



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 27th FEBRUARY 2025

This month's 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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Next month's meeting will be on **27th March 2025** when the speaker will be Steve Dimmer on "*Oh, Matron, a history of Carry On films*".

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What some Photographers will do.....
Photo 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.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 24th April 2025 - 31st March 2026

New permits for 24th April 2025 to 31st March 2025 are now available for **collection at various tables today** and at the regular monthly meetings, excluding the December meeting.

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.

*** IMPORTANT ***

PLEASE READ THE FOLLOWING REGARDING
ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2025

To make renewal of your membership a little easier we are offering the following opportunities.

Membership will still run from 1st April 2025 to 31st March 2026

Renewals will be accepted as follows:

<u>Thursday 27th February</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Thursday 6th March</u>	<u>1:00pm - 3:30pm</u>	<u>Bar Area - Laura Trott</u>
<u>Wednesday 12th March</u>	<u>1:00pm - 3:30pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 27th March</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>

Payment by standing order is preferred. BACS, or card payment accepted when your renewal form* is completed. Your New Card will be available for collection at the main meeting from April onwards, not when you pay. Alternatively, if you provide a stamped self-addressed envelope it will be posted to you.

Our annual membership fee is currently £15.00 per person.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine the total membership fee will be £19.00 per year to cover postage costs.

* Membership Renewal and New Application Forms can be found at cheshunt.u3asite.uk by clicking on the 'Welcome' page, scrolling down to the Membership page link, for the relevant Form. Please present your completed Form at one of the above venues, or scan and email to the membership secretary on cheshuntu3amembership@gmail.com.

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GIFT AID

We are introducing a Gift Aid facility to our u3a Membership starting from 1st April 2025. If you are interesting adding Gift Aid to your membership please obtain a form from the Membership table.

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

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

Please email copy to:

cheshuntu3aprogram@hotmail.com



Cycling Group at Temple Bar (and no, you can't get a pint there!)
Photo by Stewart Wagstaff.

Cheshunt u3a Groups 2025

NEW MEMBERS

Jan Speller 07856 956945

If you are thinking of joining us you can meet a welcoming face in the Laura Trott Café from **12:45pm on the fourth Thursday of the month** prior to our main meeting.

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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 3rd March 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. Please register your interest at my table.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Learn how to play the exciting and challenging game of Backgammon. Tuition given boards provided. We meet at Tesco Community room, Brookfield on the **third Thursday at 10:00am**. Next meeting **20th March 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 and spending a couple of hours visiting hides, having a gentle stroll and spotting birds as we go. Our next trip will be on **10th March 2025**.

 **BOLIVIA** Sylvia Lyons 07851 055346

Dates for Bolivia are **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

Llandudno Holiday **10th to 14th May 2025** has one double or twin room available. Balance payments due at the meeting.

March trip to Bury St Edmunds is full, payment due at the meeting.

Trip changes. **September** trip to St Neots and Stamford will now be on **Friday 25th July 2025** and the Whitstable Oyster festival in September - date to be confirmed.

 **COUNTRY DANCING** Valerie Foster 07704 848363

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.

My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Nothing planned for March.

 **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

Our January outing was to Battersea power Station. It was good to see it close up. It is an impressive building. Inside there are a lot of shops, mostly designer brands. After lunch we went on a short walk to Battersea dogs and cats home. We were met by a guide who first explained the history of how the home was started. We then went on a tour, seeing the different areas such as the laundry room, the hydra pool, the surgery and then finally the kennels. We saw some of the dogs and lots of cute kittens. As tempting as it was, none of us come home with them!

Future visits:

1st March 2025 - Old Bailey Tour

Next meeting: **Friday 7th March at 10:15am** at the Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our January outing was a free visit to Tate Britain on Millbank to peruse their permanent collection, so no booking required. The gallery houses 500 years of British art which includes the largest collection of works by J.M.W. Turner who bequeathed all of his own collection to the nation. Of course, on a single visit, it is only possible to cover a small proportion of the gallery's vast collection.

In February, by contrast, we visited the Sir John Soane Museum in Lincoln's Inn Fields. After an introductory talk we were free to explore the museum in our own time. This was formerly the home of 19th Century architect Sir John Soane, although a small museum, houses a large collection of paintings, sculptures, drawings and antiquities that he acquired over many years. We are planning to visit Sir John Soane's country retreat, Pitzhanger Manor, Ealing Broadway some time this summer.

Our forthcoming trips are as follows:-

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 March at 11:00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

In January members of the group visited the National Portrait Gallery and enjoyed a few hours browsing paintings and photographs exhibited on a number of floors. These portraits spanned from the early Tudor period up to modern day with many recognisable pictures of politicians, pop stars and sporting icons.

Next trips:

St. Pancras Renaissance Hotel – 13th March - Guided tour of this historic hotel on Euston Road. The list for this trip is now closed. Details of travel arrangements available at today's meeting.

