



# CHESHUNT u3a

Registered Charity No. 1150779

## MEETING THURSDAY 28<sup>th</sup> August 2025

This month's speaker will be Simon Keable-Elliott on *1920's Tahiti - South Pacific Craze*. A presentation by Simon on what drew a number of English and American writers and artists to the island and why they decided to stay. Simon, a writer, recently retired after 25 years as a teacher of Politics.

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**Next month's meeting** will be on **Thursday 25<sup>th</sup> September 2025** when the speaker will be Jon Mein on *the Rev. Henry Small and the missing £20,000*. In 1817, the Rev. Small, Rector of Abbey parish of St. Albans, embezzled money from locals then fled to France. Jon is a local historian, author and speaker.



Stamford, Lincolnshire - Photograph by Bernie Broomhead

# 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.

## PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 24<sup>th</sup> April 2025 - 31<sup>st</sup> March 2026

New permits for April 2025 to 31<sup>st</sup> 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.

# Cheshunt u3a Day

**Wednesday 24<sup>th</sup> September 2025**

**We will be located on the forecourt between M&S and Tesco, Brookfield Centre between 10.00am and 3.00pm.**

**Throughout the day we will be showcasing what the Cheshunt Branch has to offer, guiding visitors through the many activities and hobbies available.**

**On hand will be members of the committee and other volunteers to answer any questions visitors may have, as well as suggestions for new groups.**



## **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](mailto: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**

September's Programme Copy is required by Close of Play on **Tuesday 16<sup>th</sup> September 2025**.

Please email copy to:

**[cheshuntu3aprogram@hotmail.com](mailto:cheshuntu3aprogram@hotmail.com)**

## **Gift Aid, Please Help Us**

Did you know if you are a UK taxpayer you can Gift Aid your Cheshunt u3a membership? The Gift Aid scheme means Cheshunt u3a can reclaim 25p of tax for each £1 you pay in membership to help make the u3a funds go further when providing its activities (note we are not able to claim tax relief on group fees). Making a Gift Aid donation does not cost the donor any extra money, but you must be a UK taxpayer for each year for which you Gift Aid.

### **Am I eligible to Gift Aid?**

To be eligible to Gift Aid your membership you must be a payer of UK Income Tax. At present we will be able to claim £3.75 for each membership payment of £15.00. There is no additional cost to you as a Member.

### **How do I donate to Cheshunt u3a through Gift Aid?**

Provided you are eligible, you can start Gift Aiding at any time during your membership. Once you have completed and submitted the Gift Aid Declaration form, we will then collect Gift Aid from your current and future membership fees until you tell us you are no longer eligible.

To allow Cheshunt u3a to claim Gift Aid on your membership, please complete a Gift Aid Declaration form. The forms are available on the Membership Registration and Card Collection tables at the monthly meetings. If you pay a joint membership fee, each individual will need to complete their own Gift Aid Declaration form, assuming they are eligible as a UK taxpayer.

Please note once a Gift Aid form has been submitted, you will need to let the Membership Secretary know of any change to your address as the HMRC need to have up-to-date details. Thank you to all who have already agreed to Gift Aid their membership and to all those who will take the opportunity to complete a declaration form.

# 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

Thank you to all members who took part in our August Quiz. Next quiz will be in **October**, further details at the September meeting.

## **S** **BACKGAMMON & SCRABBLE**

Frank Sluter 07704 730421

Backgammon: Do you fancy playing or learning this age-old game? No gambling is involved. It is a fast-paced game for two players combining strategy, skill and a bit of luck. New players welcome, boards provided.

We meet at Tesco community room Brookfield on the **third Thursday at 10.00am**.

Next meeting **18<sup>th</sup> September 2025**. All members welcome.

## **B** **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.

Following the summer break, the group starts again on **Monday 1<sup>st</sup> September**.

## **B** **BASIC FRENCH**

Jackie West 07857 693546

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

## **BASIC SPANISH**

Paul Lee 07888 748399

This group runs **every other Monday** in the Tesco Community Room, Brookfield centre. The next meetings will be the **8<sup>th</sup> and 22<sup>nd</sup> September** at **2.00pm-4.00pm**.

