



# CHESHUNT u3a

Registered Charity No. 1150779

## MEETING THURSDAY 24<sup>th</sup> October 2024

**This month's speaker** will be Martin Orkin on *the Simon and Garfunkel story*. Martin will play some of their hits and explain how their career had its ups and downs. He is the author of several books, including *Rivals of the Beatles*.

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**Next month's meeting** will be on **Thursday 28<sup>th</sup> November 2024** when the speakers will be Graham and Mary Brace on *Walk on the Wild Side in India*. Graham and Mary are wildlife photographers and conservationists who give presentations about countries which they have visited.



ELG5 at the Mercers' Hall / Photograph by Stewart Walter

## **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.**

Please bring your membership card to Register at the entrance.  
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.

### **P PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 25<sup>th</sup> April 2024 - 31<sup>st</sup> March 2025**

**New permits for 25<sup>th</sup> April 2024 to 31<sup>st</sup> 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.

## GET MORE INVOLVED WITH RUNNING YOUR U3A?

Your u3a is run by volunteer members for the benefit of all members. Without these volunteers giving their time we have no u3a!

Would you like to get involved? At least two members of the committee, the 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 an established member or even relatively new, 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 welcoming group and new ideas and insights are always valuable. Please get in touch now and help to perpetuate our successful u3a!

## CESHUNT U3A WEBSITE



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

Find this Programme and forthcoming Events on our Website.

Please send any u3a group/activity photographs or content for the Website via the email address [cheshuntu3aweb@gmail.com](mailto:cheshuntu3aweb@gmail.com) or to 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**

November's Programme / Newsletter Copy is required by  
Close Of Play on Tuesday 19<sup>th</sup> November 2024.

Please email copy to:

[cheshuntu3aprogram@hotmail.com](mailto:cheshuntu3aprogram@hotmail.com)

## **PHOTOGRAPHS WANTED**

Calling all photographers! This programme really needs photographs of group members within their individual groups. Ideally, the shots should be of members taking part in group activities, whatever they may be. The intention is to publish at least one picture of every single group in the Cheshunt u3a over the course of the next twelve months or so. Don't worry if you only have a smart phone, we can work with those images too.

Just email your pics to [cheshuntu3aprogram@hotmail.com](mailto:cheshuntu3aprogram@hotmail.com). They may not get published at once, but I will do my best to see that everyone gets a fair crack.

**Ray Lucas**

# 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 Monday 28<sup>th</sup> October 2024 at 10:30am** in the **Laura Trott Leisure Centre Café**.

## ? **AFTERNOON QUIZ**

Mary Hanney 01992 426341

Next Quiz will be on **Tuesday 5<sup>th</sup> November** at Halsey Masonic Hall, Cheshunt. Time will be **2:00pm** Cost will be £1.50 with Tea or Coffee at £1.50 paid directly to the Masonic Hall. Please register your interest at my table.

## **S** **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 21<sup>st</sup> November 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 **11<sup>th</sup> November**. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours on a gentle stroll, watching birds as we go.

 **BOLIVIA** Sylvia Lyons 07851 055346

**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.

 **COACH TRIPS** Heather Douglas 07984 791184

**CORRECTION** from last programme.

Thursford Trip is **Tuesday 12<sup>th</sup> November** as sold. There are still a few seats available at £75 for show and coach.

Grantham and Stamford trip on **Friday 1<sup>st</sup> November** is £20, which is due at the October meeting. A few seats are still available.

The Llandudno trip on **25<sup>th</sup> May 2025** can be booked at the November meeting.

 **CURRY CLUB** Mary Hanney 01992 426341

Nothing planned for November.

 **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

At the beginning of October we visited the St Pancras Renaissance Hotel, formally known as The Midland Grand Hotel. It is considered one of Londons incredible Victorian Gothic Buildings, and is spectacular inside and out. It was designed by the architect Sir George Scott. In the 1960's the poet Sir John Betjeman led a campaign to save St Pancras station and the hotel from being demolished. In which, luckily, he was successful. There is a statue on St Pancras Station of Betjeman.

Forthcoming events:

**25<sup>th</sup> November:** boat trip down the Thames followed by fish and chips and a tour of the lights.

**9<sup>th</sup> December:** Christmas lunch at the Kingsmead

**Please note we are not having a planning meeting in November.** The next meeting will be on **Friday 6<sup>th</sup> December 2024.**

## **EXPLORING LONDON 2**

Rosemary Trundell 01992 621155

Our September trip was to the Tower of London. The weather was fine and sunny and thankfully the summer crowds had diminished somewhat. Initially we enjoyed an hour long guided tour by one of the yeoman warders. He gave us an insight into the history of the Tower and explained it's various uses as a secure fortress, a royal palace, a prison and army barracks. We then split up into smaller groups and explored on our own. It was good to see the ravens still in residence!

