



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 12th DECEMBER 2024

This month's meeting will be our Christmas Meeting with entertainment by the *A Train* and *Singing for Fun*. **This is strictly Members Only**. For today's itinerary see page 4.

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Next month's meeting will be on **23rd January 2025** when the speaker will be Barbara Dalby on *Bees and Beekeeping*. Barbara is a local specialist beekeeper with 35 years of knowledge and experience of bees and beekeeping.



Epping Forest in Winter / Photograph by Mike Murat, Photography Group

**Season's Greetings to all
Our Members!**

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.

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 **2:15pm** 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.

CHESHUNT 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

January's Programme / Newsletter Copy is required by
Close of Play on **Tuesday 14th January 2025**.

Please email copy to:

cheshuntu3aprogram@hotmail.com

Thursday 12th December 2024 parking permits

Your Cheshunt u3a Windmill Lane Parking Permit is valid for use today. No parking permit? Just enter your car registration on the screen located in the lobby at the Laura Trott main Reception Desk.

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

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Welcome to our DECEMBER Meeting

Thursday 12th December 2024

Timetable

Today is our Christmas Meeting and Party
with our very own
A-Train band
and
Singing for Fun Group

- * Doors Open at 1:30 pm
- * Sign in, collect your free raffle ticket
- * Enjoy a free tea or coffee, mince pie & cake
- * The A-Train from doors open
- * The Singing for Fun Group from 2:10 pm
- * Raffle - 10 x £50 Vouchers from 3:00 pm
- * The A-Train from 3:15 pm - Close.

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Riviera Travel and the Affinity Charity Scheme

Riviera Travel operate the “Affinity” Charity Scheme with all u3a’s across the country. This means Riviera Travel will donate up to 10% of the total basic cost of your holiday as a charitable donation to your u3a.

If you make a booking directly with Riviera Travel (not through a third-party travel agent), simply mention you want to claim Affinity Commission for Cheshunt u3a. At the end of your holiday, Riviera Travel will pay the commission to the Third Age Trust. After deducting a handling fee, the Third Age Trust will pass the commission on to us. For information on holidays with Riviera Travel go to www.rivieratravel.co.uk.

Please note the Commission payment is not payable on bookings made through a travel agent or a third-party booking site. Cheshunt u3a is not endorsing Riviera Travel as a supplier of holidays. Neither Cheshunt u3a nor any committee member / trustee have or will receive any benefit or incentive from Riviera Travel. Donations from this scheme are paid solely to Cheshunt u3a, they are not payable to the individual who made the booking.

Stewart Walter



Second Hand Book Stall

The second-hand bookstall is in need of fresh books to renew its depleted stocks. If you have books of any description which you wish to dispose of, bring them along to the January meeting (there will be no stall at the December meeting). Paperbacks preferred.



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 27th January 2025 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

Tuition given and boards provided. We meet at Tesco Brookfield community room on the third Thursday of the month. Next meeting **10:00am Thursday 16th January 2025.**

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 up to four Table Tennis tables. We are a very sociable group and will be holding our Annual Christmas Meal at the Prince of Wales.

Merry Christmas and a Happy and Healthy New Year to all members of Cheshunt U3A.

BIRDWATCHING GROUP

Brian Fitzjohn 07709 455991

We are a relaxed and friendly group, meeting on the **second Monday** of the month and spending a couple of hours visiting hides, having a gentle stroll and spotting birds as we go. Our next trip will be on **13th January 2025.**

 **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

Forthcoming Llandudno Holiday **10th to 14th May 2025.** All rooms are now taken and deposits paid. The balance is due by the February meeting. The final payment is £389 per person and if you have a seaview room £424 per person.

The next coach day trip will be in March, to be advised at the January meeting.

 **CURRY CLUB** Mary Hanney 01992 426341

Nothing planned for January 2025.

 **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.

We are holding our Annual Christmas Meal at the Galley Hall public house in Hailey. With our annual cycling holiday and numerous cycling adventures to discuss, we always have a great time.

Merry Christmas and a Happy and Healthy New Year to all Cheshunt u3a members and may all your wheels continue to rotate throughout the coming year!

