



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd JANUARY 2025

This month's 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.

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Next month's meeting will be on **27th February 2025** when the speaker will be Philip J McKinder on *Copped Hall, a most understated History*. The thousand-year history of Copped Hall in Essex, from dereliction to the restoration of the 1758 house.

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The A Train at our Xmas Meeting / Photograph by Stewart Wagstaff

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

February's Programme / Newsletter Copy is required by
Close of Play on **Tuesday 18th February 2025.**

Please email copy to:

cheshuntu3aprogram@hotmail.com

Exploring London Group 2

We are planning a tour of the St. Pancras Hotel on **Monday 10th March 2025 at 11:30am** and have some spare spaces at £20.00 per person. If you are interested in joining us, please come and see me at my table, as this will be the only opportunity to sign up. I will need to collect payment, in cash, as it has to be paid a month in advance.

Rosemary Trundell

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 Bookstall

We run the monthly bookstall at every main meeting. We welcome donations of paperback books in reasonable condition.

However, we are unable to accept any hardbacks.



Cheshunt u3a Groups 2024

NEW MEMBERS

Jan Speller 01992 624868

From February potential new members can meet a welcoming face in the Laura Trott Café from **12:45pm on 27th February 2025** prior to the main meeting.

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

Next quiz will be on **Tuesday 11th March 2025** at Halsey Masonic Hall Cheshunt. Time **2:00pm**. Cost will be £1.50pp. Tea/Coffee £1.50pp paid direct to Masonic Hall.

S **BACKGAMMON & SCRABBLE**

Frank Sluter 07704 730421

Learn how to play the exciting game of Backgammon. Tuition available, boards provided.

We meet at Tesco Community Room on the **third Thursday** at **10:00am**. Next meeting **20th February 2025**, all welcome.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday** evening at **7:15pm-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, to check availability of places.

BIRDWATCHING GROUP

Brian Fitzjohn 07709 455991

We are a relaxed and friendly group, meeting on the **second Monday** of the month, spending a couple of hours visiting hides, having a gentle stroll and spotting birds as we go. Our forthcoming trip will be on **10th February 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

The first trip of the year is on **Tuesday 25th March** to Saffron Warden and Bury St Edmunds. Seats will be on sale at the meeting and a programme for the remainder of the year will be available.

Llandudno balances are due at the February meeting.

 **COUNTRY DANCING** Valerie Foster

Our Country Dancing group meets on the **first and third Thursdays** of each month, from **2:00pm-4:00pm**, at Bollescroft. (Next to the disabled parking bays in the Spotlight car park.) We have a caller each time, so there is no necessity to remember the dances. No partners are necessary, as we make sure everyone enjoys the dancing. We are a social group and new members would be made welcome. The cost is £4 per person per session, however, the first visit is free.

 **CURRY CLUB** Mary Hanney 01992 426341

Please see me for date, venue and time for our next meal.

 **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 five 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**

For information on our trips and planning meetings please visit us at our table at the monthly meetings.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

On 3rd December we enjoyed an excellent Christmas meal at Nonna's Kitchen in Hoddesdon. We were well looked after by the friendly and attentive staff.

Our forthcoming trips are as follows:-

Friday 7th February - Sir John Soane Museum

Monday 10th March - St Pancras Hotel Tour

Tuesday 1st April - Architectural Tour of the Barbican

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 21st February at 11:00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

In December the group enjoyed getting together for a lunch time fish & chips to celebrate Christmas. The meal was followed by homemade mince pies supplied by Karen Humeniuk. Wishing all a Happy New Year and look forward to many varied trips together.

Next trips:

National Portrait Gallery – **30th January 2025 meeting at 9:30am**
Cheshunt station, train to Tottenham Hale then underground to Leicester Square.

Myddelton House Gardens followed by lunch at Toby Carvery – **February - date to be confirmed.**

St. Pancras Renaissance Hotel - **March** - Guided tour of this historic hotel on Euston Road, **date to be confirmed.**

Our next planning meeting is **Wednesday 5th February – 11:15am** - Cheshunt Free Church.

EXPLORING LONDON 4

Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 12th February 2025 from 11:00am** at St. Clements Church Hall.

Wednesday 26th February – Visit to the Tower of London.

At the end of November around 30 members visited RHS Hyde Hall 'Glow' near Chelmsford. We boarded the coach mid afternoon and arrived just before opening at 5:00pm. We were lucky with the weather as it was a reasonably mild evening for the time of year.

Despite being a Friday, the site was relatively uncrowded and members found the trail very relaxed. The lights blended well into the landscape and the refreshment areas were well organised.

The group Christmas dinner at the Bulls Head was enjoyed by 30 members in December.

