



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd October 2025

This month's 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".

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Next month's meeting will be on **Thursday 27th November 2025** when the speaker will be Denis O'Shea on *The Cuffley Airship - One Night Over Cuffley*. During the early hours of 3rd September 1916, the first enemy airship to be shot down over British soil came down at the top of Plough Hill, Cuffley. Denis was a committee member of Cuffley Industrial Heritage Society.



ELG-2 at Peek Freans Museum / 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

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

Please email copy to:

cheshuntu3aprogram@hotmail.com

Cheshunt u3a Groups 2025

NEW MEMBERS' GROUP

Jan Speller 07856 956945

If you are thinking of joining us you can meet a welcoming face in the Laura Trott Café from **12.45pm on the fourth Thursday of the month** prior to our main meeting.

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Our aim is to aid new members find, through the various special interest groups, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the u3a. Please visit us at our table for more information.

? **AFTERNOON QUIZ**

Mary Hanney 01992 426341

Nothing planned for November.

BACKGAMMON & SCRABBLE Frank Sluter 07704 730421

Play Scrabble and learn how to play Backgammon. We meet at Tesco community room, Brookfield Centre, on the **third Thursday** at **10.00am**. All welcome. Next meeting **20th November 2025**.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday** evening **7.15-9.15pm**. 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

We have now been running the group for four weeks and it has been very well attended, with ten of us altogether. The members have been enthusiastic and all the group are enjoying learning. Those of us who know a little are grateful for brushing up on the language. We work from a book which each member has. We have recently purchased a CD player so we may listen to the language by native French speakers. At the moment the group is progressing well and we are not looking to increase our numbers at this time.

 **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 outing will be on the morning of **10th November**, at Rainham Marshes RSPB near Thurrock. We are a relaxed and friendly group, visiting local wild places and spending two or three hours visiting hides and watching birds. Recent visits have included Panshanger Park, Rye Meads, Lea Valley Park and Heartwood Forest.

 **BOLIVIA** Sylvia Lyons 07851 055346

Dates for Bolivia **every Monday at 2.00pm**. New members are 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.

 **BOOK CLUB** Fiona Hill 07870 383625

We continue to meet on a **Wednesday at 1.30pm every 4 to 5 weeks in the Laura Trott Café** to chat about the book we have read over the previous month. Our current book is *The Catcher in the Rye* by JD Salinger. We take it in turns to choose a new book. We are a friendly group and would welcome a few new members. Please contact Fiona Hill.

 **COACH TRIPS** Heather Douglas 07984 791184

Ilfracombe 2026 holiday will be bookable at the **October** meeting.

Please show your membership cards when booking trips.

 **COUNTRY DANCING** Valerie Foster 07704 848363

Our Country Dancing group meets on the **first and third Thursdays** of each month, from **2.00-4.00pm**, 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

Our next meal is on **Wednesday 19th November** at the Raj Vogue, High Street, Cheshunt, at **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: Almshouse and museum.

We have nothing booked for November.

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

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

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

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our September outing was to the Peek Frean Museum in Bermondsey. One of the curators, Gary, kindly met us at the bus stop to ensure that we did not get lost.

The museum is housed in a couple of rooms located on the site of the old Peek Frean Biscuit Factory. This is now split up into many small business units and much of the site is being redeveloped for housing.

Peak Frean was founded in 1857 and was a large employer in Bermondsey until its closure in 1989. Gary ensured we all had seats before going through the history of the company. Like some good employers of the Victorian age, they gave many innovative benefits to their employees and their families, including free-to-use access to on-site medical, dental and optical services.

After a break for tea/coffee and biscuits and a look at the numerous exhibits, Gary then went on to talk about the various biscuits introduced by the company, many of which we still enjoy today such as the Garibaldi and Bourbon.

Our forthcoming trips are as follows:-

Wednesday 5th November - London Museum Docklands - Secrets of the Thames.

December Christmas meal - date to be confirmed.

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 21st November at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209



Behind the Seams at Croydon / photo by Steve Gollop

Our October trip was a *Behind the Seams* tour at DSI in Croydon. DSI are a theatrical costumier, where they make costumes for many West End productions and Strictly Come Dancing. We had a tour of

the stock area holding many rolls of fabric, the production area where the dressmakers were working, including painstakingly adding rhinestones by hand. Then onto seeing the completed costumes and how quickly they are made for each week's Strictly live show. The two-hour tour with two very knowledgeable and entertaining guides is a must see if you are a fan of Strictly Come Dancing.