Our forthcoming trips are as follows:-

**Thursday 14<sup>th</sup> November 2024** - Guided tour of Lincoln's Inn

**Tuesday 3<sup>rd</sup> December 2024** - Christmas lunch at Nonna's Kitchen

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting is on **Friday 15<sup>th</sup> November 2024 at 11:00am.**

## **EXPLORING LONDON 3**

Steve Gollop 01992 629209

In October we visited Buckingham Palace Royal Mews. Some of the carriage horses were on view and the garage where the carriages and cars are kept. There are usually two or four horses on view, as the rest are stabled at the Mews but kept out of sight of the public.

The Mews were built in the gardens of Buckingham Palace in 1825 and is currently home to over 200 residents. We were able to get close to most of the carriages and cars, including the newest carriage – the Diamond Jubilee State Coach and, of course, the

Gold State Coach. Built in 1762 and used in every Coronation since 1831, it weighs over 4 tons and travels at walking pace. It needs 8 horses to draw it. It is the third oldest surviving coach in the UK.

There is also a riding school where the horses are exercised and is used by the Police to exercise their horses at times. We viewed the large tack room where all the harnesses are cleaned daily.

Following our visit, we made our way back to Liverpool Street for the train home stopping off for lunch at one of our usual lunch venues.

Next trips:

**Canterbury Xmas Market – Tuesday 19<sup>th</sup> November 2024** – this trip is now full. Please ensure full payment of £18 at today's meeting. The coach will pick up outside Papa John's pizza at the Old Pond, Cheshunt, at 9:00am.

**Xmas Fish & Chips – Wednesday 11<sup>th</sup> December 2024** – Cost £5. Members of the group please register interest and make payment at today's meeting.

Our next planning meeting is on **6<sup>th</sup> November – 11:15am** at Cheshunt Free Church.

**EXPLORING LONDON 4** Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 13<sup>th</sup> November 2024 from 11:00am** at St. Clements Church Hall.

Future events:

**Monday 4<sup>th</sup> November** – The Art of Banksy Soho Exhibition **CANCELLED – EXHIBITION RUN WAS SHORTENED AND THE BOOKING WAS CANCELLED**

**Wednesday 27<sup>th</sup> November** – The Museum of the Home, Hoxton

**Friday 29<sup>th</sup> November** – Glow (Christmas lights) at RHS Hyde Hall. Coach leaving at **3:15pm** to Chelmsford.

**Wednesday 11<sup>th</sup> December** – Bulls Head Christmas Meal.

Recently we visited Watermen's Hall, the only original Georgian hall in the City of London. The Hall's elegance is characterised by 18th century domestic architecture, however, the Company of Watermen dates back much earlier. The Company of Watermen was established by an Act of Parliament in 1555 to regulate Watermen and wherryman carrying passengers by boat under oars on the River Thames. In 1700 the Lightermen (carriers of goods/cargo) joined the Watermen's Company. In 1983, the Hall underwent an extension to effectively accommodate larger dining and meeting parties with the addition of the Freeman's Room. Now,

the Freeman's Room blends in perfect harmony with the Court Room, the Parlour Room, and the Silver Room.

The oldest continuous boat race in the world, Doggett's Coat and Badge Wager was first raced in 1715 and has now been contested by watermen and lightermen for more than 300 years. This potentially makes it the oldest continuous race in any sport. The Doggett's Wager is rowed over 4 miles and 7 furlongs (7,400 metres) on a course chosen by Sir Thomas Doggett in 1715. I was particularly interested in this as, from my daughter's family history research, it has been established that our ancestor won this race in 1878.

## **EXPLORING LONDON 5** John Durrant 07515 971162

Livery companies were originally trade or craft guilds, which represented the interests of their members within the City of London. Mercers were merchants who exported English woollens and imported luxury fabrics such as silks, velvets and fine linens.

The Mercers' Company is ranked number one in order of ceremonial precedence. It was formally incorporated in 1394. The first Hall, completed in 1524, was built next to a monastery on Cheapside, which had been built on the site of the birthplace of Thomas Becket. This first Hall was burned to the ground in the Great Fire of London.

The second Hall was destroyed by enemy action in 1941. The present third Hall opened in 1958.

