



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 24th APRIL 2025

This month's speaker will be Gaye Illsley on the *Importance of a Lasting Power of Attorney*.

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Next month's meeting will be on 22nd May 2025 when the speaker will be Tony Tutton on *"That'll be the Day"* the life and music of Buddy Holly. A visual and audio feast of music and songs, his life from birth to death.



The Gardening Group at Copped Hall
Photograph by Steve Gollop

Cheshunt u3a Committee Election and AGM
Will take place at the Main Meeting today at 2:10pm

CHESHUNT u3a MONTHLY MEETINGS

Monthly meetings will usually be held on the **fourth Thursday** of each Month at **1:30pm** at the LAURA TROTT CENTRE, Grundy Park, 44 Windmill Lane, Cheshunt EN8 9AJ.

Please note the doors to the big sports Hall for the u3a Meeting will not open until 1:30pm for registration and perusing the Group tables, book and jigsaw puzzle stalls and refreshments.



Please bring your membership card to Register at the entrance.
Meeting commences at 2:30pm.

VISITORS

A Temporary Membership Fee of £2.00 is charged to visitors and a dated receipt will be given. This confers all the advantages of Cheshunt u3a membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

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

New permits for 24th April 2025 to 31st March 2026 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 **2:00pm** 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.

**AGM AGENDA for Thursday 24th April 2025
At the Laura Trott Centre**

NB. The meeting will commence at 2:10pm.

Please take your seat in plenty of time.

Welcome and apologies

Minutes of the Previous AGM (April 2024)

Matters arising

No matters arising from the last AGM

Chair's annual report

Any questions

Proposer and seconder for Chair's report

Treasurer's annual report

Any questions

Proposer and seconder for Treasurer's report

Election of Committee members

Nominations received for volunteers to replace members of the current committee.

Appointment of Independent Examiner

Christine Hewkin is willing to stand again.

Proposer and seconder for the Independent Examiner

Any Other Business

*Our next AGM will be held on Thursday 23rd April 2026
(Subject to confirmation)*

Please note the date of our December Monthly Meeting

Thursday 18th December 2025

Laura Trott Leisure Centre

1:30 pm

Itinerary for today's Meeting

	Opens	Closes
Refreshments Bar	Start of Meeting	2:00pm
Raffle Sales Table	Start of Meeting	2:00pm
Book and Puzzle Stalls	Start of Meeting	2:00pm
All Group Tables	Start of Meeting	2:00pm
Membership: New & Renewal Tables *	Start of Meeting * and After Speaker	2:00pm Close
2024-2025 Membership Card Collection Tables *	Start of Meeting * and After Speaker	2:00pm Close
AGM & Committee Election	2:10 pm Promptly	-
Raffle	After AGM	-
Guest Speaker	After Raffle	-

* Will resume after the Speaker finishes



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 ENTRIES

May's Programme Copy is required by
Close of Play on Tuesday 13th May 2025.

Please email copy to:
cheshuntu3aprogram@hotmail.com

Cheshunt u3a Groups 2025

NEW MEMBERS' GROUP

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, 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

? AFTERNOON QUIZ

Mary Hanney 01992 426341

Next quiz **Tuesday 27th May**. Halsey Masonic Hall, Cheshunt. Time **2:00pm**. Cost £1.50. Tea/Coffee £1.50 paid to the Masonic Hall. Please register your interest at my table.

S BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Learn how to play the exciting and challenging game of Backgammon. Tuition given and boards provided. We meet at **Tesco Community Room, Brookfield** on the **third Thursday at 10:00am**. Next meeting **15th May 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

The Bird watching group meets on the **second Monday** of the month, so the next meeting will be on the **12th May 2025**, venue to be decided. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides, and on a gentle stroll, watching birds as we go. Contact is Brian Fitzjohn 07709 455991.



Grey Heron - Photograph by Phillip Thornton

❖ **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

I have had two people drop out of the holiday to Llandudno from **10th-14th May** so have a double sea view room available. If you are interested in taking up these places with a double room, please contact Heather on 07984 791184.

Llandudno Holiday - tickets and luggage labels will be available for collection at the meeting. If not attending the meeting please call Heather to arrange collection.

Felixstowe payments will also be due.

When Booking Future Trips Please Have Your Membership Card Ready To Show.

🕺 **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 May.