 **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

The day after the extremely windy and awful Sunday we boarded our coach for Greenwich, where we spent free time (and money on the interesting stalls in the market).

We then met our guide who escorted us to the boat for our trip on the Thames to Westminster. We had an extremely informative and humorous commentary from the third generation of skippers.

We reboarded the coach at Westminster and set off on a guided tour of the Christmas lights. Our guide was informative, also telling us things about London and Christmas we hadn't heard before. We finished our tour with welcome fish and chips. A most enjoyable day was had by all, with very good weather.

The next planning meeting will be **Friday 3rd January 2025**.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our forthcoming trips are as follows:-

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 of the New Year will be on **Friday 17th January 2025 at 11:00am**.

Wishing everyone a Merry Christmas and a Happy New Year and looking forward to some interesting outings in 2025.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Merry Christmas and Happy New (Exploring) Year to all members of the group. Thanks to everyone who has organised our trips and contributed to another enjoyable year.

Our next planning meeting will be on **Wednesday 8th January 2025 at 11:15am** at Cheshunt Free Church, where we will discuss proposed trips for the New Year.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 8th January 2025 from 11:00am** at St. Clements Church Hall.

Future events:

January 2025 trip will be a guided tour of the Wallace Collection – tbc.

Recently we visited the Museum of the Home. Fortunately, the day we visited a guided tour inside Almshouse number 14 was available. We discovered what it was like to live in Hackney 200 years ago in the restored 18th-century Almshouse dwelling. Members agreed this was particularly interesting and enjoyable.

Almshouses were built on the site in 1714, to house the widows of ironmongers. The almshouses were funded by a bequest from Sir Robert Geffrye, a merchant who had served as Lord Mayor of London and Master of the Ironmongers' Company. There were 14 four-room houses, for up to 56 pensioners, with a large garden. In 1911 the Ironmongers' Company decided the area had become too dangerous for pensioners, moved them to the country and sold the buildings to the London County Council. Following this the almshouses were converted to house the museum which opened in 1914.

Geffrye was a merchant whose wealth was partly derived from the forced labour and trading of enslaved Africans. It is likely therefore that because of this, following the recent refurbishment, the name of the museum was changed from the Geffrye Museum.

The main permanent displays are a series of room settings furnished and decorated to show the main living spaces and elements of domestic life through the centuries, reflecting changes in society, behaviour, style and taste. Since reopening, the museum has new galleries to explore the concept of home through people's everyday experiences of making, keeping and being at home over the last 400 years.

 **EXPLORING LONDON 5** John Durrant 07515 971162

Future visit:

Tuesday 21st January 2025 - Lunch at Laila Kitchen

Our next planning meeting is on **Tuesday 14th January 2025 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 20th January 2025 from 2:00pm to 4:00pm**. 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

There will not be a meeting on Friday the 13th of this month. However, we will be visiting later that day an open garden called The Mount in Roydon, to view their lights. The entry fee is £10.00 per person including refreshments. This garden is open to everyone. It is part of the National Garden Scheme.

The address is

The Mount, Epping Road, Roydon CM19 5HT

Our next meeting will be on **Friday 10th January 2025 at 10:30am** in the community room at Tesco, Brookfield Centre, Cheshunt.

Wishing you all a very happy Christmas and a healthy happy New Year

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

Warners Norton Grange, Isle of Wight, Monday **7th July to Friday 11th July 2025**. Now fully booked, a waiting list is available if you wish to add your name.

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** in conjunction with Hertford National Trust is now fully booked, a waiting list is available if you wish to add your name.

 **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 2nd December and we had a look at some old local newspapers from the 60s and 70s - Cheshunt and Waltham Weekly Telegraphs and an Enfield Gazette. Many thanks to Sally for bringing these in.

It was fascinating to read out local news, compare prices (cost of a local newspaper was 4d in 1968), look at job vacancies and adverts.

There was also another local history quiz compiled by Ron. Our next meeting will be on **Monday 6th January 2025 at 10:30am** at our usual venue at Brookfield Tesco Community Room.

Merry Christmas and a Happy New Year to all the Local History Group members.