If there is anyone out there who speaks a good level of Spanish and can assist in taking the group forward would they kindly make themselves known to the group leader.

## **BIRDWATCHING GROUP**

Brian Fitzjohn 07709 455991



Little Egret Fishing / Photograph by Phillip Thornton

The Bird watching group meets on the **second Monday** of the month, so the next meeting will be on **8<sup>th</sup> September**. We will meet at **10.00am** at Trinity Lane level crossing for a birdwatching walk in the Lea Valley. Contact is Brian Fitzjohn **07709 455991**.

## **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 **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

In July we enjoyed a sunny day trip to St Neots and then on to Stamford. The next trip is to Norwich in September. The trip is full with a waiting list. Payment is due at the meeting.

In **September** places on the two Xmas trips will be available. A shopping trip to Lakeside in November and a boat trip with Xmas afternoon tea at Henley on Thames in December.

The 2026 holiday will be bookable from the October meeting.

 **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.

After our August break, our meetings continue on the **4<sup>th</sup> and 18<sup>th</sup> of September and 2<sup>nd</sup> and 16<sup>th</sup> of October.**

My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

A very pleasant evening was had at the Mai Thai restaurant earlier this month.

Please see me for details of our **September** meal at the Raj Vogue.

 **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. 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 is at **9.30am**. The 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 July excursion was to Camden, where we boarded the Jenny Wren canal boat at Camden Lock. We first went through the lock, being warned to keep our arms in as the boat often hits the sides as the lock fills up.

Once through, we had a lovely journey down the canal, with our guide giving us an interesting commentary about the history of the canal and of the houses which face the canal.

We went through a couple of tunnels. Originally horses used to pull these boats, but there wasn't enough room in the tunnels, so the men had to lie down and use their feet on the walls to push it along.

We ended up in Little Venice, where we stayed on the boat and made the return journey.

Once off the boat we made our way to one of the many eating places, where you could get street food etc. We then walked back to the station passing various shops. It was a very busy place. It was an enjoyable trip.

Future events

**17<sup>th</sup> September** : Mayfield Bakery

**15<sup>th</sup> October** : Alms house and museum

**November** : nothing booked at the moment.

**December** : Christmas meal: Christmas lights - still to be arranged.

Next meeting: **5<sup>th</sup> September - 10.15am** at Cheshunt Free Church.

## **EXPLORING LONDON 2**

Rosemary Trundell 01992 621155

Our July outing was to Pitzhanger Manor and Gallery in Ealing. Following on from our visit to the Sir John Soane Museum in February, we decided to visit Soane's country house which he acquired in 1800. He demolished part of the house and had it rebuilt to his own designs.

The house displays many typical Soane features: quartered and canopy dome ceilings, inset mirrors and wooden panelling. He entertained various artists and designers including a young J.M.W. Turner.

Our forthcoming trips are as follows:-

**Thursday 18<sup>th</sup> September** - Visit to the Peek Frean Museum, Bermondsey

**Tuesday 14<sup>th</sup> October** - The Legend of the Titanic - The Immersive Exhibition (now fully booked)

**Wednesday 5<sup>th</sup> November** - London Museum Docklands - Secrets of the Thames

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 19<sup>th</sup> September at 11.00am.**

** EXPLORING LONDON 3** Steve Gollop 01992 629209

Our July outing saw 33 members of the group enjoying lunch at Three Lakes Restaurant in Ware. The restaurant looking out over the lake and the countryside is a lovely setting to enjoy good food and good company.

Next trips:

**Copped Hall – Thursday 4<sup>th</sup> September** – the list is now closed. The list of attendees and car sharing arrangements are at the table today.

**Behind the Seams Tour - Wednesday 8<sup>th</sup> October** - the balance for this trip is due at today's meeting please. Travel arrangements will be in the September programme.

Our next planning meeting is on **Wednesday 3<sup>rd</sup> September – 11.15am** – Cheshunt Free Church.

