



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 28th NOVEMBER 2024

This month's 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 they have visited.

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Next month's meeting will be held on the **12th December 2024** and will be our Christmas Meeting with entertainment by the *A Train* and *Singing for Fun*. **This is strictly Members Only**. See page 4.



Singing for Fun Group / Photograph by Barry Wallace

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 - 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.

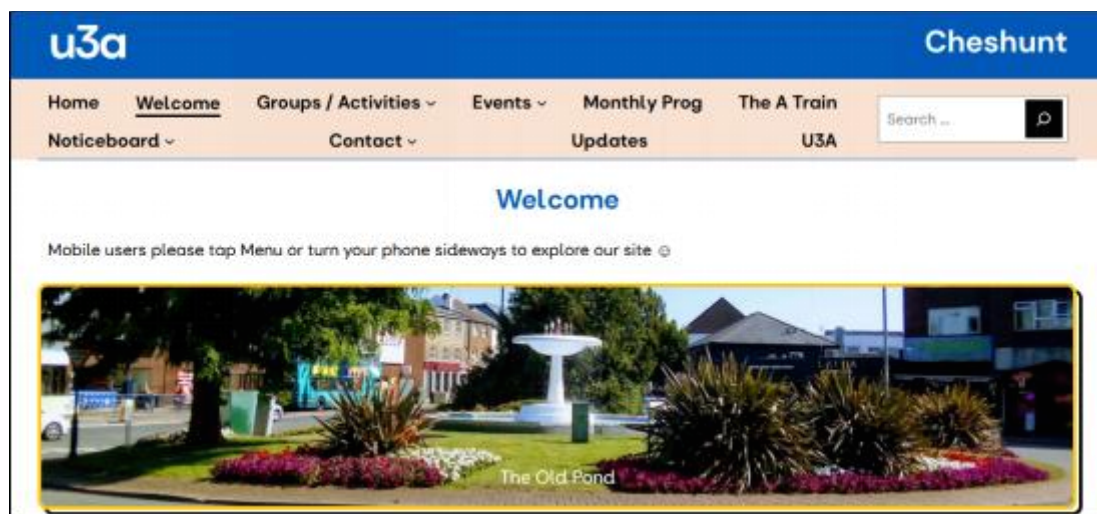
GET MORE INVOLVED WITH RUNNING YOUR U3A?

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 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

December's Programme / Newsletter Copy is required by
Close of Play on Tuesday 3rd December 2024.

Please email copy to:

cheshuntu3aprogram@hotmail.com

PHOTOGRAPHS WANTED

Thanks to all those people who responded to my appeal. We have a few pictures now of groups we never had before. However, there are still many who have not yet come forward.

Email your pics to cheshuntu3aprogram@hotmail.com. They may not get published at once, space is limited in each edition, but I will do my best to see that everyone gets a fair crack.

Ray Lucas

DECEMBER U3a Meeting Date

Thursday 12th December 2024

The Meeting will be on **Thursday 12th December 2024** from **1:30pm**. This will be the second Thursday, NOT the fourth.

****This is strictly Members only***. You must produce a current membership card to enter. You will not be able to join at the December meeting. There will be no Membership or Group Tables.*

12th December is our Christmas Meeting and Party, from **1:30pm**.

The **A Train** and **Singing For Fun** will be entertaining us.

Festive Attire optional

After signing in and collecting your free raffle ticket, enjoy a free tea or coffee. Free mince pie and cake also available.

*** THURSDAY 12th DECEMBER 2024 MEETING**

PARKING PERMIT ARRANGEMENTS *

Your Cheshunt u3a Laura Trott Parking Permit is valid today

Cheshunt u3a Groups 2024

NEW MEMBERS

Jan Speller 01992 624868

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 2nd December 2024 at 10:30am** in the **Laura Trott Leisure Centre Café**.

? **AFTERNOON QUIZ**

Mary Hanney 01992 426341

Our last quiz of 2024 saw a record of 85 members taking part, the previous being 72 earlier in the year.

As we are not having a December quiz, I will try and make our first quiz of 2025 a little different. But hopefully not too hard.

