



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 26th June 2025

This month's speaker will be Rob Eastaway on *Much Ado About Numbers*. Analysing how Shakespeare used the development of numbers and the entertaining ways in which numbers crop up in his works.

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Next Month's meeting will be on Thursday 24th July 2025 when the speakers will be Graham and Mary Brace on *British and European Wildlife*. Graham and Mary are wildlife photographers and Conservationists, who share their passion by giving illustrated talks.



ELG 5 at the Centre Court, Wimbledon
Photograph by Debbie Horwite

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 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 **2.15pm** 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.

Please note the date of our December Monthly Meeting
Thursday 18th December 2025
Laura Trott Leisure Centre
1.30pm



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

July's Programme Copy is required by
Close of Play on **Tuesday 15th July 2025**.

Please email copy to:

cheshuntu3aprogram@hotmail.com

BALLROOM DANCE LESSONS

U3a members have been offered the chance to have ballroom dance lessons at Michelle's dance studio, which is at the top of Cadmore Lane in Cheshunt.

Michelle is a qualified dance teacher and is offering 1-hour lessons at a cost of £10 per person. The session would run weekly, starting at either 3pm or 4pm on either a Wednesday or a Friday. A minimum of 10 people is required, who would pay either by cash or card, weekly on the door.

We are looking at a possible start in September if there is enough interest. Although a community group, rather than a u3a group, we would require a nominated contact person.

At this stage we are looking to gauge interest. If this is something you would like to be involved in, please email Brian Peel at cheshuntu3atreasurer3@gmail.com, or contact Frank Sluter on groupscheshuntu3a@gmail.com with your preferred time. Alternatively, leave your name and contact details on the table at the main meeting.

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

Nothing planned for July.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Learn how to play Backgammon. Tuition given. Boards provided. We meet at Tesco community room Brookfield on the third Thursday at 10.00am.

Next meeting **17th July 2025**.

BASIC FRENCH

Jackie West 07857 693546

This is a new group. First meeting at Tesco Brookfield community room on **Monday 15th September 2025**. All welcome to come along.

BASIC SPANISH

Paul Lee 07888 748399

This is a new group. First meetings at Tesco Brookfield community room on **Monday 14th and 28th July 2025**. All welcome to come along.

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, and the next meet will be **Monday July 14th at 10.00am** at Heartwood Forest AL4 9DG near Sandridge.

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 07709455991.



Egyptian Goose
Photograph by Phillip Thornton

 **BOOK CLUB** Fiona Hill 07870 383625

This is a new group. Everyone is welcome to join. See us at our table.

 **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

For **2026** I have secured a holiday at Ilfracombe in North Devon from **Saturday 23rd May until Wednesday 27th May**. There will be a mixture of solo, twin and double rooms. The cost of the twin and double is £405 pp and the solo occupancy is £405 for a single room and £465 for a cosy double. Sea view rooms will also have a supplement. **Date is for Your Diary only as the holiday will not be available to book until the October meeting.** A deposit of £50 will be required, with the balance payable by the February meeting.

The July trip to St Neots and Stamford is fully booked with a short waiting list.

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 July.

CYCLE GROUP

Stewart Wagstaff 07594 475051



The Moderate Riders at Alvaston Hall, June 2025

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. Currently, 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 May outing was to the Tutankhamun, immersive experience, at the Excel. The British Egyptologist, Howard Carter and his team discovered the intact tomb of the mummified body of King Tutankhamun, as well as over 5000 Artifacts. Also, there were galleries which contained original and replica artifacts. We then had a virtual reality experience which was interesting. We finished up by having lunch by the river, watching the planes coming into land at city airport. It was a very enjoyable day.

Future events

- 21st July:** Boat trip on the Regents canal
27th August: Afternoon tea at Deercote
17th September: visit to Mayfield Bakery, Harlow
15th October: hopefully a trip to the Living Museum (waiting confirmation)
November: Christmas meal, no venue or date yet.
December: hopefully a trip to see the lights, followed by fish and chips.

Date of next meeting **Friday 4th July 2025.**

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our May outing was a tour of Highgate Cemetery. After a walk through the delightful Waterlow Park, we met our excellent guide, Penny, in the courtyard of Highgate Cemetery West which was opened in 1839. Garden cemeteries were initially opened as money-making businesses, as inner-city graveyards had long been unable

to cope with the number of burials. Highgate soon became a fashionable place for burials and was much admired and visited by the Victorians.

We were led up to the Egyptian Avenue, the Circle of Lebanon and the Terrace Catacombs. The West side of the Cemetery is characterised by elaborate feature tombs, vaults and winding paths dug into the hillside. The East side of the Cemetery was opened in 1860 and is not as dramatic as the West side.