** EXPLORING LONDON 4** Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 10<sup>th</sup> September 2025 - 11.00am** at St. Clements Church Hall.

Future events:

**Wednesday 17<sup>th</sup> September** – Visit Chartwell, the family home and garden of Sir Winston Churchill. There are still a few places left on the coach – open to all u3a members.

**Wednesday 8<sup>th</sup> October** – River cruise from Westminster to Hampton Court. Please be aware that we will travel to Westminster by train/tube and return from Hampton Court station. The cruise takes around 4 hours so there is no time to visit the palace on this occasion.

**Thursday 30<sup>th</sup> October** – Unfortunately the guided tour of the Florence Nightingale Museum could not take place on this date and a revised date will hopefully be available at the main meeting. **Instead on 30<sup>th</sup> October** we will have a guided tour of the **National Theatre.**



EL5 in Hi-Vis at Chiswick Brewery / Photograph by Stewart Walter

The Griffin Brewery in Chiswick was established in the late 1600s when The George pub and brewhouse were purchased for £70. It was under the stewardship of the Thompson brothers that the brewery first acquired the Griffin name and emblem in 1816.

John Fuller invested in the struggling brewery in the 1820s, later joined by John Smith and John Turner in 1845, forming the partnership Fuller, Smith & Turner, which remains today.

We toured the brewery wearing hi-viz jackets and were supervised by two guides. We initially admired the 200 year old Wisteria covering one wall of the brewery.

After fermentation, the ale is conditioned (matured) to develop its flavour. We observed all the stages of brewing, and visited the centre from which cans, bottles, casks and kegs are loaded onto the red livery vans and lorries for distribution.

The highlight of the tour was our visit to the hop cellar where beer tasting and a museum display occupied us for a full half hour. And it was deliciously cool!

After purchases of Fullers merch and beer we returned to Cheshunt via a hot and crowded tube system.

**Wednesday 17<sup>th</sup> September - Jordan's Mill.**

Our next planning meeting is on **Tuesday 9<sup>th</sup> September 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 15<sup>th</sup> September** at Tesco Community Room, Brookfield. Look forward to seeing you at the September meeting and helping you with your research.



## **GARDENING GROUP**

Carole Malcolm 07810 571606

Our last meeting was a very lively affair. Welcoming new members, chatting about our successes and failures in the garden and how we can deter foxes and squirrels.

We are looking forward to our next meeting which will be on **12<sup>th</sup> September at 10.30am** held in the community room at Tesco Brookfield centre, Cheshunt.



## **HOLIDAY with Cheshunt u3a**

Mary Hanney 01992 426341

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

I have a few ideas regarding our holiday next year and hope to have more details over the coming months.



## **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 3<sup>rd</sup> September:** A bygone in Miniature.

**Wednesday 1<sup>st</sup> October:** Warfare in Miniature.

**Wednesday 5<sup>th</sup> November:** Powered by Steam.



## **MORNING WALKS**

Rob Scott 01992 445288

Our walk in **September** will be out of county (in Essex) on **Tuesday 2<sup>nd</sup>** and will be from The Woodbine Inn, Honey Lane, Waltham Abbey, EN9 3QT. This is a pub we have walked from before and they have agreed to open at **9.30am** so we can pre-order our lunches.

At the moment I haven't got the route sorted out, but it could be in the Copped Hall area again.

My phone number as usual, if you have problems finding the pub is: **07594 427190**.

 **M.O.T.O.W.N.** Jill Freeman 07879 161828

No, this is not a music group. MOTOWN = Members on their own WhatsApp Network.

A new group for anyone who is on their own when socialising for whatever reason. Members join a WhatsApp group enabling them to make and receive invitations to activities from all other members, often at short notice, whether it be to meet up for a coffee, brunch, 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. It is a member-led group and everyone who joins is strongly encouraged to propose activities for others to join. We have already learnt more about what is available for us to do locally and have started to meet socially.

The traditional organised group activities on set days won't work for this, just put yourselves forward to invite others at times and places to suit you.