First quiz of 2025 will be on **Tuesday 14th January** at Halsey Masonic Hall, Cheshunt at **2:00pm**. Cost will be £1.50 with tea/coffee £1.50 paid direct to the Masonic Hall. Please register your interest at my table.



BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

There will not be a meeting in December. Next meeting will be **Thursday 16th January at 10:00am** at Tesco Community room.



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

We are a relaxed and friendly group, meeting on the **second Monday** morning and spending a couple of hours visiting hides, having a gentle stroll and spotting birds as we go.

For our November trip we visited Walthamstow Wetlands near Tottenham Hale. On a pleasant sunny Autumn morning we

observed a variety of geese, jay and heron. Part of the way around the site we came across a BBC production team including Hamza Yassin, Wildlife Photographer and former winner of *Strictly Come Dancing*. They were filming a wildlife programme due to be aired in 2025.

Our next trip will be on **Monday 9th December**, meeting at the Bittern Hide, Lea Valley, **9:45am**.

 **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 Hall, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **COACH TRIPS** Heather Douglas 07984 791184

Following the success of the Weymouth trip earlier this year, a further Coach Holiday to Llandudno has been booked for **Saturday 10th to Wednesday 14th May 2025** (corrected date from October brochure). There is still one twin room available.

We enjoyed 2 trips in November. One to Grantham/Stamford and a visit to the Thursford Xmas show.

A schedule for trips in 2025 will be available in the New Year. Thank you all for your support and to Jenny and Audrey for all their help.

 **CURRY CLUB** Mary Hanney 01992 4263

Next meal will be on **Wednesday 11th December** at **7:00pm**. At the Raj Vogue, High Street, Cheshunt.

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.

We shall close for our Christmas break on **Thursday 19th December 2024** and return on **Thursday 9th January 2025**.

EXPLORING LONDON 1 Sheila Barton 01992 636783
Pat Smith 01992 623448

Forthcoming events:

Monday 9th December: Christmas lunch at the Kingsmead

The next planning meeting will be on **Friday 6th December 2024**.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our October outing was to the Museum of Brands, which is 5 minutes walk from Ladbroke Grove Tube Station. The museum focuses on the history of consumer culture from Victorian times to the present day. The Time Tunnel is a permanent exhibition of brands and packaging which takes one on a nostalgic journey through 200 hundred years of social change. Of especial interest to our group were the products we remembered from our childhood and teenage years.

This month we had a guided tour of Lincoln's Inn. It is one of the four Inns of Court in London and, covering 11 acres, is the largest and was founded in 1422.

We met our guides in the undercroft to the chapel before being taken into the Old Hall which has a magnificent oak beamed ceiling which was covered with plaster for many years before being restored in the 1920s. We were then taken into the chapel where various services and events take place during the year. All are welcome to attend the services.

We then crossed the extensive grounds to the Great Hall and the Library which were built in the 19th century. Throughout the estate there are magnificent stained glass windows and art works and the grounds are popular with film makers. Before we left, the

Great Hall was being prepared for members lunch. Unfortunately we had to seek a more humble establishment for our lunch.

Our forthcoming trips are as follows:-

Tuesday 3rd December 2024 - Christmas lunch at Nonna's Kitchen

Wednesday 15th January 2025 - Tate Britain

Friday 7th February 2025 - Sir John Soane Museum

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting is on **Friday 20th December 2024** at **11:00am**.

EXPLORING LONDON 3

Steve Gollop 01992 629209



Canterbury Xmas Market / Photograph by Brian Peel

In November we organised a coach trip to visit Canterbury Xmas Market. Unfortunately on the day the weather was not kind, but everyone enjoyed a good day browsing the different market stalls and shops, as well as taking the opportunity to visit the cathedral.

Next :

Xmas Fish & Chips – Wednesday 11th December 2024 at 12.15pm at Cheshunt Free Church – £5. Members of the group to register interest and pay at today's meeting. As well as the fish & chips, tea or coffee will be provided. Please bring own condiments and cutlery. We will provide bags and ask all to take away their leftovers.

There will NOT be a planning meeting in December so the next meeting will be **8th January 2025 at 11.15am** at Cheshunt Free Church.

