



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 25th September 2025

This month's 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.

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Next month's meeting will be on **Thursday 23rd October 2025** when the speaker will be Paul Lillie on *The Story of Elvis - A unique mix of Art and Music*. He will be performing songs on his guitar while painting large-scale images, illustrating the meteoric rise of the King of Rock. He has been described as an "Elvis Educator".



ELG 2 - At Large in East London / Photo by Rosemary Trundell

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 - 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

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

October's Programme Copy is required by
Close of Play on **Tuesday 14th October 2025.**

Please email copy to:

cheshuntu3aprogram@hotmail.com



ELG 3 at Copped Hall / Photo by Peter Harris

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 21st October at 2.00pm** in the Halsey Masonic Hall, Cheshunt. Cost £1.50. Tea/Coffee £1.50 paid direct to Masonic Hall. Please register your interest at my table.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Backgammon, do you fancy playing or learning this age-old game? No gambling 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 **16th October 2025**.

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.

BASIC FRENCH

Jackie West 07857 693546

This is a new group meeting at Tesco Brookfield community room on **Monday 15th 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.

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

The Birdwatching group meets on the **second Monday** of the month, so the next meeting will be on **13th October 2025**. 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 the birds. Contact is Brian Fitzjohn **07709 455991**.

 **BOOK CLUB** Fiona Hill 07870 383625

The new Book Group is going very well and has met three times, so far. We have enjoyed discussing the first two books we have read - "A Man Called Ove" and "The Ragged Trousered Philanthropists". We take it in turns to choose the next book and we meet every 4 to 6 weeks at the Laura Trott Cafe for about an hour. We have chosen to read a book by PD James next. If you are interested in joining the group, please contact me, as we would welcome a few new members.

 **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

We enjoyed a sunny day in Norwich at the beginning of the month.

At the September meeting bookings for Lakeside in November and Henley on Thames in December will be taken.

The Ilfracombe 2026 holiday will be booking at the October meeting.

Please show your membership card when booking trips.

 **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 **2nd and 16th October 2025.**

My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Our next meal will be on **Wednesday 1st October** at Mai Thai, High Street, Cheshunt. Start time will be **7.00pm**. Please register your interest at my table.

 **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 August outing was to Deercote, where we had afternoon tea. The tea consisted of sandwiches, quiche, scones and cakes, which were all made by the staff of Deercote. Also plenty of tea and coffee. It was very nice and enjoyed by all.

Future events:

15th October: Alms house and museum.

We have nothing booked for November.

1st December: our Christmas meal at the Bull, Broxbourne.

9th December: Christmas lights, which includes, a trip down the Thames to Greenwich and fish and chips.

Our next meeting is **3rd October** at **10.15am** in Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

In August we enjoyed a walk from Mile End Tube Station to Victoria Park led by one of our group members, Mick Coe. Mick pointed out various points of interest along the way including the Regents Canal, Mile End Park and Jewish cemeteries, reflecting the population of the East End in the 19th/20th century.

We also noted the various architectural styles of the houses and other interesting buildings en route. We walked round part of Victoria Park which was opened in 1845 and admired the stone dogs guarding the main entrance, the pagoda and the boating lake.

Our forthcoming trips are as follows:-

Tuesday 14th October - The Legend of the Titanic - The Immersive Exhibition (now fully booked).

Wednesday 5th 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 17th October** at **11.00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

In September the group enjoyed a guided tour of Copped Hall, the Georgian mansion, Epping. The trip included details of the ancient remains on site along with showing how far the current restoration has come and how much more still has to be done. Along with the house, the gardens are also being returned to their former glory including the large walled garden.

All work is carried out by volunteers including the supply of excellent homemade cakes to those on the tour.

Next trips:

Behind the Seams Tour - Wednesday 8th October - this trip is now full. Please meet the coach at 10.00am at the bus stop at the Old Pond outside Papa John's Pizza. There will be time for lunch in Croydon town centre before the coach takes us to DSI for our tour at 2.00pm. The tour is due to finish at 4.00pm when we will make the return journey to Cheshunt. Contact details for Judith 07763 775440.

Docklands Museum, Secret of the Thames Exhibition – Thursday 13th November - £13.50 – more details and list at today's table.

Xmas Meal – Wednesday 3rd December – this year we will be holding our Xmas lunch at Crews Hill Golf Club. Details and list at today's table.

Our next planning meeting is **Wednesday 1st October – 11.15am** – Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 15th October 2025 from 11.00am** at St. Clements Church Hall.