Our forthcoming trips are as follows:-

Thursday 17th July - Tour of Pitzhanger Manor, Ealing

Wednesday 27th August - Walk from Mile End Underground Station to Victoria Park led by Mick Coe.

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next planning meeting will be on **Friday 18th July at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our May trip was a visit to the Tutankhamun Immersive Experience at the Excel Waterfront centre. The exhibition explained the timeline of Ancient Egyptian royal rulers along with replicas and actual artefacts from that time.

The 30-minute immersive surround experience, on an 8-metre-high canvas, explained the cultural heritage of ancient Egypt, the life of Tutankhamun and the discovery of his tomb. We were then able to visit the inside of the tomb wearing virtual reality headsets, a new experience for all of us.

In June the group enjoyed a blue badge guided tour of the historical sites at Greenwich. These sites included entry to the National Maritime Museum and the outside of the old Royal naval college, where in the Painted Hall Nelson lay in state before his burial in St. Pauls. Although we did not climb up to the observatory on the hill in Greenwich Park, our walk was timed to see the rise and fall of the Time Ball at 1.00pm, which was originally used by sailors on ships in the Thames to set accurate time. This enjoyable and entertaining guided tour ended at the famous clipper ship *Cutty Sark*.

Next trips:

Three Lakes Meal – 22nd July – times and transport arrangements to be confirmed at the next planning meeting.

Copped Hall – 4th September – cost £15. We have secured a booking for a tour of Copped Hall, Epping. A list for registering interest will be at the table today.

Behind the Seams tour – 8th October - cost £45 approx., depending on numbers, for a two-hour tour of DSI Croydon who

make the world class performance wear for Strictly Come Dancing. The price includes coach travel to the venue. Only a few spaces left, please enquire at the table today.

Our next planning meeting is **Wednesday 2nd July – 11.15am** – Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 9th July 2025** from **11.00am** at St. Clements Church Hall.

Future events:

Wednesday 2nd July – Summer visit to St. Pauls Cathedral followed by Afternoon tea

Saturday 30th August – East Sussex day out by train including Eastbourne

Wednesday 17th September – Visit Chartwell, the family home and garden of Sir Winston Churchill. **As this is a visit by coach it is open to all members.**

In May we visited the Poppy Factory in Richmond-upon-Thames. Since our last visit the factory and offices had been completely redeveloped, and a new visitor centre and exhibition had opened in 2021.

We took the train from Cheshunt to Stratford where we changed onto the newly named Mildmay line of the London Overground. This operates between Stratford and Richmond, so we stayed on for the entire journey.

After some refreshment outside Richmond Station, we all gathered at the bus stop. The very frequent number 65 bus took us from Richmond Station to a stop outside the Poppy Factory in ten minutes.

Our visit Commenced with a 30-minute presentation (video and talk) about the history of the poppy and establishment of the factory initially, in the Old Kent Road in 1922, before moving to Richmond in 1926. We then explored the exhibition and had a go at poppy-making.

Since 1922, The Poppy Factory has offered veterans with mental and physical health conditions a supportive place of employment, making poppies, wreaths and other Remembrance products. The factory has 12 Production Operators including two Special Wreath Makers. They make around 100,000 wreaths and 250 Royal and special wreaths each year. Many of the recently used wreaths were on show in the exhibition.

We learnt the Poppy Factory helps veterans and their families on their journey towards employment. The people they support can

face some of the most challenging situations in the Armed Forces community. Each year, their specialist team helps hundreds of people to change their lives, taking positive steps forward on their own terms.

We all finished our visit with a very welcome cake and hot drink served by the friendly ladies in the small café area. Then it was time to retrace our steps before making our way back to Cheshunt.

EXPLORING LONDON 5 John Durrant 07515 971162

Future visits:

Thursday 10th July 2025 - Fullers Brewery.

Our next planning meeting will be on **Tuesday 8th July 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 21st July** from **2.00-4.00pm** at Tesco Community Room, Brookfield. Look forward to seeing you at the June meeting and helping you with your research.

GARDENING GROUP Carole Malcolm 07810 571606

We have now agreed a date with RHS for our free group entry to Hyde Hall on **Thursday 3rd July**. We have booked a coach. Payment for this trip is due at this Meeting today.

HOLIDAY with Cheshunt u3a Mary Hanney 01992 426341

Warners Norton Grange Isle of Wight. **Monday 7th July 2025**. Itinerary and luggage labels now available. Please see Alan at my table, I am currently away on holiday.

Once again we have been asked if we would like to join the National Trust on their Christmas holiday - Warners, Cricket St. Thomas, **Monday 24th November, 5 days & 4 nights**. £520. Please call me on my landline and leave a message, if interested. I will contact you when I return.

