



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 18th DECEMBER 2025

This month's meeting will be our Christmas party, with entertainment by *The A Train* and *Singing for Fun*.

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Next month's meeting will be on **Thursday 22nd January 2026** when the speaker will be Paul Barwick on *PC Yvonne Fletcher and the Libyan Embassy Siege*. Paul is a retired police officer with a background in National Intelligence/Security.



Photo by Ray Lucas

Season's Greetings to All Our Members!

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 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

January's Programme Copy is required by
Close of Play on **Tuesday 13th January 2026**.

Please email copy to:

cheshuntu3aprogram@hotmail.com

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ELG-3 Christmas Lunch - Photo by Brian Peel

THURSDAY 18TH DECEMBER 2025

TIMETABLE

TODAY IS OUR CHRISTMAS PARTY

WITH

OUR VERY OWN BAND

THE A TRAIN

AND THE

SINGING FOR FUN GROUP

*** WELCOME TO OUR DECEMBER MEETING**

*** DOORS OPEN AT 1.30 PM**

*** SIGN IN, COLLECT YOUR FREE RAFFLE TICKET**

*** ENJOY A FREE TEA OR COFFEE, MINCE PIE & CAKE**

*** THE A TRAIN WILL PLAY FROM THE DOORS OPEN**

*** SINGING FOR FUN GROUP WILL PERFORM FROM 2.15 PM**

*** RAFFLE - VOUCHERS**

*** THE A TRAIN AGAIN FROM 3.00 PM - 3.30 PM CLOSE**

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, except the December meeting.

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Our aim is to aid new members to 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

Although the number of members attending our Christmas quiz was fewer than normal, due to other activities happening on the same day, this cannot be helped at Christmas time. There was much laughter during the course of the afternoon, mainly at my expense and everyone went home happy. A good time was had by all.

Our first quiz of 2026 will be in February. There will be more details at the next monthly meeting.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Play Scrabble and learn how to play Backgammon. We meet at Tesco community room, Brookfield on the **third Thursday** at **10.00am**. Next meeting will be **15th January 2026**.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

With 2025 drawing to a close, we start our 16th Year of the group. We remain a very social group playing on three table tennis tables and two badminton courts, at Goffs Churchgate Academy.

By the time you read this, we will have enjoyed our annual Christmas meal at the Prince of Wales, Goffs Oak. Wishing everyone in the group and the wider u3a a very merry Christmas and a Happy New Year.

BASIC FRENCH

Jackie West 07857 693546

Our French group met for the last time before Christmas today, Monday 8th December and those who were there are doing very well and enjoying the get togethers.

We don't have access to the Tesco community room until after Christmas so we start again on the **5th January 2026**.

We have had someone interested in joining us, which makes a group of eleven when we all attend. Obviously, life sometimes gets in the way and so the numbers do vary. However, it is a very relaxed approach to the language and missed classes are not frowned upon. Interested parties should contact either Jackie West on 07867 693546 or Doreen Humm on 07860 783383 in January to see if spaces are available.

 **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 **12th January** at Amwell Nature Reserve. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides and on a gentle stroll, watching birds as we go. Contact is Brian Fitzjohn 07709 455991.

 **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.

 **BOOK CLUB** Fiona Hill 07870 383625

Do you enjoy reading? Would you like to share your favourite books with us? We are a friendly group who enjoy reading and we meet at **1.30pm** in the Laura Trott cafe every 4 to 6 weeks for a cup of tea or coffee, an informal chat and also to talk about the book we have all been reading for the month, which we take in turns to choose. We have read a variety of books, mainly fiction, so far, but we would also be happy to read non-fiction books too.

Our book this month is *One Fine Day* by Mollie Panter-Downes and our next meeting is on **Wednesday 7th January at 1.30pm.** Please come and join us, and if you have any questions, call or text Fiona Hill on 07870 383625.

 **COACH TRIPS**

Heather Douglas 07984 791184



Photo by Bernie Broomhead

The final trip for 2025 was a Thames boat cruise with a Xmas afternoon tea on 4th December. The day started out wet but this did not dampen the mood as everyone had a great time and the sun came out later in the day.

The next trip will be in March 2026, date and destination TBC. Full details and booking at the January meeting.

I would like to thank Audrey and Jenny for all their help this year and a Merry Xmas and a Happy New Year to everyone.

 **COUNTRY DANCING**

Valerie Foster 07704 848363

At our last meeting before Christmas, on the 4th December, we all enjoyed a party afternoon with dancing, food and a free raffle, setting us up for Christmas!

There is only one meeting in **January**, on the **15th**, as the first Thursday is a bank holiday. From February we will be back to our two meetings each month.

May I wish everyone a very Happy Christmas and 2026!
My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Please contact me at the beginning of January and I will confirm the venue, date and time.

 **CYCLE GROUP** Stewart Wagstaff 07594 475051

Celebrating 15 years of Cheshunt u3a Cycling group, we had our annual Christmas meal at the Galley Hall P/H on 3rd December.

We have 59 members in the group cycling every Wednesday and some Mondays. We have six sub-groups 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.

Wishing everyone a Merry Christmas and a Happy New Year.

 **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, costing £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. We shall finish classes on **Thursday 18th December** and return on **Thursday 8th January 2026**.