 **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

Earlier this month 21 of us enjoyed a tour inside the old Bailey, the proper title of which is the Central Criminal Court. It is known as the old Bailey as it is in Old Bailey Street. It was built on the site of the famous Newgate Prison. We went into Court 1 and did role play, playing defendants, juror, clerk of the court and judge. It is the oldest Court room. We then went into one of the modern courts. We also visited the holding cells. The old Bailey deals mainly with murder, rape, terrorism, one of the exceptions was the trial of Geoffrey Archer. Our guide was Jay, who has worked there for over 40 years who was very informative and enthusiastic.

Future events:-

May: The Tutankhamun Experience

June: Walk around Liverpool Street

July: to be confirmed

August: Afternoon tea

Next meeting:- **Friday 4th April 2025, 10:15am** at Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our April outing was an architectural tour of the Barbican led by an excellent guide on a sunny Spring-day. We learnt that the Barbican Centre had a lengthy development period during the 1960s/1970s and was only officially opened by the late Queen in 1982.

This was some years after the Barbican Estate housing complex had been completed. It was designed in the Brutalist style and has a complex multi-level layout with numerous entrances which makes it rather easy to lose one's way. The design of the buildings has always been controversial but, despite this, was awarded Grade II listing in 2001.

Outside the main focal point of the centre is the lake and its neighbouring terrace. The theatre's fly tower has been surrounded by glass and made into a high-level conservatory. Unfortunately, it was not open on the day we visited.

Our forthcoming trips are as follows:-

Wednesday 14th May - Tour of the West side of Highgate Cemetery

Thursday 12th June - Visit to Battersea Power Station.

As the St Pancras Hotel have been unable to offer us an alternative tour date, I will be refunding those who paid £20 at today's meeting.

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 16th May at 11:00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Southend Coach Trip – 29th April - the list is now closed. The coach will pick up at 9.00am outside Papa John's Pizza, Old Pond, Cheshunt. Any problems on the day please contact me on **07850 728272**.

Tutankhamun Immersive Experience 20th May – meet at Cheshunt Station at **9:40am**, full travel arrangements will be provided nearer the date.

Greenwich Guided Walk 12th June – the list for this walk is now full, travel arrangements provided nearer the date.

Our next planning meeting will be on **Wednesday 7th May – 11:15am** – Cheshunt Free Church.

The next planning meeting will be on **Wednesday 4th June 2025 from 11:00am** at St. Clements Church Hall. There will be no planning meeting in May.

Future events:

Wednesday 30th April – Tutankhamun Immersive Experience, EXCEL

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

Tuesday 3rd June – Narrowboat trip along the Regents Canal to Little Venice.

In March we visited the Musical Museum in Brentford. The Musical Museum was founded 60 years ago by the late Frank Holland. He started with his own private collection of some half-dozen reproducing pianos, and in 1963 he was given use of the former St George's Church, Brentford to get the collection under one roof. He was initially allowed use of the premises for only two years, but the museum was still there 40 years later.

During its existence, the Museum's collection has grown steadily, and it now encompasses a wide range of musical instruments and unique inventions which tell the story of how music was recorded and reproduced through the ages.

The current building was specially designed for the Musical Museum and was opened in June 2008. The shell of the building was funded by a Heritage Lottery Grant, and the transfer of the collection from the old building and the setting-up of the galleries was carried out entirely by volunteers. In addition to the instrument galleries and roll library, the Museum contains a workshop, concert hall, and a café with views of the River Thames.

We visited on a Monday when the museum is not open to the general public. Tea and coffee with biscuits in the café was organised for our arrival. We then enjoyed live presentations of a range of instruments and inventions including musical boxes, reproducing pianos, organs and self-playing violins. We were fascinated by the intricate workings and amazing sound of an orchestrion that recreates the sound of a concert orchestra.

Our visit concluded in the concert hall, where the Mighty Wurlitzer theatre organ was demonstrated at length, including the facility whereby the organ rises from below the stage. The organ was moved from the cinema in Kingston originally known as the Regal and latterly as the ABC in October 1972 where it had been for 40 years.

Following our tour and demonstration we enjoyed an excellent buffet lunch in the concert hall. We returned to Cheshunt having enjoyed a unique museum where we were made very welcome.

EXPLORING LONDON 5 John Durrant 07515 971162

Despite a very wet start to the day, the sky cleared as we approached the awe-inspiring Swaminarayan Mandir.