MEMBERS ON THEIR OWN Network Jill Freeman 07879 161828

This is a new group for anyone who is on their own or single when socialising. It will be a network where everyone belongs to a WhatsApp group and will be able to make and receive invitations to activities, often at short notice, whether it be to meet up for a coffee,

Sunday lunch, a visit to the park or a local event. The opportunities are as broad as your imaginations. Activities can be on any day of the week, including weekends, so you are not constrained by other activities which you already enjoy.

Want to find out more? **Come to the café at the Laura Trott** for an informal chat. I will be there on **Thursday 3rd July** morning from **10.30-11.30am** and **Saturday 5th July** from **12.00noon** until **1.30pm**.

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 2nd July: What sort of glue should I use?
Wednesday 6th August: It really did fly!
Wednesday 3rd September: A bygone in Miniature.

MORNING WALKS Rob Scott 01992 445288

After a very successful June walk from Braughing, our next walk will be on **Tuesday 1st July** from a good old faithful - The Star, 62 High Street, Standon, Ware. SG11 1LB. The pub has agreed to open its doors at **9.30am** so we will start the walk by **10.00am**. Although I haven't had time to map the route, it will probably head North from the village - across the A120.

If you have any problems getting to the start, please call me on **075944 27190**.

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 4th and 18th July** 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

Nothing planned for July.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be a on **Wednesday 9th July at 2.00pm** in the Community Room at Tesco Brookfield. Please bring your photos on a memory stick to review and discuss. 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 date **Friday 4th July at 10.15am. Friday 18th July has been cancelled as St. Clements require the premises.**

SAILING Nick Law 07973 111462

We sail **every Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently looking for a few more members. If interested please contact Nick for further information.

 **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. Our meetings next month will be on **3rd and 17th July 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.

This is a friendly, social morning. Join us for some relaxed, light exercise and a friendly chat. Beginners 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

Please note there will be no short walks in July or August. They will however resume in September 2025.

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

The singing for fun group meets at the Royal British Legion in Crossbrook Street on **Monday afternoons at 2.00pm-3.30pm.**

We just have a good sing song from music from the 60s, Country and Western and music from the shows. In fact we will try to sing any song you want.

The music is streamed from Apple and all lyrics come up on a screen.

Tea, coffee and biscuits are also supplied with the £3 fee.

 **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 4th June 16 members travelled to London to The Fabulous Kit Kat Club to see *Cabaret*. This was an exceptional show, with magnificent staging, depicting the hedonistic society in Berlin during the lead up to WWII. Something different, a thoroughly enjoyable show.

Tereza Joanne 23rd July 2025 - Cost £59

This trip is fully booked with a significant reserve list.

Pick up outside Papa Johns at **10.30am**. Please note the earlier pick-up time.

Choir of Man 29th August 2025 - London Arts Theatre

This show is fully booked with a short reserve list.

Three New Shows/Outings

Back To The Future - 16th October 2025 - Adelphi Theatre - £62.

This spectacular show has been running for some time and features some stunning stage effects. Pay at the June Meeting.

Hunters Meet 16th December 2025 - £50

Price Includes - 3 course meal, afternoon entertainment and both waiters' and driver's tip - which is very good value.

Payment as soon as possible, but by August Meeting at latest.

Moulin Rouge - 29th January 2026 - £67 Piccadilly Theatre

This is a Special Price which is only available if we pay by the July meeting. A great way to start the New Year.

The table will be very busy this month so please bring any cash payment in an envelope with your name and details of the show on the envelope.

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.

GROUP SHARING

If interested please use contact details:-

Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

COMMUNITY NEWS

The groups listed below are independent and not operated under the u3a banner.

ADULT BALLET CLASS

01992 622862 (ask for Jayne)

Every Thursday 12.00noon-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 **8.0pm** 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.

WHIT HERN BOWLS CLUB

Whit Hern Bowls Club are seeking new members. No experience needed; it's fun, friendly and a great way to keep fit and meet new friends. For more information: 07903 022054.

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. However we are unable to take hardback books, and paperbacks need to be in reasonable condition.



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.

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ELG 3 at Greenwich
Photograph by Brian Peel

THE CHESHUNT u3a COMMITTEE

CHAIR	STEWART WALTER	01992 631592
VICE CHAIR	JO WARE cheshuntu3avicechair@outlook.com	
TREASURER	ROB SCOTT	01992 445288
SECRETARY	HEATHER DOUGLAS	07984 791184
ASS SECRETARY	ISABEL MARTIN	
MEMBERSHIP SEC	ANDY SMITH	07930 356976
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	PETER HARRIS	01992 429297
COMMITTEE MEMBER	BRIAN PEEL	
COMMITTEE MEMBER	MARGARET PARTRIDGE	

PROGRAMME PROD	RAY LUCAS	07952 465528
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