Next trips:

Docklands Museum, Secret of the Thames - Thursday 13th November - £13.50. The list for this trip will close after today's meeting. Please pay at the table.

Xmas Meal – Crews Hill Golf Course – Wednesday 3rd December - £35.00. Please select your menu choices and pay £15 deposit at the table.

Our next planning meeting is **Wednesday 5th November** (expect fireworks) **11.15am** – Cheshunt Free Church.

EXPLORING LONDON 4

Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 12th November 2025 from 11.00am** at St. Clements Church Hall.

In September we visited Chartwell House in Kent. On arrival we had lunch in the café and then headed upstairs to the meeting room for an interesting talk with slides. We learnt about the Churchill family; modifications Sir Winston Churchill made to the house and grounds and family life at Chartwell.

Churchill bought Chartwell in September 1922 and lived there until shortly before his death in January 1965. During the 1930s, when Churchill was out of political office, Chartwell became the centre of his world. At his dining table, he gathered those who could assist his campaign against German re-armament and the British government's response of appeasement; in his study, he composed speeches and wrote books; in his garden, he built walls, constructed lakes - both with his own hands - and painted.

After our talk members visited the house and gardens. As 45 members were on this trip our entry to the house was staggered with timed tickets being issued.

The interior has been remodelled since the National Trust took over the property in 1966, to accommodate visitors and to enable the display of a large number of Churchillian artefacts. In particular, some guest bedrooms have been amalgamated, to allow the construction of the Museum room and the Uniform room. Nevertheless, the majority of the principal rooms have been reconstructed and furnished as they were in the 1920s–1930s.

Most members explored the gardens and even found time to visit Sir Winston's studio filled with his paintings. After this everyone needed refreshment, so it was back to the café for tea before boarding our coach for the return journey around the M25,

Future events:

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



Grist Blower Machines at Jordan's Mill / photo by Ray Lucas

The Jordan family have been connected with Holme Mill in Bedfordshire for over 150 years. There have been 6 William Jordans involved in running mills, including Holme Mill, a water mill which stands on the River Ivel.

The third William leased Holme Mill in 1883. Ten years later, William and his brother Alfred bought Holme Mill. One year later the mill suffered a fire and was rebuilt using steel rollers to crush the grain, rather than the traditional millstones. A second, more serious fire in 1899 destroyed a large part of the mill, allowing the fitting of a more efficient water turbine to provide power, and the complete replacement of the millstones with even more efficient rollers.

Now high quality flour was produced at a much faster rate. In 2000 a new mill was built and in 2005 Holme Mill was closed. In 2010 Holme Mill opened as a heritage centre with the original 1899 machinery in place. Holme Mill continued to mill flour for over 100 years after the major rebuild of 1899.

We toured the flour mill, starting with the hoists used to take the sacks of grain from canal barges to the top of the mill. After cleaning, the miller mixes grains to produce grist: high protein wheats for bread and lower protein wheats for cakes and pastries. The grains are then rolled to crack them open and sieved to separate the husk (bran) from the flour. Further rolling reduces particle size to produce high quality flour of very fine particle size.

Jordans introduced granola into Britain in the 1960s and were an early producer of 100% wholemeal flour. Jordons also pioneered the introduction of cereal bars to Britain (Crunchy bars and more recently Frusli bars) and introduced Country Crisp, an oat based cereal containing freeze dried fruit in the 1990s.

Having toured the mill we enjoyed a fine lunch in the café, admired the gardens and visited the plant centre and gift shop. We had a thoroughly enjoyable visit to this Heritage Water Mill.

Future visits:

Thursday 30th October - Grocers' Hall

Friday 7th November - Soho Walking Tour

Thursday 4th December - Museum of Brands

Tuesday 20th January - Laila Restaurant for "Xmas" lunch.

Our next planning meeting is on **Tuesday 11th November 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 17th November 2025** from **2.00-4.00pm** at Tesco Community Room, Brookfield Centre. Look forward to seeing you at our next group meeting and helping you with your research.

 **GARDENING GROUP** Carole Malcolm 07810 571606

As always we had an animated and enjoyable meeting. We welcomed two new members to our group.

Our next meeting is on **Friday 14th November at 10.30am** in the community room at Tesco Brookfield Centre, Cheshunt.

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

Normandy 2026

Following on from the interest shown at the September meeting, I attended the Group Travel Show at the beginning of October and spoke with several companies regarding quotes. I should be in receipt of all information by the end of October.