William Caxton was a Mercer in the late 15th century, and made the first printed copy of Chaucer's Canterbury Tales. Robert Baden Powell, founder of the Scout and Guide movements, was Master Mercer in 1913. Dick Whittington of pantomime fame was a merchant, politician, a Mercer and four times Lord Mayor of London. He supplied Richard II with fine fabrics, and also lent him money. In his lifetime he financed many good causes. He also formed the Charity of Sir Richard Whittington which, nearly 600 years later, continues to assist people in need.

After an interesting and engaging tour, we proceeded to a local hostelry before returning to Cheshunt.

Future visits:

**Friday 22<sup>nd</sup> November** - Musical Museum

**Saturday 14<sup>th</sup> December** - Old Royal Naval College

Our next planning meeting is on **Tuesday 12<sup>th</sup> November 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 on **Monday 18<sup>th</sup> November 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

At our meeting held at Tesco, Brookfield Farm in October, members brought in cuttings and seeds from their own garden to pass out to others attending. We also discussed possible opportunities for future visits and the renewal of our RHS membership.

Our next meeting is at **10:30am on Friday 8<sup>th</sup> November 2024** in the Tesco Community Room, Brookfield Farm.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

**Holiday 2025**

Warners Norton Grange, Isle of Wight, on **Monday 7<sup>th</sup> July to Friday 11<sup>th</sup> July 2025**. Due to the interest shown I have now managed to arrange a second coach. Unfortunately there are no more single rooms available, but I do still have a twin/double room available.

We have again been asked if we would like to join **Hertford National Trust** on their **April** holiday. Details as follows:

Warners Nidd Hall, Yorkshire, **Monday 7<sup>th</sup> April to Friday 11<sup>th</sup> April 2025**, cost is £500 per person with free upgrade to signature rooms. Cost includes three excursions, one of which is a visit to Thirsk, the fictional town of Darrowby in James Herriot novels. Please see me for further details, deposits will be due at next month's meeting.

 **LINE DANCING (Broxbourne u3a)** 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.

## H LOCAL HISTORY

Pat Dixon 01992 766832  
Frank Sluter 07704 730421

Our group met again on Monday 7th October and we heard an interesting talk on the history of the Cromwells in Cheshunt and on Churchgate given by one of the members. We also had our first history quiz and this was very entertaining and well received.

We will be going on a Ware history walk on **Sunday 20<sup>th</sup> October**. At our next meeting we will hear a talk on the Eleanor Cross and take part in another quiz. This will be on **Monday 4<sup>th</sup> November at 10:30am** at our usual venue at Brookfield Tesco Community Room.

## X MODEL-MAKING

Jack Snary 01992 638046



Model battleship *Bismarck* by Bob Finning.  
The silver disc by the hull is a 50p coin!  
Photograph by Vanessa Lucas

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 6<sup>th</sup> November:** In Models, Size Does Matter!

**Wednesday 8<sup>th</sup> January:** It came off the tree!

(This is the second Wednesday - the 1<sup>st</sup> is New Year's Day!)

**Wednesday 5<sup>th</sup> February:** Wargaming to the Fore.



For those who haven't yet been on the Morning Walks, it is recommended you wear walking boots or a stout pair of trainers, with a day-sack to hold a drink and a waterproof. A walking pole is also a useful aid - especially with the coming of the cold, muddy, winter months and will help to prevent accidents.

**Our next walk** will be on **Tuesday 5<sup>th</sup> November** and will be a circular 5.5 mile ramble in the Hertfordshire countryside. We will start at **10:00am** from The Chequers Inn, Wareside, Ware, SG12 7QY, although the pub will open at 9:30am so we can pre-order our lunch.

It is a Grade 2 listed building, so old that it can't be dated on parish records. It has been in the same family for almost 30 years and the varied menu looks very good!

We will walk beside the River Ash and on some of the Hertfordshire Way, as well as on the disused Buntingford railway line again. With all the rain we've had the meadows beside the river could be a little wet.

To get there from Cheshunt, head north on the A1170, through Broxbourne and Hoddesdon to Ware, passing the Premier Inn on the right and follow the road round to the right, over the River Lea to a mini roundabout, to take the 2nd exit signed Much Hadham B1004. Follow this wiggly road for a little over 3 miles to enter Wareside: the pub is on the left. As the car park is quite small, please park in the village hall car park (next door) if you aren't staying for lunch.