In July we visited St. Pauls Cathedral. It was designed by Sir Christopher Wren in the late 17th century following the loss of the earlier cathedral in the Great Fire of London in 1666. The Cathedral has been the Cathedral Church of the Diocese of London for over 1,400 years.

Since our last visit the memorial to those who died as a result of Covid has been installed and visiting this was very moving.

After our time in St. Pauls, we all crossed the road to visit the Hilton Curio hotel called 'Lost Property'. Our son-in-law is a manager at this hotel and he helped arrange a lovely afternoon tea for the group at a discounted rate. The chef came out to greet everyone and a good time was had by all. There was so much to eat; thankfully the staff provided everyone with boxes and carrier bags so we could take the surplus cakes to enjoy later.

At the end of August, 27 members headed to London Victoria station for a day out by train along the south coast. We were travelling on a number of Groupsave Daysave tickets which allowed us to go anywhere on a Southern train. The ticket required each group to travel together at all times, which made ticket inspection by the conductor on each train we used rather difficult. At Hasting Station barrier, one member advised, the short chap with the bald head, had all the tickets and at Eastbourne station the barrier staff unlocked a special gate to let us through.

We had lunch in Eastbourne on a somewhat changeable day weatherwise. There was time to stroll along the seafront before we travelled onwards to Hastings. Some of this route follows the coastline with views of the sea between the inevitable developments which have appeared in recent years. There was time for a wander into Hastings and some hardier members made it to the seafront before we returned to the station for our journey back to Victoria Station.

Future events:

Wednesday 8th October – River cruise from Westminster to Hampton Court. **Fully Booked.**

Thursday 30th October – Guided tour of the National Theatre.

Wednesday 5th November – Guided tour of the Florence Nightingale Museum.

Thursday 11th December – Bulls Head Christmas Meal – seated at 7pm.

Occasional Coach Trips for All Members

Monday 1st December – ‘Glow’ at RHS Wisley. A few places left.

EXPLORING LONDON 5

John Durrant 07515 971162



ELG 5 at Whitewebbs Museum

A small group met at the cafe to spend a delightful morning exploring the wonders of a local hidden gem. Located in Whitewebbs Pumping Station, it is a distinctive example of Victorian architecture built originally as part of the New River development in 1898.

It originally housed two steam engines and boilers which pumped water from the well below the building into the New River. Altogether some 16 pumping stations were built during the 19th century by the then New River Water Company supplying clean drinking water for London - Whitewebbs was the last. The well, excavated by hand in 1895, is 200ft deep and 14ft diameter at the surface, reducing to 11ft at the bottom. Our tour began with a visit to the well in the basement.

We then toured the site visiting the horizontal steam engine shed, the tractor shed, the Lego railway display, the commercial vehicle shed, the Routemaster London bus, the vintage motorcycles and the old bicycles.

Who knew that there was a conversion kit to fit a small petrol engine to motorise a bicycle in the 1920's? We admired two working horizontal engines, the larger and much noisier of which was used to pump air into a 300 ft borehole at Rochford nurseries. Manufactured in 1925 it could raise 20,000 gallons of water per day!

The oldest motorbike in the UK (probably!) was built in 1898 by Col. H Holden, who was also responsible for the Brooklands Race circuit, where many land speed records were set. Early developments of the 800cc engine required very high-octane petrol and were air cooled, and prone to seizure at the top speed of 18 mph!

Finally, an early auticycle was used at Paddington station to deliver the route card and time schedule to the drivers of 16 carriage trains, which were very lengthy.

After a very worthwhile 2-hour tour we proceeded to lunch at the Blueberry cafe before the short journey back to Cheshunt.

Future events:

Thursday 30th October - Grocers' Hall

Friday 7th November - Soho Walking Tour

Our next planning meeting is on **Tuesday 14th October 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 20th October** 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 the **second Friday** of the month held in the community room at Tesco Brookfield Centre, Cheshunt, on **10th October 2025**.

 **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 24th November, 5 days & 4 nights**. £520. Please call me on my landline and leave a message if you're interested.

I am looking into a break at Warners next July and also a further holiday over to Normandy to visit the British memorials. If you are interested in either or both, please register your interest at the meeting.

 **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, dollshouses, aircraft, trains, boats, wargaming figures, fairground rides and vehicles.

Wednesday 1st October: Warfare in Miniature.

Wednesday 5th November: Powered by Steam.