EXPLORING LONDON 5

John Durrant 07515 971162



Photograph by Ray Lucas

On a grey and chilly December day we travelled to Greenwich for a guided tour of the Old Royal Naval College.

A Tudor Palace was built by Humphrey, Duke of Gloucester which was completed in 1439 and surrounded by a large deer park. Henry VIII was born at Greenwich Palace in 1491. He is known as 'the father of the Royal Navy' as he invested heavily in the fleet. He retired frequently to Greenwich Palace as it provided tranquil surroundings close to the docks at Woolwich and Deptford.

Elizabeth I was fond of Greenwich and it became her principal summer residence. From her window she watched the parade of ships returning from the defeat of the Spanish Armada.

Mary I is remembered for her staunch devotion to Roman Catholicism. She spent much of her early childhood at Greenwich Palace.

The Palace fell into disrepair in the Civil War, during which it was used as a biscuit factory and then a prisoner of war camp, before being demolished. Charles I drew up plans for a new palace, but as finances and enthusiasm waned, only one new wing was built.

In 1694 King William III granted a warrant for the site to become a charitable institution for naval veterans, in accordance with his late wife Mary's wishes. Sir Christopher Wren was appointed to build the Royal Hospital for Seamen. He spent 23 years working on the plans free of charge! Taking over 50 years to complete, the buildings are grand enough to be a Palace, and were designed to house naval veterans, rather like Chelsea hospital did for old soldiers. Greenwich Pensioners numbered 2,700 at their peak, many of them disabled.

They followed a strict timetable, which included attending chapel every day. Playing cricket on Blackheath was a popular pastime, whilst the skittle alley provided wet weather entertainment.

The Painted Hall boasts one of the most spectacular Baroque interiors in Europe. Taking 19 years to complete and covering 40,000 sq ft, it was designed and painted by British artist James Thornhill, for which he earned a knighthood and nearly £7,000.

Nelson laid in state here and following the Hospitals change to the Royal Naval College in 1869, the hall served as a dining space for trainee officers of the Royal Navy.

The Royal Hospital Chapel, designed by Wren, was built by Thomas Ripley. Gutted by fire in 1779, it was rebuilt with nautical motifs to make the Naval pensioners feel at home. In 1962 the site was equipped with its own miniature nuclear reactor, known as JASON, to train officers in operations on board nuclear submarines. Following decommissioning of the site, 270 tons of nuclear waste were removed from the site in 1999. It had been the only nuclear reactor installed in a Grade I listed 17th C building!

Following a visit to "Spoons" for refreshment, we toured the many stalls in the large Christmas Market before returning to Cheshunt.

Monday 10th February - National Portrait Gallery

Our next planning meeting is on **Tuesday 11th February 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 17th February 2025 from 2:00pm-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

Our next meeting will be on **Friday 14th February at 10:30am** in the community room at Tesco, Brookfield Centre, Cheshunt. Pop along for a cup of tea or coffee and a biscuit or two and have a chat about your garden and what lovely plants you have. Looking forward to seeing you.

 **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.

Warners Nidd Hall, **Monday 7th April to Friday 11th April 2025** in conjunction with Hertford National Trust. Balance now due. Cheques made payable to Cheshunt U3A.

 **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 6th January and we heard an interesting talk on pre decimal currency, together with examples of old coins and notes. The short quiz on the subject was very enlightening.

Our next meeting will be on **Monday 3rd February at 10:30am** where we will hear a talk from Mick Coles. We meet at Brookfield Tesco Community Room.



LOVE TO DANCE

Jacky Williams 07956 319073
Roz Hills 07546 216492

We would love you to join us in this new dance group which is in conjunction with the Saracens Rugby Club.

If you enjoy dancing as a form of exercise, a chat with tea and coffee and of course a laugh, this is the group for you. The group will be held on a **Thursday** morning from **10:00am-Noon** and will be held at Rowlands Scout Hut, which is behind Cheshunt Police Station. The start date will be announced in next month's programme.

Please come and visit us at the Netball table if you are interested in joining our group or for more information.



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 5th February: Wargaming to the Fore.

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



MORNING WALKS

Rob Scott 01992 445288

For our next morning walk we will be revisiting an area we last went to six or so years ago; it will be on **Tuesday 4th February**, starting at **10:00am** from the Candlestick pub, West End Lane, Essendon. AL9 6BA. Unfortunately, the pub will not be open at 9:30am, instead they will leave the menu outside, attached to the door, so we can make our individual lunch choices.

Probably, the best way to the start from Cheshunt, is to go through Newgate Street village towards Little Berkhamsted, but turn left along Tylers Causeway and then right along Cucumber Lane to then bear right into Essendon. At the church turn left and left again for 1.5 miles and the pub will be on the left.