Southend Coach Trip – 29th April – details of costs and list for EL3 members at today's meeting.

Tutankhamun Immersive Experience – 20th May – the list is now closed. Cost of £17 being collected at today's meeting.

Our next planning meeting is on **Wednesday 5th March at 11:15am** in Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

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

Future events:

Monday 17th March – Tour of the Musical Museum in Brentford

April – To be confirmed

Wednesday 14th May – Talk and tour of the Poppy Factory, Richmond.

In January we visited the Wallace Collection for an excellent tour with our knowledgeable Blue Badge guide Sue. The Wallace Collection is a museum in London occupying Hertford House in Manchester Square, the former townhouse of the Seymour family, Marquesses of Hertford.

The Wallace Collection is one of the most captivating private collections of fine and decorative arts in the world. Independently collected by each of the four Marquesses of Hertford in the eighteenth and nineteenth centuries, together with Sir Richard Wallace who inherited the collections in 1870 and continued to add to it with gusto. It is one of the most incredible collections of its type ever bequeathed by an individual collector to the nation. It was opened as a museum 1900.

The collection features important holdings of French 18th-century paintings, furniture, arms and armour, porcelain and Old Master paintings (including the so called 'Laughing Cavalier'), arranged into 25 galleries.

We finished the tour with the amazing collection of armour. This included the equestrian figure in fifteenth-century Gothic armour which was a stunning contortion of steel, the menace of its upflung sword matched by the menace of the remarkable spurs.

Apart from the collection those using the lockers had an interesting experience. Fortunately, everyone managed to cope and remembered which locker and the number code they entered and managed to retrieve their coats and bags after the visit. Those using the café afterwards also had an interesting experience and the cakes were very tasty if a bit pricey.

EXPLORING LONDON 5 John Durrant 07515 971162

National Portrait Gallery, 11th February 2025.

On a grey and chilly morning we travelled to St Martin's Place to meet our lovely Guide Paula. We were introduced to a wide variety of famous and not so famous individuals, as well as the development of portraiture across the period.

The Tudor and Stewart monarchs were well represented. Self Portraits by Joshua Reynolds and Lucien Freud were striking, and the portrait by Joshua Reynolds of the first Polynesian to visit Britain, known as Mai or Omai, caused much controversy at the time.

Mary Beale is the earliest professional female artist in the National Portrait Gallery's collection.

The House of Commons 1833, by Sir George Hayter, commemorates the passing of the Reform Act, which extended the vote to a larger group of property owning men. Unfortunately, it also took away the right to vote for a small number of property owning women. The Act also provided representation for the large industrial towns, which up until then had had no MP. The painting also shows the layout of the Commons just prior to the great fire of 1834. The picture includes nearly four hundred identifiable figures, mainly MPs, took 10 years to paint, and 15 years to sell, ironically to the National Portrait Gallery!

The following rhyme is well known: "Lucy Locket lost her pocket, Kitty Fisher found it; Not a penny was there in it, Only ribbon round it." Historically, the term "pocket" referred to a pouch worn around a woman's waist held by ribbon in the 17th to 19th centuries. Lucy and Kitty were two celebrated courtesans who were rivals.

Stunning oil paintings of Judi Dench, Maggie Smith and Darcy Bussell were admired in the modern section.

Londoner Marc Quinn's use of non-traditional materials, from blood to silicone to human excrement, speaks of his interest in the beauty and messy reality of the body. Quinn came to prominence in 1991 with his self-portrait Self; his head cast with eight pints of his own frozen blood.

After much needed refreshment, we returned to Cheshunt enlightened, enthused, and for many, slightly repulsed!

Future visits:

March - Old Bailey (Full)

Tuesday 15th April - Neasden Hindu Temple

Thursday 8th May (TBC) - Tutankhamun Exhibition

Friday 6th June (TBC) - Alexandra Palace

Our next planning meeting is on **Tuesday 11th March** 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 March 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

We meet on the **second Friday** of each month at the community room at Tesco, Brookfield Centre Cheshunt. Our next meeting will be on **14th March at 10:30am until 12 noon**.

Why not come along to our meetings and find out what we do. We are a friendly group who love gardening and talking about our gardens. We are affiliated members of the RHS.


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. Warners Nidd Hall

Monday 7th April to Friday 11th April, please see me for the itinerary and pick up points.

I am looking into arranging a short break holiday to Warners, Littlecote, possibly at the end of September/beginning of October. It will be a stay-on-site break (coach drop off and pick up only) and I am uncertain as to how many members would be interested in that type of break. Please see me to register your interest and if there is sufficient I will have further details at the April 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 3rd February and we heard a very informative talk from Mick Cole on his approach to researching local history. Many thanks to Tony for arranging this. Our next meeting will be on **Monday 3rd March at 10:30am**. We meet on the **first Monday** in the month at Brookfield Tecco Community Room. Tea/coffee and refreshments provided courtesy of Tesco.