Any problems 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 9 members, Saxophonists, Clarinets, Keyboard, Bass guitar, Rhythm guitar and percussion. We play 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 **Friday 8<sup>th</sup> and 22<sup>nd</sup> November 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

Our next meal will be on **Tuesday 12<sup>th</sup> November** at Nonna's Kitchen, Hoddesdon at **1:00pm.** Two courses will cost £12.90. Please see me for menu choices. Deposit of £5 required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

The group met on Wednesday 9th October and we welcomed three new members. We saw some wonderful images on a memory stick. These included photographs from holidays and photography group outings. We will be meeting again on **Wednesday 13<sup>th</sup> November at 2:00pm** at our usual venue in Tesco Brookfield Community Room. Please bring images on a memory 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 an enthusiastic pickleball group which plays on Wednesdays from **6:00pm to 7:00pm at the Laura Trott leisure centre.** We have 2 courts booked and 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. The game is easy to learn and not too physical whilst providing great exercise.

We now have around 17 members with between 10 and 12 generally attending each session which is the maximum which can

currently be accommodated. If we were to take on more members I would consider booking additional courts at 5:00pm to extend the session, so if interested please get in touch.



### **RUMMIKUB**

Jenny Christian 07788 676170

Meets alternate **Fridays 10:00am until Noon** at St Clement's Church, Cheshunt Wash EN8 0LU.

Dates until the end of the year are **25<sup>th</sup> October, 8<sup>th</sup> and 22<sup>nd</sup> November, 6<sup>th</sup> and 20<sup>th</sup> December 2024.**



### **SEW KNIT PATCH & CHAT**

[dandc@hewkin.com](mailto:dandc@hewkin.com)

Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursdays 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 next meetings will be on **7<sup>th</sup> and 21<sup>st</sup> November**.



### **SHORT MAT BOWLS**

Jo Ware [jojocware@outlook.com](mailto:jojocware@outlook.com)

**Fortnightly on Fridays 10:30am-12:30pm.**

Cost: £4.30 per session or £4.00 with a "Friends of the Spotlight" card. Equipment provided. Members are asked to arrive by **10:15am** to organise the teams. Car parking is free to players, but they must give their car registration number to reception on entry. New members from all local u3a's are welcome.



### **SHORT WALKS**

Andy Smith 07930 356976

13 Short walkers had a beautiful day for their October Walk from Pindar car park on a figure of eight course to the White Water Centre and back.

Our next walk will be on **8<sup>th</sup> November**, meeting at **10:30am at Rye House Car Park** (Free Parking). Get the **10:10am** train from Cheshunt to Rye House Station. Turn right out of the station and the car park is on the left, after the historic Rye House gatehouse. We will be walking around Rye Meads Bird Sanctuary, some 2.5 miles. Lunch or a Coffee at the Rye House Pub afterwards.



## **SINGING FOR FUN**

Janet & Barry 01992 425675

The singing for fun group now hold their meeting at the Royal British Legion Hall in Crossbrook Street. We start at **2:00pm until 3:30pm on a Monday**. The fee is now £3 and includes refreshments.

We sing all sorts of songs from 60s, pop, Country and Shows. In fact now we have wi-fi we can sing any song you want, as we now have all the lyrics on a screen. Which saves loads of ink and paper.

We are not a Choir we just sing along to recordings streamed from Apple and Spotify. If you can't sing it doesn't matter, just come along for a fun afternoon, make new friends and listen to the music.



## **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 - 23<sup>rd</sup> October 2024**

There are currently 3 seats available for this show - due to last minute cancellations. Coach Pick up at Cheshunt Pond outside Papa Johns at **11:00am**. Please be on time as the coach cannot wait more than 10 minutes.

### **Hunters Meet - 18<sup>th</sup> December 2024**

This is the last chance to choose your menu (at the October Meeting) as the choices have to be submitted to the restaurant by the end of the month. Failure to do so will mean we have to select a menu on your behalf - which will be the Christmas Dinner. This outing is still fully booked with a long reserve list.

### **New Year 2025**

### **M J The Musical - 30<sup>th</sup> January 2025**

This show is fully booked with a short reserve list.

### **Only Fools and Horses - 26<sup>th</sup> March 2025**

Payment is due at this month's meeting £66. There are still a few places left for this show.

Please make sure any cash payments are in an envelope - with your Name, Amount and the Show written on the front.

 **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 joined with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30pm, 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.

**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** at 11:00am to 11.45am. The class is run by a fully qualified instructor, cost is £3.

### **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](mailto:idchannell@efdmuseum.org.uk)

**12<sup>th</sup> 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](mailto: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

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE FOLLAND	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS		
CO-ORDINATOR	FRANK SLUTER	07704 730421
ASS PROG PROD	STEWART WAGSTAFF	07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE		
CO-ORDINATOR	VANESSA LUCAS	01992 621258
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS		
CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	ANDY SMITH	07930 356976
COMMITTEE MEMBER	PETER HARRIS	01992 429297
COMMITTEE MEMBER	BRIAN PEEL	

PROGRAMME PROD

RAY LUCAS

07952 465528