MUSICIANS UNITED

Peter Harris 01992 429297

We meet **weekly** on **Mondays at 10:00am**. To date we have 8 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz, please come along. The standard varies greatly. At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

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

Current dates are **Friday 14th and 28th February at 2:00pm**. Bring along a CD of **your** choice. Anything goes, pop, classical, jazz even Heavy Metal.

We have moved – New Venue - Tesco Community Room, Brookfield Centre EN8 0TA from **31st January 2025**.

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

Next Lunch will be at Layla, the Old Pond, Cheshunt. **Time 1:00pm**. Please see me for date and menu choices. A £5 deposit is required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

The group met on Wednesday 8th January and we had a good discussion on winter photography.

We will be meeting again on **Wednesday 12th February at 2:00pm** at our usual venue in Tesco Brookfield Community Room. We will be doing still life/table top photography so please bring your cameras and any objects to photograph. 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 2 courts from **5:00pm-7:00pm Wednesday** evenings at Laura Trott leisure centre which is currently full. Games generally last around 10 minutes and players 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 currently have around 20 members with between 14 and 16 generally attending each session, which is the maximum which can be reasonably 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 will investigate starting a session at a different time.

 **RUMMIKUB** Jenny Christian 07788 676170

Meets alternate **Fridays 10:00am-Noon** at St Clement's Church Hall, Cheshunt Wash EN8 0LU. Current dates **Friday 31st January and 14th and 28th February 2025**.



dandc@hewkin.com

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 625709

We meet at St. Clements Church Hall **every first and third Thursday** of the month from **2:00pm-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. Our February meetings will be on **6th and 20th February 2025**.



SHORT MAT BOWLS

Jo Ware jojocware@outlook.com

However you roll, however you stroll; come along and have some fun with a game of Short Mat Bowls, every **Friday at 10:30am-12:30pm** at the Laura Trott Leisure Centre. Registration is at **10:15am**.

This is a friendly, social morning with light exercise. Come along and have some fun, beginners welcome (bowls are provided). Car parking is free for players (car registration upon arrival in reception). Cost will be £4.30 per session or £4 with a 'Friend of Spotlight' card.



SHORT WALKS

Andy Smith 07930 356976

Our first walk of the year was a circular route in the Lee Valley on a very cold day. There was a lot of ice on the Lee Navigation and the lakes. We enjoyed a coffee at the Wildlife centre and returned to Pindar.

Our February walk is on **14th February 2025**, we will meet at the Old Mill Retreat Café in Broxbourne riverside at **10:30am for 10:45am start**.

Free parking in Mill Lane alongside Broxbourne recreation ground after **10:30am**. Or catch the **10:10am** train from Cheshunt Station to Broxbourne Station. Toilets at Broxbourne and Rye House Pub.

We will walk along the New River up to Rye House Station (3 miles). For those who would like it, a good value seniors' meal can be had at the Rye House pub, before travelling back to Broxbourne or Cheshunt by train.



SINGING FOR FUN

Janet & Barry 01992 425675

The singing for fun group will meet **every Monday at 2:00pm-3:30pm** at the Royal British Legion Club in Crossbrook Street. We sing all sorts of songs from the 60s, Country and from the shows. In fact whatever you want, as we download CDs from Apple Music and

sing along to them. All the lyrics are on a screen when possible. We are not a choir we just sing and have fun.

The fee is £3pp which includes a tea or coffee and biscuits. If you can't sing it doesn't matter, just come along because anyone can sing after a while.

 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 Yearde 07939 149997



Hunter's Meet Christmas Dinner / Photograph by Rodney Dixon

Our first trip for 2025 is:-

M.J. - The Musical, Prince Edward Theatre, London - 30th January 2025.

This show is fully booked with a short waiting list, however, quite often especially at this time of year there are late cancellations. Coach Pick Up - **11:00am** Outside Papa John's. Please be on time.

Only Fools And Horses - Milton Keynes Theatre, 26th March 2025.

This is also fully booked with a short waiting list.

New Show

Romeo & Juliet - Cliffs Pavilion, Westcliff on Sea, 7th May 2025.

Following a very long and successful run in the West End and Broadway this show is now going on tour. It has an exceptionally good write up. More details at our table. Price £45.00 including coach and driver's tip.

If paying in cash please put the money in an envelope with your name, the show and the amount on the envelope.

Once seats have been booked, we can only refund money if we are able to re-sell the seats.

Choir of Man - 29th August 2025 - Price £54.00.

This very different show is returning to the West End for a very limited period - we have been lucky to obtain tickets at a reduced price. This is the fourth sensational year.

This is in a very small theatre and seats are limited – so please come to the table if you are interested, as we have to pay by the **12th February 2025** to get the price and the seats.

WALKING FOOTBALL John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1:30pm-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-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

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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.

Coffee Morning - **Tuesday 11:00am-1:00pm**. 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-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 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