✂ 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



Photograph by Steve Gollop

The first walk of 2025 will be on **Tuesday 7th January** from the Robin Hood and Little John pub, 14 Ware Road, Tonwell, Ware SG12 0HN. Walk starts at **10:00am**, although the pub will open at 9:30am so we can pre-order our lunch. It will be a circular 5.5 mile walk.

After our rather muddy walk in December, I'll make sure there will be less claggy-ness in January, although we had a good turn-out of members for the Christmas walk and it was good to see Sarah Lee joining us again.

May I wish everyone a very Happy Christmas and a healthy New Year with a lot more good walks to come.

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 3rd, 17th and 31st January 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

Our first lunch of 2025 will be to the Mai Thai Restaurant, High Street, Cheshunt, on **Tuesday 21st January 2025 at 1:00pm.** A lunch time menu is available. I will not be attending the December meeting, so please call and leave your name and telephone number on my answerphone if you wish to attend.

PHOTOGRAPHY GROUP Rodney Dixon 01992 766832



Pond Christmas Lights / Photograph by Vanessa Lucas

The group met on Wednesday 11th December.

We will be meeting again on **Wednesday 8th January 2025 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. I would like to wish all our photography members a Merry Christmas and Happy New Year.

 **PICKLE BALL** Stewart Walter 07881 703928

We have an enthusiastic pickleball group which plays on Wednesday evenings at Laura Trott leisure centre and is currently full. From January we will extend the session to 2 courts for 2 hours from **5:00pm to 7:00pm**.

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 20 members with between 14 and 16 generally attending each session, which is the maximum which can currently be accommodated.

Although the group is currently full, if you are interested in joining, please contact me as I am compiling a reserve list and if we have enough people interested, I will investigate starting a 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 **Friday 3rd, 17th and 31st January at 10.15am**

 **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 and, crochet. Someone will always help with a new skill or a pattern you don't understand. Why not make a New Year's resolution to join us on **2nd and 16th January 2025**.

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

However you roll, however you stroll; Come along and have some fun at short mat bowls.

At the Laura Trott Leisure Centre **every Friday from 10:30am - 12:30pm**. Registration is at **10:15am**.

This is a friendly, social morning with light exercise. Come along and have some fun, beginners are welcome (bowls are provided).

Cost will be £4.30 per session or £4 with a 'Friend of Spotlight' card.

Car parking is free for players (car registration upon arrival in reception).



SHORT WALKS

Andy Smith 07930 356976

Our December walk will be on **Friday 13th of December** meeting at Cedars Park car park (free parking) at start **10:20am for a 10:30am start**.

We will walk across the A10 footbridge past the Google Datacentre site and then down the New River towards the M25 aqueduct. Then 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.

Our January walk will be on **Friday 10th January**, meeting at Pindar car park (straight on over the level crossing at Cheshunt Station). (Paid Parking on return) meeting at **10:20 for a 10:30 start**. We will be walking a circular route in the Lee Valley Park visiting the Wildlife centre for coffee. Distance 3 miles.



SINGING FOR FUN

Janet & Barry 01992 425675

The singing for fun group meet at the Royal British Legion club in Crossbrook Street on **Monday afternoons at 2:00pm until 3:30pm**. The fee is £3 and you get tea or coffee and a biscuit.

We sing all sorts of songs from the 60s, Country, and music from the shows, but we will attempt any song you want. All the lyrics are supplied and are shown on a large screen.

On the 2nd of December we sang at the Broxbourne Nursing Home, we did a selection of Christmas songs for the residence.

We are also singing at the Christmas meeting of the u3a on the 12th of December. We will have Caris Savill a professional vocalist joining us.



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.

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



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 2024** and return on **Tuesday 7th January 2025.**

CHESHUNT LIBRARY

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

Coffee Morning - **Tuesday 10:00am-12 Noon.** 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.

MASONIC HALL UPCOMING EVENT

Tuesday 31st December 2024, a New Year's Eve Party from 8:00pm until 1:00am, cost £10pp. Party hats, whistles and a glass of bubbly supplied, bring your own party food.

Please contact Sharon Hines on halseyhall@outlook.com for tickets.

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 AND BOOKS WANTED

If you wish to donate puzzles and books 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