 **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 the Beaumont Centre. 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 March:
Wednesday 2nd April:

By Land, Sea or Air.
It's all in the detail!



MORNING WALKS

Rob Scott 01992 445288

Our walk for March will be from the Five Horseshoes, 1 Church Road, Little Berkhamsted, Hertford. SG13 8LY and will be on **Tuesday 4th March**, starting at **10:00am**, although the pub will open for us at 9:30am so we can pre-order our lunch.

Jenny has volunteered to lead the 5 mile walk again, which will go via Essendon and Howe Green, but shouldn't be as muddy as the recent one from the Candlestick when we had 26 walkers out. For anyone not familiar with the directions to the start, please contact me on **07594 427190**.



MUSICIANS UNITED

Peter Harris 01992 429297

We are back meeting **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 28th February** and **14th March at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

New Venue - Community Room, Tesco, Brookfield Centre, EN8 0TA.



OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Please see me for details of the March Lunch.



PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The group met on Wednesday 12th February when we had a session on table top photography. Members brought in several items to photograph.

We will be meeting again on **Wednesday 12th March 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 2 courts from **5:00pm-7:00pm Wednesday** evenings at Laura Trott leisure centre. The group 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. We currently have more than 20 members with between 16 and 18 generally attending each session. This is the maximum which can be reasonably accommodated, so unfortunately at the moment we cannot accept new players.

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

Current dates **Friday 28th February** and **14th March** at **10:15am** at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.



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 **2:00am-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 **March** meetings will be on **6th and 20th**.



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

February Walk:- 11 Short-walker's had a pleasant walk in the sunshine from Broxbourne to Rye House along the New River path, despite a tricky muddy patch for the last 50 yards, all enjoyed it and several stayed for lunch at the Rye House Pub.

The March walk is a first for the group in that we will be walking from Highgate underground station to Finsbury Park station on the Parkland Walk. This route is on an old railway track (no rails or sleepers) and we will be walking under and over bridges and through a disused station. The complete walk from Cheshunt Railway station and back is 6260 steps (2.8 Miles) and this includes interchanges at Tottenham Hale and Euston Stations. An extra bonus it is virtually all down hill !

Friday 14th March:- 10:00am at Cheshunt Station to catch the **10:16am** train to Tottenham Hale and then Victoria Line to Euston and finally the Northern line to Highgate (54 mins).

The Walk will take approx 75mins and then 30 mins for coffee at Finsbury Park and back to Cheshunt in around 25 mins. Total time 3hrs so back around 1:00pm (according to TFL !)

I am hoping this walk could be my swan song as I am taking over the role of Membership secretary and would dearly like for one of the members to take over these walks.

A big thank you to Bob and Christine Clark who have agreed to staff my table when I start on Membership, so walks will continue whilst I have time to do both.

Any one interested in leading the group, please contact me.



SINGING FOR FUN

Janet & Barry 01992 425675

Singing for fun group meets on a **Monday** at the British Legion Hall at **2:00pm-3:30pm**. We sing songs from the 60s etc music from the shows and Country music. We sing along to CDs which are downloaded from Apple Music and all lyrics are shown on a screen. It's just a fun afternoon and you don't have to be a good singer. Our usual *Singing for Fun* dinner will be held this year at the Bulls Head on **31st March at 1:00pm**. There is no meeting on **10th March** due to Hospital appointments.



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

On 30th January the group went to see M.J. The Musical. What a great way to start the New Year. This was a fantastic show with wonderful choreography. We all had a fabulous time and agreed it was one of the best shows we had seen.

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

This show is fully booked with a small reserve list.

Pick up is at **11:00am** outside Papa John's. Please be on time. We should arrive in plenty of time to get some lunch before the show, traffic permitting.

& Juliet - 7th May 2025 - Cliffs Pavillion - Westcliff on Sea.

This is a wonderfully successful musical which had recently finished a long run in the West End and is now on tour. We are lucky enough to have the 3 front rows in the circle and May should be a nice time to be by the sea.

There are still some seats available for this show.

Payment due at the February Meeting.

Choir Of Man - 29th August 2025 - Arts Theatre, London

There are only 2 seats left for this show. Payment overdue.

Next Month

We will be announcing another very popular trip for **23rd July 2025**.

This will sell out very quickly.

N.B. If you have to cancel: once the theatre has been paid we can only refund money if we are able to re sell the tickets. Cancellations are usually in the short period before the show. So please be aware.

WALKING FOOTBALL

John Durrant 07515 971162



Walking Football Group - Photo by Steve Gollop

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 12:00noon-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-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-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-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.



Striding Out - the bird watching group at Lemsford Springs
Photo by Phillip Thornton

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 RAFFLE ORGANISER	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
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
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