As Europe's first traditional Hindu Temple, its design followed traditional methods. It is composed entirely of Bulgarian limestone and Italian Carrara marble blocks, which were shipped to India to be hand carved by over 1,500 artisans, before being shipped back to London. The 26,300 pieces were then fitted together within 3 years by over 3,000 volunteers.

The result is a magnificent temple with delicate carvings on a massive scale. From the imposing entrance gate to the intricately carved Burmese teak and English oak which form columns, struts, arches, doors, windows and balconies, the exterior approach is spectacular. Inside, there are two majestic courtyards with more teak columns and oak panels. The brightly coloured woolen carpets, the marble staircases, the delicately carved columns and the fluted central dome along with the smaller domes topped with carved spires and flag masts bearing fluttering red and white flags all indicate that the Sovereign Deity is at home. The Mandir is the house of God.

We observed the late morning *arti* ceremony of light, where lighted wicks are waved before sacred images to the accompaniment of a musical prayer. After learning more about Hindu beliefs and visiting the enormous Assembly Hall, we fortified ourselves with a very tasty and filling buffet lunch in the Shayona restaurant.

Hinduism is a family of many diverse religious traditions, each with its own beliefs, practices and sacred writings. The exhibition, which we visited after lunch, explored those upheld by the Swaminarayan Sampradaya, as well as those common to the wider Hindu community. As the world's oldest religion, with origins in the Indus Valley 6,500 BCE, it has now spread widely across the globe.

After a very interesting and enlightening visit we returned to Cheshunt just before the rain returned.

Future visits:

Thursday 8th May - Tutankhamun: The Immersive Exhibition

Tuesday 10th June - Wimbledon

Date to be confirmed - Alexandra Palace

Our next planning meeting is on **Tuesday 13th May 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!]. The next family history group meeting will be held on **Monday 19th May from 2:00-4:00pm** at Tesco Community Room, Brookfield. (Please note: we did not meet in April as the Monday was a Bank Holiday and the room was not available other days.) Look forward to seeing you at the May meeting and helping you with your research.

 **GARDENING GROUP** Carole Malcolm 07810 571606



Blossom Arches, Walled Garden, Copped Hal
Photograph by Brian Peel

On Friday 11th April we went to Copped Hall for a guided tour of the house and garden. Our guides were very knowledgeable and we learnt about the history of the house and gardens, which was very enlightening.

We had tea and cake, and some of us bought plants. Everyone said how much they enjoyed their time there. How successful it was and some were thinking of returning in the future.

Our next meeting is on the **9th May at 10:30am** in the community room at Tesco Brookfield Centre.

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

Warners Norton Grange Isle of Wight. Monday **7th July - Friday 11th July**. Balance of £430 now due for payment, cheques made payable to Cheshunt U3A.

Warners Littlecote **Monday September 22nd 2025**, is unfortunately cancelled.

H LOCAL HISTORY Frank Sluter 07704 730421

Our next meeting will be on **Monday 12th May at 10:30am** at Brookfield Tesco Community Room. Tea/coffee and refreshments courtesy of Tesco.

LOVE TO DANCE Jacky Williams 07956 319073
Roz Hills 07546 216492



Our Love to Dance group meets **every Thursday** morning between **10:15am-11:45am** at Rowlands Scout Hall (which is behind the Beaumont Centre).

We learn a new routine every couple of weeks ranging from Cha-Cha and Jive to Salsa and Charleston and everything in between.

The emphasis is on fun and is a good way of keeping fit and having a laugh in a friendly atmosphere!

The cost of the class is £6.50 including Tea and Coffee.

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 7th May: Just plain sailing!

Wednesday 4th June:
Wednesday 2nd July:

It's made from what?
What sort of glue should I use?



MORNING WALKS

Rob Scott 01992 445288

As mentioned on the last walk, our next countryside ramble will be on **Tuesday 6th May** from the Feathers Inn, 49 Cambridge Road, Wadesmill, Ware, Herts. SG12 0TN. We will start at **10:00am**, but the pub will be open from 9:30am to take our lunch orders.

It will be a 5-mile circular walk, following part of the Hertfordshire Way and the river Rib, before going through part of the Youngsbury estate with its grounds designed by Capability Brown. We will pass the church in Highcross where Arthur Martyn-Leake is buried; he was the first person to be awarded the Victoria Cross twice.

The Feathers was originally a 17th century coaching inn and was called The Princes Arms in the early 1600's and is said to be haunted by the ghost of a young girl who was run over by a horse and carriage. Wadesmill is the site of the first road toll-house (turnpike) in England - just up the road from the pub.