 **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 12<sup>th</sup> and 26<sup>th</sup> September at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal

Community Room, Tesco, Brookfield centre, EN8 0TA.

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

Please see me for details of the venue and menu for our **September Lunch**.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Following our photo shoot at Hertford last month, our next meeting will be a on **Wednesday 10<sup>th</sup> September at 2:00pm** in the Community Room at Tesco Brookfield. This will be an opportunity to review your photos from Hertford or any others you wish to show. Please bring your photos on a memory stick.

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 a session with 2 courts at Laura Trott leisure centre from **4.00pm to 6.00pm** on **Mondays** which is open to new players, so if you are interested, please contact the group leader for details.

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.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates **Friday 12<sup>th</sup> and 26<sup>th</sup> September at 10.00am.**

Based at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **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](mailto:dandc@hewkin.com)  
Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursday** of the month from **2.00-4.00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet, someone will always help with a new skill or a pattern you don't understand. Our meetings next month will be on the **4<sup>th</sup> and 18<sup>th</sup> September**.

 **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'.

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

The singing for fun group meets at the Royal British Legion hall on **Mondays at 2.00pm-3.30pm.**

We stream songs from Apple Music and all lyrics are sent to a large screen which saves us printing and wasting paper. We can try to sing almost any song you want, be it 60s, Country, shows etc.

We did not have any meetings in August, but start again on **Monday 1<sup>st</sup> September 2025.**

We are not a choir and just sing along to the recordings so if you want to join a very friendly group come along. If you can't sing just listen to the music.

 **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 26<sup>th</sup> July the group visited the Teresa Joanne. We all enjoyed a lovely afternoon with a two-course lunch and afternoon entertainment. Many enjoyed watching the planes take off and land at City Airport. It was a successful and thoroughly enjoyable trip.

**Choir Of Man - 29<sup>th</sup> August 2025 - £54**

This is our next outing and is currently fully booked - with only a short reserve list.

**N.B. Coach pick-up is 11.30am - outside Papa Johns. Please be on time.**

The show starts at 3.00pm so there should be plenty of time to get some lunch.

**Back To The Future - 16<sup>th</sup> October 2025 - £62**

This very successful show has been running for many years now and has excellent write ups.

As a bonus, Brian Connolly has now joined the show until the end of October, to play the part of the Doctor, hopefully we will get to see him.

This show is now fully booked. However, there is currently no reserve list, so it would be well worth putting your name down, as we quite often get late cancellations

### **Hunters Meet - 16<sup>th</sup> December 2025 - £50**

This is our Christmas Outing and is fully booked with a substantial reserve list.

**Payment Is Due For This At The August Meeting.**

**If payment is not received and no contact is made - we may have to offer the place to the next person on the reserve list.**

**We hope to have the menu available at the next meeting.**

### **Moulin Rouge - January 29<sup>th</sup> 2026 - £67.**

This show is fully booked with a considerable reserve list.

### **New Show**

#### **Sunny Afternoon - 25<sup>th</sup> March 2026 - Milton Keynes £52**

This show has been recommended by a number of our group members - it is the story of the rise to fame of the Kinks with many of their famous songs

Payment by the November Meeting.

### **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.

**1<sup>st</sup> September 2025** A Bowl of Fruit  
**15<sup>th</sup> September 2025** A ruin that Cromwell Knocked About a Bit!  
**29<sup>th</sup> September 2025** Out of Africa!

**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

## **BALLROOM DANCING LESSONS**

Brian Peel  
[peely\\_b@hotmail.com](mailto:peely_b@hotmail.com)

Ballroom Dancing Lessons at Michelle's Dance School, 78a High Street, Cheshunt EN8 0AJ. Commencing on **1<sup>st</sup> October at 3.00pm** each week, 1 hour lesson. Cost £10 per person per session.

Contact Brian at [peely\\_b@hotmail.com](mailto:peely_b@hotmail.com).

## **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.

## **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](mailto: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**

07903 022054

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 WANTED**

If you wish to donate puzzles 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.

## 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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