EXPLORING LONDON 4

Steve Sell 01992 443012

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

Future events:

Friday 29th November - Glow (Christmas lights) at RHS Hyde Hall.
Coach departs at 3:15pm Turnford, 3:25pm Old Pond

Wednesday 11th December – Bulls Head Christmas Meal

Following the cancellation of the Banksy Exhibition, we recently went virtual in Stratford Westfield at the *Horizon of Khufu* experience. The Great Pyramid of Giza is the largest Egyptian pyramid. It served as the tomb of pharaoh Khufu, who ruled during the Fourth Dynasty of the Old Kingdom.

It proved to be an unusual and surreal experience for the group, although most members coped reasonably well with the unique opportunity to experience a journey through Egypt and the customs of the time. We had the opportunity to experience a virtual journey inside the pyramid and to stand at the summit looking out on the other pyramids and the surrounding area, followed by a trip down the Nile River.

EXPLORING LONDON 5

John Durrant 07515 971162



ELG5 visit to the Musical Museum / Photograph by John Durrant

On a very chilly November morning we set off for Brentford, where the Musical museum is located, near to Kew Bridge. We were warmly greeted with coffee by the museum director, which was very welcome.

The purpose built premises, opened in 2008, allowed the transfer of the collection from a nearby draughty, damp and cramped deconsecrated church. Founded 60 years ago with some half dozen player pianos, the collection has grown to include a wide range of musical instruments and unique inventions which tell the story of how music was recorded and reproduced through the ages.

Fortified by coffee, we then enjoyed a short recital on the fabulous 90 year old Mighty Wurlitzer Theatre organ.

Then our amazing guided tour of the museum began. Beginning with a tiny musical box, made in Switzerland in 1789, each instrument was demonstrated and the playing mechanism explained. We soon grasped the importance of the comb, with teeth of varying thickness and length, which produced the notes when struck by pins attached to a rotating cylinder. This became a common theme as we had demonstrated larger and dual combed musical boxes, Pianolas, player pianos, a piano with two violins, and a 1928 'His Masters Voice' gramophone with Bakelite discs, but no Nipper! Of great interest was the very crackly early recording of Frank Sinatra singing 'Chicago' on bakelite, played on the HMV gramophone. A sock was placed in the horn to greatly reduce the volume, hence the expression 'to put a sock in it'.

A 1922 Steinway Reproducing Grand Piano had been manufactured in Germany, but had an Aeolian player mechanism added in London.

Finally the heavyweights of the museum display downstairs were the Orchestrons. Built in 1899 in Germany and controlled by a piano roll, the sound was produced by pipes, percussion instruments and a piano. The full effect is similar to that of a full orchestra or band. Amazing!

We retired upstairs to the concert hall to enjoy a ploughman's lunch and cuppa, with a second, but sadly only too brief snatch of the Wurlitzer being played again, before a very worthwhile visit to the gift shop and the return to Cheshunt. A fabulous tour of such an interesting museum.

Future visits:

Saturday 14th December 2024 - Old Royal Naval College

Tuesday 21st January 2025 - Lunch at Laila Kitchen

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

 **FAMILY HISTORY** Rena King 07870 567684

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!].

We meet at the Tesco Community Room, Brookfield Centre and there will be a meeting on **Monday 16th December 2:00pm-4:00pm**, mainly to celebrate Christmas and talk about any ideas for the coming year. Free parking is still available at Brookfield centre but only for a maximum of four hours. 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 last meeting we talked about our various different garden "niggles," one in particular was our "friendly" garden visitor the squirrel, and how we could prevent him/her from digging out our plant pots. We felt one way to deter them was to cover the pots with a piece of chicken wire.

On the **13th of December** we will be visiting a garden in Roydon to view the Christmas lights.

There will not be a gardening meeting in December. Our next meeting will be at **10:30am on Friday 10th of January 2025** in the community room at Tesco, Brookfield Centre, Cheshunt.


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

Warners Gunton Hall on **Monday 2nd December**. Please see me for luggage labels. Pick up point will be Outside Tesco, Old Pond at **10:15 am**.

Warners Norton Grange, Isle of Wight, on **Monday 7th July to Friday 11th 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 7th April to Friday 11th 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.

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

Our group met again on Monday 4th November when we heard an interesting talk on the Eleanor Cross and had another history quiz. At our next meeting we will have the opportunity to have a look at some old local newspapers from the 60s - Cheshunt and Waltham Weekly Telegraphs and an Enfield Gazette.