Any problems getting there call me on **07594 427190**.

Don't forget that membership fees (£15.00) are now due for those who haven't yet paid.



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 9th and 23rd May at 2:00pm**. Bring along a CD of **your** choice. Anything goes, pop, classical, jazz even Heavy Metal.

We Have Moved – New Venue - Community Room, Tesco, Brookfield EN8 0TA.



OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Next Meal, Layla Restaurant, Old Pond, Cheshunt, **Tuesday 13th May**, two courses £13. Please see me for menu choices, £5 deposit required at time of booking.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be a photoshoot at Myddleton House on **Wednesday 14th May**, meeting there at **2:00pm**. We can arrange car shares as required and there is a cafe on site for refreshments afterwards. If you want to join our friendly group of amateur photographers, please visit our table at the main meeting.

 **PICKLE BALL** Stewart Walter 07881 703928

Pickleball is a fast-growing sport played on a badminton court with a low, tennis-type net and solid bats similar to table tennis and with a plastic tennis-size ball. It is an active sport requiring reasonable hand-eye coordination but suitable for older players. Our session on Wednesdays is currently full, but we have started a further session with 2 courts at Laura Trott leisure centre from **4:00pm-5:00pm** on **Mondays**. Cost to cover the courts is £4 per session Games generally last around 10 minutes and players rotate between playing and resting. This is a social session and all equipment is provided. If you are interested and can come along on a Monday afternoon, please contact me for further details.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates **Friday 9th and 23rd May at 10:00am** at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **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 **2:00pm-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.

On **1st May 2025** the church hall is being used as a polling station, so we will only have one meeting, which will be on **15th May**.

 **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.

This is a friendly, social morning. Join us for some relaxed, light exercise and a friendly chat. Beginner's welcome (bowls are provided).

Car parking is free for players (car registration upon arrival in reception). Every **Friday: 10:15am-12:30pm** at the Laura Trott leisure centre. Cost: £4:40 per session or £4:10 with a 'Friend of Spotlight' card.



SHORT WALKS

Andy Smith 07930 356976

May's walk will be from Turnford Brook car park (next to Saint Clement Church) to the Lee Valley Farm.

Meet at Turnford Brook **10:15am for 10:30am** on **Friday 16th May**. The walk is 3 miles in total with a Coffee break at the Lee Valley Farm midway. Toilets and Snacks at the Farm. (Warning, not the cheapest of our venues!).



SINGING FOR FUN

Janet & Barry 01992 425675

We meet every **Monday at 2:00pm until 3:30pm** at the Royal British Legion Hall in Crossbrook Street Cheshunt.

We only sing for fun, we are not a choir, we sing along to songs downloaded from Apple. We can try to sing any song you want as long as I can get the lyrics, as they are put up on a screen.

Two weeks ago we had our annual Lunch at the Bulls Head in Turnford, which I think everyone enjoyed.



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

Our last trip to see Only Fools and Horses was a great success and a thoroughly enjoyable show.

& Juliet - 7th May 2025 ' Cliffs Pavilion Westcliff on Sea

This show is fully booked with a short reserve list

N.B. Coach pick-up **11:00am** outside Papa John's at the Old Pond

Please be on time as the coach cannot wait more than 10 minutes.

Cabaret - 4th June 2025 - £65

We managed to get a small number of tickets at this special price.

16 people booked for this show and we will be travelling independently - no coach.

Teresa Joanne - 23rd July 2025 - King George Dock - London

As expected, this trip sold out very quickly and there is a substantial reserve list.

Choir of Man - 29th August 2025 £54

This show is now fully booked. However, there is currently no reserve list - so if anybody is interested it would be worth putting your name on the list as there are often last-minute cancellations.

We will announcing a new show for the Autumn - No details at the moment

Hunter's Meet - 16th December 2025

This trip is always heavily booked - there are no details available at the moment. We will not be taking bookings until later in the summer- at the June Meeting. To be announced.

I am not contactable from 27th April to 2nd May and cannot take calls then.

Once again, if you are paying in cash - it needs to be - the right money - in an envelope - with all your details on the envelope. Thank you.

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 Jacky 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: Jacky 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-1:00pm, 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.

Monday 28th April – Spring Flowers

Monday 12th May – Dancing Around the May Pole

Monday 2nd June – A Bird on a Wing

Monday 16th June – England's Green and Pleasant Land
These subjects are just suggestions.

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.

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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