, stopping off at Worthing pier for some seaside strolling and lunch. When the group came together again we all enjoyed ice creams before rejoining a later 700 bus along the Sussex coast towards Shoreham on Sea and a train back to London.

Recently we travelled by coach to Audley End. On arrival most members joined a comprehensive guided tour around the gardens. Following an introduction to the property and the front landscape, Head gardener Louise took us to the south of the house. We walked through the colourful Mount Garden and Parterre, with good views of the park beyond the 'ha-ha' (effectively a long ditch or wall sunken into the ground so as not to obstruct the view of the Temple of Concord in the distance. Our tour ended in the Elysian and Pond Garden and finally the very interesting Kitchen Garden.

After lunch there was plenty of time left to explore the house, kitchen, dairy and laundry. Originally a monastery, Walden Abbey, it was granted by Henry VIII to his chancellor, Thomas, Lord Audley, who converted the buildings to a house. The house was passed down to descendants the Neville/Braybrookes before being bought for the nation post-war. The tour of the house starts in the impressive Great Hall and Saloon and progresses through a number of other richly decorated and furnished rooms. Most members managed to climb the succession of stairs to the more recently restored nursery and were rewarded by an interesting suite of rooms and video about the Neville children that graced those rooms.

EXPLORING LONDON 5 John Durrant 07515 971162

On a sunny warm August day we travelled to Parliament via a Wetherspoons in Holborn. Our first visit was to the Jewel Tower, a little known gem almost opposite the Palace of Westminster. Dating back almost 650 years, it was built by Edward III as a treasure chest. One of only two buildings from the medieval Palace to survive the great fire of 1834, it has also served as a store for parliamentary records, a wardrobe for the King's ceremonial regalia and a store for official weights and measures.

Our tour of Parliament began in Westminster Hall, which has a famous hammer beam roof. Built in 1097, it has been a courthouse, and was the scene of the state trials of Charles I and Guy Fawkes.

The rebuilding of the Palace of Westminster following the fire began in 1840 and was completed in 1870. It took 16 years longer and cost three times the original budget. It has a floor area of 16 football pitches, 1,100 rooms, 100 staircases, three miles of passageways, four floors and 65 different levels. We toured the two debating chambers, separated by the central lobby, learned about the parliamentary process for passing bills and how to lobby your MP in the central lobby. Yes, that is how the term originated.

Restored by a cup of Parliamentary tea we returned to Cheshunt impressed and informed about our parliamentary and democratic processes.

Barbican walk 5th September 2024

We started at the Golden Lane Estate, purpose built in a Modernist style in the 1950's. After wartime bombing it was rebuilt as social housing for (mainly single) city workers in relatively modest employment. Designed by Chamberlin, Powell and Bon who went on to design the next-door Barbican, this was a radical departure, emphasizing glass, light and communal facilities including a roof garden, swimming pool and tennis courts.

From here we headed to the Barbican, which, like Marmite, you either love or hate. A Brutalist design, there is a great deal of concrete, yet it has lots of glass, gardens, ponds, covered walkways and communal, inward looking public spaces.

Sections of the Roman Wall stand next to the Barbican. In the 3rd century AD, the Romans built a wall round their city of Londinium to protect it from the attacks of Anglo Saxon sea raiders. The wall incorporated two of the existing walls of an earlier fort and its towers, called 'Barbican'.

The Ironmongers Guild Hall was destroyed by a WW1 bomb, and was rebuilt in Tudor style, and compared starkly to the Salters Hall, which was bombed by German aircraft in May 1941, and most of the Hall destroyed. The current Grade II listed Hall was completed in 1976 and is finished in knapped, ribbed and fluted concrete.

We completed our tour in the Guildhall Library, where a giant model of central London can be viewed. Built on a 1:2000 scale it stretches from King's Cross in the north to Peckham in the south and the Royal Docks in the east to White City in the west.

Refreshed and restored from our usual hostelry visit, we returned to Cheshunt after an interesting and enjoyable day.

Monday 14th October 2024 - Mercers' Hall (Reserve list only available)

Our next planning meeting is on **Tuesday 8th October 2024** at **10:00am** at the Beaumont Centre

 **FAMILY HISTORY** Rena King 01992 631826

Please note our small and friendly family history group meet on the **third Monday** of the month [but not if it falls on a Bank Holiday!]

Our next meeting will be **Monday 21st October 2024** from **2:00-4:00pm** at the Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

 **GARDENING GROUP** Carole Malcolm 07810 571606

On the 5th of September, our group, together with members of the wider U3A, made a coach trip to RHS Hyde Hall Gardens near Colchester.

The Gardens were still in flower, and we made use of the cafés, shop and plant sales, with a number of plants bought.

Everyone said how successful it was, and how much they enjoyed it.

Our next meeting is in Tesco Brookfield Community Room at **10:30am on Friday 11th October 2024.**



Gardening Group at Hyde Hall / Photo by Steve Gollop



HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

Monday 2nd December 2024, 5 days and 4 nights at Warners Gunton Hall, Suffolk, cost £460. Includes a visit to Holkham Hall, with a tour of the Hall and Christmas Market. This holiday is again in conjunction with Hertford National Trust following our very successful holiday to Wales. Please see me for further details.