So we have time to discuss and talk freely, I have arranged to hire **Cheshunt Free Church** for **Thursday 30th October at 2.00pm**. If still interested please register at my table and join me on the day.

Warners July 2026

I am still waiting for more information.

 **MODEL-MAKING** Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2.00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dollshouses, aircraft, trains, boats, wargaming figures, fairground rides and vehicles.

Wednesday 5th November: Powered by Steam.

Wednesday 3rd December: Christmas Lunch.

Wednesday 7th January: A Project for the New Year

 **MORNING WALKS** Rob Scott 01992 445288

Our next walk will be on **Tuesday 4th November, starting at 10.00am** from the Stevenage Golf and Conference Centre, Aston Lane, Aston, Stevenage, SG2 7EL. Being a golf club, they will be open at 9.30am for us to pre-order our lunches before we set off on this 5.1 mile circular walk. They have set aside 'the Champs' room for us, so we don't get crowded out by the golfers.

Aston is about 2 miles further west along the A602 from Watton at Stone, from where we have walked on a number of occasions previously. So from Cheshunt, head north on the A10 until you reach the Ware (North) junction, where you turn left for Stevenage. Take the Watton by-pass and just as you reach Stevenage, turn 1st right into Aston Lane.

Any problems in finding the start, call me on **075944 27190**.

 **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 07941 551102

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 7th and 21st November 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

Our next Meal is on **Tuesday 11th November, time 1:00pm** at Laila Restaurant, Old Pond, Cheshunt.

Menu choices at the meeting. Please note a £5 deposit is required at the time of booking.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Following our photo shoots to Hertford and the Lee Valley over the last few months, for our next meeting we return to the Community Room at Tesco Brookfield Centre on **Wednesday 12th November at 2.00pm**. This will be an opportunity to review your photos from the shoots 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.

 **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-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 **4.00-6.00pm** on **Mondays** which is open to new players, so if interested please contact the group leader for details.

Cost to cover the courts is £3 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 7th** and **21st November 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 01992 626240

We are a friendly bunch who meet at St Clements Church Hall every **first and third Thursday** of the month from **2.00-4.00pm**. Bring along your sewing, knitting, cross-stitching or crochet. Want to learn a new craft or have a problem with your own work, come along and someone will be willing to help. Tea and coffee are provided. Our next meetings will be on **6th** and **20th November**. Look forward to seeing you!

 **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 07709 980019
Barry 07840 965423

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

We just sing for fun. We are not a choir. We stream music from Apple Music and all lyrics are shown on a screen. If you can't sing just come along and listen to the music. The fee is £3 and includes a cup of tea or coffee and biscuits. We are soon starting to practise for Christmas.

We will try to sing anything you want, from the 60s, Country and music from the shows.

Barry and Janet have just moved house so at the moment we only have a temporary phone number but you can get us on mobiles: Janet on 07709 980019 and Barry on 07840 965423.

SPANISH

Christine Dawson 07958 557448

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

Hunters Meet - 16th December 2025

This outing is currently full with a substantial reserve list.

N.B.- Please come to the table and make your menu choices. This is the last chance to choose your food, as the restaurant requires notice by the end of this month. If you do not make your choice, we may have to order for you.

There are currently 15 people still to make their choice.

Moulin Rouge 29th January 2026

This show is fully booked with a substantial reserve list.

Sunny Afternoon - 26th March 2026

The list for this show is full with a reserve list.

Payment is required at the November meeting at the latest.

WALKING FOOTBALL

John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1.30-3.00pm**, 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.

27th October 2025	A Potted Plant
10th November 2025	All Around the Bonfire
24th November 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 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 is 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 11.00-11.45am**. The class is run by a fully qualified instructor, cost is £3.

CHAIR YOGA AND DANCE

A unique class combining seated dance, yoga postures and relaxation techniques designed to welcome people of all experiences and mobility. It works on posture, flexibility, strength, balance as well as aiding stress reduction and pain management.

Please contact Jackie Turner either on **07900 666567** or email mychairyoga100@gmail.com. Classes take place **every Tuesday at 10.30am** at Rosedale Sports Ground, Andrews Lane, Waltham Cross, EN7 6TB. There is a car park next to the venue.

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, 10.45-11.45am** at 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 **2.00-3.00pm.** 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 is 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 make 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 tradespeople 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 tradespeople 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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CESHUNT u3a COMMITTEE

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