Wednesday 3rd December: Christmas Lunch

 **MORNING WALKS** Rob Scott 01992 445288

After our recent venture into Essex, our next walk will be on **Tuesday 7th October**, starting at **10.00am** from the Farmers Boy, 1 Brickendon Lane, Brickendon. SG13 8NU. The pub will open at 9.30am, so we can pre-order our lunches.

The walk will be a circular one of 5.5 miles and will be mainly on wooded tracks, so be prepared for some mud - now the season is changing.

For any problem in getting to the start, please call me on **07594 427190**.

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

Members on their own WhatsApp Network is a new group for anyone who is on their own when socialising for whatever reason. Activities can be on any day of the week, including weekends.

Thanks to those members who have truly entered into the spirit of the group and invited others to join them, the group has had a good start. Sunday lunches are becoming a regular feature. Members have met for tea at the Bell in Hoddesdon with its newly opened 1940s tearoom, meet-ups for coffee at various venues have also been popular and walks in Cedars Park, but there is no limit to what you can do.

This is a member-led group and everyone who joins is strongly encouraged to propose activities for others to join in with. So if there is anything you want to do in company then speak up.

 **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 10th and 24th October 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

Nothing planned for October.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be on the **second Wednesday** of the month in the Community Room at Tesco Brookfield. 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.

 **PICKLEBALL** 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-sized 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 10th and 24th October 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

Marion Castro

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.



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 every **Monday** at the Royal British Legion hall in Crossbrook Street. We meet at **2.00pm-3.30pm**. We stream music from Apple Music and just sing along. All lyrics are sent to a screen and we will try to sing anything that you want from 60s, Country and the shows.

We are not a Choir we just sing for fun as it is very good for you.

Tea and coffee with biscuits are supplied at half time. The fee is £3.00 per person.

 **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 the 29th August the group went to see The Choir of Man. This show was everything it had promised to be and was unlike anything else in the West End.

It was 90 minutes of feel-good foot stomping entertainment. The general consensus of the group was "What a fantastic show" thoroughly enjoyable, one of the best shows we have been to.

Back to the Future - 16th October 2025 - £62 Adelphi Theatre, London. This show is fully booked with a short reserve list. Coach leaves Cheshunt Pond at **11.00am** - o/s Papa Johns. Please be on time as the coach cannot wait for more than a few minutes.

Hunters Meet - Tuesday 16th December 2025 - £50

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

Payment for this outing was due at the August meeting - please contact me if you have not yet paid.

Menus are now available.

Please come to the table and make your choices - latest next meeting - as this has to be sent to the restaurant by the end of October.

Moulin Rouge - 29th January 2026 - £67 - Piccadilly Theatre, London. This show is fully booked with a substantial reserve list. Payment was due for this show at the August meeting - please make contact if you have not yet paid, as we may have to offer your seat to someone on the reserve list.

Sunny Afternoon - 25th March 2026 - £52 - Milton Keynes Theatre. Once again, this show was full up as soon as we put it out on the table - it is the story of the rise to fame of The Kinks and features many of their hit songs.

Payment is due latest by the November meeting.

N.B.

Refunds can only be made once the theatre has been paid! If we are able to resell tickets.

🏃 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.

29th September 2025 Out of Africa!
13th October 2025 A Local Landmark
27th October 2025 A Potted Plant

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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 46680

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

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

Contact Brian at peely_b@hotmail.com.

BARTS

Broxbourne Arts Forum has been around for twenty-five years, representing the voluntary Arts sector in the Borough, with twenty-five affiliated groups. It includes the three local branches of the u3a, Broxbourne, Cheshunt and Lea Valley and most of the local art, am-dram, dance and theatre schools. For further information and the latest programme of events please visit the Broxbourne Arts Forum website: <https://www.broxbournearts.org.uk/>.

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 **8.00pm** 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

Come along for a friendly afternoon of knitting and chatting and tea! At the Royal British Legion, Crossbrook Street, Cheshunt **Every Tuesday, 1.00pm-3.00pm**.

Cost £2.00 (includes refreshments). All levels are welcome! Work on your own projects or help us knit hats and blankets for premature babies at local hospitals.

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

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.

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GENERAL NOTICES



JIGSAW PUZZLES AND BOOKS 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.

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CHESHUNT u3a COMMITTEE

CHAIR	STEWART WALTER	01992 631592
VICE CHAIR	JO WARE cheshuntu3avicechair@outlook.com	
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MEMBERSHIP SEC	ANDY SMITH	07930 356976
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ASS PROG PROD	STEWART WAGSTAFF	07594 475051
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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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