Holiday 2025

Warners Norton Grange Isle of Wight. **Monday 7th July to Friday 11th July 2025** - 4 nights and 5 days. By coach, price of £480 includes excursions.

Following on from last months meeting where members registered their interest, a £50 non-returnable deposit is now due to confirm your place. Cheques should be made payable to Cheshunt U3A, please.

I do have the opportunity to put on a further small coach, but this will need to be fully booked to be viable. Unfortunately, singles places are very limited.

 **LINE DANCING (Broxbourne3a)** Lesley Casson 01992 445938

We meet on **Monday** and **Friday mornings** at Wormley Community Centre. The group has been running for several years so is not suitable for beginners.

 **LOCAL HISTORY** Pat Dixon 01992 766832
Frank Sluter 07704 730421

Our group met again on Monday 2nd September and we heard a very interesting talk on the history of Rye House given by one of the group.

We will be going on a Ware history walk on **Sunday 20th October**.

Our next meeting is on **Monday 7th October at 10:30am** at Brookfield Tesco Community Room.

 **MODEL-MAKING** Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2:00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair-ground rides and vehicles.

Wednesday 2nd October: It's got lights in it!

Wednesday 6th November: In Models Size Does Matter!

Wednesday 8th January: It came off the tree! *Second Wednesday*

 **MORNING WALKS** Rob Scott 01992 445288

The next walk will be on **Tuesday 1st October** and will be a return to The Star, 62 High Street, Standon Herts SG11 1LB. I haven't yet decided which footpaths we will follow, but it will begin at **10:00am**, although the pub will open at **9:30am** so we can pre-order our lunch; it's likely to be a circular walk of between 5 and 6 miles.

The pub dates from the 16th century and is opposite St Mary's Church in this very picturesque village.

From Cheshunt, head north on the A10 for about 14 miles to the large roundabout at the junction with the A120. Take the third exit on to the A120 for a little under 1 mile and just after the traffic lights turn right into the village - the pub is about 200 yards on the right.

Any difficulty in finding the pub, call me on **07594 427190**.

 **MUSICIANS UNITED** Peter Harris 01992 429297

We meet weekly on **Mondays at 10:00am.**

To date we have 8 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz please come along. The standard varies greatly.

At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **MUSIC IN THE AFTERNOON** Bernie Broomhead 07890 124852

Current dates are **27th September, 11th and 25th October 2024 at 2:00pm.** Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **OUT TO LUNCH GROUP** Mary Hanney 01992 426341

Next meal will be on **Tuesday 8th October** at Layla on the Old Pond, Cheshunt at **1:00pm.** Please see me for menu choices, a £5 deposit is required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

The group met on Wednesday 11th September where we saw some wonderful images on a stick. These included photographs from holidays and photography group outings. We will be meeting again on **Wednesday 9th October at 2:00pm** at our usual venue in Tesco Brookfield Community Room. Please bring images on a stick. If you want to join our friendly group of amateur photographers, please see me at my table at the main meeting.

 **PICKLE BALL** Stewart Walter 07881 703928

We now have a small but enthusiastic pickleball group which plays on **Wednesdays from 6:00pm to 7:00pm** at the Laura Trott Leisure Centre. We have 2 courts booked so can accommodate 8 players at any one time. Games generally last around 10 minutes and players will rotate between playing and resting. This is a social session and all equipment provided.

We currently have between 8 and 10 members attending each session so would welcome a few more. The game is easy to learn and not too physical whilst providing great exercise. If interested please get in touch.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates **Friday 27th September, 11th and 25th October at 10:00am - Noon.** At St. Clements Church Hall, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **SEW KNIT PATCH & CHAT** dandc@hewkin.com
Chris Hewkin 01992 625709

We meet at St. Clements Church Hall **every first and third Thursday** of the month **from 2:00-4:00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet - someone will always help with a new skill or a pattern you don't understand. Our **October** meetings will be on the **3rd and 17th** of the month.

 **SHORT MAT BOWLS** Jo Ware jojocware@outlook.com

Fridays 10:30am to 12:30pm at the Laura Trott Leisure Centre. £4.30 per session or £4.00 if "Friends of the Spotlight".

 **SHORT WALKS** Andy Smith 07930 356976

September Walk:- 13 Short walkers took the train to Ware and walked from the station to Hertford along the Lee Navigation, Despite me promising them the front page of Cheshunt's Newsletter, we still had no takers when we reached the signposted Naturist Swimming Spot around a mile downriver from Hertford.

Next months walk will be on the **11th October**, meeting at Pindar car park (over the level crossing at Cheshunt station) at **10:15am for a 10:30am start** for a figure of 8 walk to the White Water Centre and back, around 1.5 miles each way with a nice coffee break at the WWC.

 **SINGING FOR FUN** Janet & Barry 01992 425675

The singing for fun group moved to the Royal British Legion Club, 37 Crossbrook Street, Cheshunt, EN8 8LR on 9th September 2024. We start at **2:00pm until 3:30pm on Mondays**.