There will also be another history quiz. This will be on **Monday 2nd December at 10:30am** at our usual venue 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 8th January: It came off the tree!
(This is the second Wednesday - the 1st is New Year's Day!)

Wednesday 5th February: Wargaming to the Fore.

Wednesday 5th March: By Land, Sea or Air.

 **MORNING WALKS** Rob Scott 01992 445288

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.

 **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 Hall, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

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

Current dates are **Friday 6th and 20th December at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal

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

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

No Lunch for December. Following the success of the Afternoon Tea held at the Cafe in the Laura Trott centre earlier in the year, a further Afternoon Tea has been arranged for **Tuesday 17th December at 1:30pm**. Cost will be £12.50. A £5 deposit is required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

The group met on Wednesday 13th November at a very well attended meeting.

Many thanks to Tony for the donation of the TV, which enables us to view some of the wonderful images brought in on memory sticks. These included photographs of holidays and landscapes.

We will be meeting again on **Wednesday 11th December 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 have an enthusiastic pickleball group which plays on Wednesdays from 6pm to 7pm at Laura Trott leisure centre and is currently full. 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 is provided.

The game is easy to learn and not too physical, whilst providing great exercise. We now have around 20 members with between 12 and 15 generally attending each session, which is the maximum which can currently be accommodated, even though we try to book extra courts at 5pm to extend the session.

The group is currently full, but if you are interested in joining please contact me as I am compiling a reserve list. If we have

enough people interested we will investigate starting a new session at a different time.

 **RUMMIKUB** Jenny Christian 07788 676170

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

Current dates until the end of the year are **6th and 20th December 2024**. Dates for **January 2025** are **3rd, 17th and 31st**.

 **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. We will only have one meeting in December on **Thursday 5th** but make a New Year's resolution to join us on **2nd and 16th January 2025**.

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

Fortnightly on Fridays 10:00am - 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 met by the Rye House Gatehouse for a walk through Rye Meads RSPB bird sanctuary and then a circular walk around the lake. On our return we explored the Gatehouse and grounds before going for lunch in the Rye House Pub.

Next Month our walk will be on **Friday 13th December** meeting at Cedars Park car park (free parking) at **10:20 for a 10:30 start**. We will walk across the A10 footbridge, past the Google Datacentre site and then down the New river towards the M25 aquaduct and back to Cedars Park for a coffee from the cafe and a mince pie from me ! Total distance around 2.5 miles. Toilets and cafe at Cedars Park.

Please sign up for this walk at the monthly meeting, or ring me to ensure I have enough mince pies!

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

The singing for fun group now meet at the Royal British Legion in Crossbrook Street on **Mondays from 2:00pm until 3:30pm.**

We have around 35 members who come regularly.

We sing all sorts of songs and will try any song you want to hear. The music is streamed from Apple Music and lyrics are displayed on a screen, which at the moment is not 100%. We are getting there and this saves us printing on paper.

We are now practising to entertain you with a few songs for the Christmas meeting on the **12th of December 2024.**

 **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

Hunters Meet - 18th December 2024

Our next outing is our Christmas meal and afternoon entertainment to Hunters Meet.

Coach pick up **11:00am** outside Papa Johns. For those travelling by car the restaurant will open at 12 noon.

2025 Dates

M.J. the Musical - 30th January 2025

This show is currently fully booked with a short reserve list.

Only Fools and Hoses - 26th March 2025

This show is currently fully booked with a short reserve list.

Payment for this show is now overdue - if you have your name down on the main list can you please make sure you pay at the November Meeting, as the theatre now requires payment.

We will be announcing a new Show in the New Year.

Please make all cash payments in an envelope with your name, amount and name of the show on the front.

Thank you for all the support during the last year. We look forward to another successful year in 2025.

WE WISH YOU ALL A HAPPY CHRISTMAS AND A PROSPEROUS NEW YEAR.

WALKING FOOTBALL

John Durrant 07515 971162



It's there! Where was the goalie? / Photograph by Stewart Walter

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.

We shall close for our Christmas Break on **Tuesday 17th December** and return on **Tuesday 7th January 2025.**

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.

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

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

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