We are not a choir, we just sing and have a fun afternoon. We stream music from Apple and all the lyrics are displayed on a screen which now means we have cut out lots of printing and can download any song we want. The fee is now £3 which includes refreshments.

 **SPANISH** Christine Dawson 01992 620888

We usually meet **weekly** on **Wednesday afternoons**. The group has been running for some time now and is not suitable for beginners. If you are interested in joining us, please contact me.

 **THEATRE GROUP** Jackie Yeardye 07939 149997

Officer and a Gentleman - 23rd October 2024

This show is fully booked. Coach will leave Cheshunt Pond outside Papa John's at **11:00am**.

Please be on time as coach can only wait 10 minutes.

Hunter's Meet - 18th December 2024

Payment For This Was Due Last Month. If payment is not received at the September meeting we may have to offer your place to someone on the waiting list.

Please Come to the Table to Choose Your Menu - these must be in by the October meeting at the very latest.

M.J.Musical - 30th January 2025

This show is fully booked with a short reserve list.

New Show - Only Fools And Horses - 26th March 2025

- Milton Keynes Theatre

Price of £66 includes coach and driver's tip. Payment due by the October Meeting.

N.B. I will be away until the 1st October and am not contactable until then.

 **WALKING FOOTBALL** John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1:30pm to 3:00pm**, the cost is £4.00 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

 **WALKING NETBALL** Jackie Williams 07956 319073

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Leisure Centre', Inside court at **2:00pm on Wednesdays**. We have a warm up, followed by a few fun drills then play a few games of Netball. Contact: **Jackie Williams** - £4.00 per session.

WATERCOLOUR GROUP Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD

Unfortunately the Zumba Gold Class is no longer running. However, other options of a similar nature are available to all members. Our instructor Sandra Batho runs private classes to which all U3A members are welcome. Please see Community News at the back of this programme for more information.

GROUP SHARING

If interested please use contact details:-

Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

COMMUNITY NEWS

The groups listed below are independent and not operated under the u3a banner.

ADULT BALLET CLASS 01992 622862 (ask for Jayne)

Every Thursday 12:00 noon to 1:00pm for adults of all ages! An hour's class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun-filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG. No experience required. Each class is £6.50.

BINGO AND SCRABBLE

Celia Carne 01992 633241

Every Monday and Wednesday 1:30pm - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Cheshunt Free Church, High Street, Cheshunt. **Every Tuesday.** Please note time changes for two weeks in October, classes held on the **15th and 22nd** will commence at **12:00** and run until **12:45** as our normal instructor is on holiday for those weeks Cost £3.00.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no booking required. Free Tea & Coffee.

CUFFLEY FLORAL ART CLUB

Janice Seibert 01992 425696

If you love flowers please come along to our friendly club for demonstrations. We meet in Cuffley Hall at **7:30pm** (doors open 6:45pm), **second Tuesday of the month** (except for January & August). Membership is available, visitors welcome at a charge of £6.

EPPING FOREST DISTRICT MUSEUM

idchannell@efdmuseum.org.uk

12th October 2024 - King Harold Day in Waltham Abbey with the opening of new display at the museum centred around a battle axe found in 1860 in the abbey church and believed, at the time, to be 'Harold's battle axe'.

FITNESS PILATES

Sandra Batho 07739 842617

Sandra's Fitness. Classes to suit all ages and abilities at venues in and around Cheshunt. Includes Zumba Gold, Standing & Seated Pilates and Chair Fit. For more information please contact Sandra on 07739 842617.

THE HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628

We meet on the **third Thursday** of the month, except August and December, at **8:00pm** in Fletcher's Lea, in the grounds of Ware Priory, High Street, Ware, SG12 9AL. We have a monthly speaker and also organise a range of outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00. For further information please contact.

KNIT AND NATTER

Mary Manning 07795 146461

Now **every Tuesday** at the Royal British Legion, Crossbrook Street. From **1:00pm to 3:00pm**. Cost £2.00 including refreshments.

PARKRUN

Eddie Slaughter 07908 546009

A free run, walk, chat, meet up, opportunity to make new friends. Keep fit for all ages, any shape or gender. **Every Saturday morning** at The Gunpowder Park, Sewardstone Road, **9:00am start**. 5K/3.1 miles at your own pace. For further information please contact Eddie Slaughter on 07908 546009.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10:45am to 11:45am** at the Cheshunt Football Club, Theobalds Lane, Cheshunt. A friendly group with a qualified tutor, who will adapt the exercises to your health and capabilities. Please bring an exercise mat or thick towel with you. New members very welcome.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2:00pm to 3:00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held **every Wednesday**. **Telephone 07595 041433**

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2:00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds, please bring them along to the monthly meeting.

TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the u3a.

OUR PRIVACY POLICY

Cheshunt u3a requires a certain amount of private information from its members to enable effective operation. Our Privacy Policy can be viewed on our website <https://cheshunt.u3asite.uk>.

Alternatively, you can obtain a printed copy by contacting the Membership Secretary by phone or at a monthly meeting. Members' information held by Cheshunt u3a will not be disclosed to any third party.

THE CHESHUNT u3a COMMITTEE

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