 **EXPLORING LONDON 1** Sheila Barton 01992 636783
Pat Smith 01992 623448

On 20th November a group of us were 'guinea pigs' at the Atrium restaurant (Herts Regional College, Broxbourne) for their Christmas menu cooked by the students. They did themselves proud. It was a lovely meal which everyone enjoyed. The students were all very attentive, from the front of house to waiting on tables. The Atrium was festively decorated.

Future events:-

18th January - Underground Tour.

18th February - Royal Courts of Justice.

19th March - The London Loo tour.

20th April - Queen Elizabeth II, her life in style.

May - London walking tour.

Next meeting - **9th January at 10.15am** at Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Wishing everyone a Merry Christmas and a Happy New Year.

No outings to report on at the time of going to press, but our forthcoming trips are as follows:-

Thursday 29th January 2026 - History of the Bank of England. Talk at the Bank of England Museum.

Tuesday 24th February 2026 - Tour of the Royal Courts of Justice.

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next meeting will be on **Friday 16th January at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

In early December, 32 members of the group enjoyed a Xmas lunch at Crews Hill Golf Club. In a pleasant and relaxed location we were able to spend time socialising while being served a plentiful three-course meal.

Merry Christmas to all the members of our Exploring London group.

Next trips;

Moonwalkers at the Lightrooms – Thursday 15th January. Arrangements and times for this trip will be agreed at the January planning meeting.

Barts Hospital North Wing – Monday 16th February. We have now booked a guided tour of the Great Hall and Hogarth Stair.

Our next planning meeting will be **Wednesday 7th January, 11.15am** – Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 14th January 2026 from 11.00am** at St. Clements Church Hall.

In November we were guided around the Florence Nightingale Museum which is based within the grounds of St Thomas's Hospital on the South Bank of the Thames opposite Westminster. Florence Nightingale helped to set up the Nightingale Training School at St Thomas's Hospital in 1860. Following the first intake of 15 'probationer' trainee nurses, the school improved and expanded over the following decades, spreading Nightingale's ideas of nurse training across the world. The school was overseen by the Matrons of St Thomas's Hospital.

During her time as Matron of St Thomas's, Dame Alicia Lloyd Still started to collect objects which had belonged to Nightingale or which Nightingale had gifted to some of the nurses who had trained at the Nightingale Training School. The objects which Lloyd Still collected were held at the Nightingale Training School and came to be known as the 'Nightingalia'.

The objects were used by the probationer nurses as a teaching tool and occasionally they would be used for exhibitions, or to mark key anniversaries and events.

The collection transferred to the newly created Florence Nightingale Museum Trust in 1983, who then opened the museum on the site of the Training School in 1989.

The Museum celebrates the life of Florence Nightingale; a trailblazing woman. It explains all about her affluent childhood, how she fought against her parents' wishes to become a nurse, her work during the Crimean War and how she campaigned for better healthcare for ordinary people. It includes the actual lamp she carried which earned her the nickname The Lady With The Lamp. We also met with her preserved pet owl Athena and were able to see her medicine chest.

Future events:

Friday 2nd January – revised date for 'Glow' at RHS Wisley. Coach departs Turnford at **2.45**, Old Pond, Cheshunt **2.50pm**.

Monday 19th January 2026 – Seven Wonders of the World immersive experience.

Wednesday 4th February 2026 – Secrets of the Thames exhibition at London Docklands Museum.

EXPLORING LONDON 5

John Durrant 07515 971162

Soho began as a royal park in the 1530s and was developed into a residential area for the aristocracy in the late 17th century, with the name "Soho" possibly coming from a hunting cry. Over centuries, it evolved into a cosmopolitan and diverse district, gaining a reputation as a centre for entertainment, music and nightlife.

Today, it is known for its vibrant culture, with a history that includes major contributions to music, film, and the LGBTQ+ community.

- 1530s: The land that is now Soho was acquired by Henry VIII for use as a royal park, known as St Giles Field.
- Late 1600s: The area was developed for the upper class following the grants of land to the Earl of St Albans and others, with Soho Square being laid out.

- 1700s: Soho became a hub for a mix of residents, including French Huguenots and other immigrants who contributed to its cosmopolitan character.
- 19th Century: Soho was the epicentre of the outbreak of cholera in 1854; epidemiologist John Snow identified that a contaminated water pump on Broadwick Street was the cause and closed it off. He is commemorated by The John Snow pub built on the site of the water pump. The area continued to grow, with Berwick Street Market becoming a focal point for commerce, particularly for produce.
- 20th Century: Soho became a centre for entertainment, with theatres, music venues, and bars becoming prominent features. It also developed a reputation for its sex industry, which began as early as 1788. During this period, figures like Karl Marx lived in the area, and John Lougie Baird demonstrated his working television there in 1927.
- Late 20th Century: Following a crackdown on sex shops in the 1980s, many properties became vacant and were taken over by the burgeoning LGBTQ+ community, particularly around Old Compton Street

Today: Soho is known for its vibrant mix of culture, nightlife, and entertainment, while also working to preserve its historical character through organisations like the Soho Society.

Future visits:

Tuesday 20th January - Laila Kitchen "Xmas" lunch

Saturday 7th February - Lyceum Theatre Tour

Our next planning meeting is on **Tuesday 13th January 2026** at **10.00am** at the Beaumont Centre.

FAMILY HISTORY

Rena King 07870 567684

Please note our small and friendly family history group meets on the **third Monday** of the month [but not if it falls on a Bank Holiday! Next meeting will be on **Monday 19th January 2026** from **2.00-4.00pm** in the Tesco Community Room, Brookfield Centre. The following meetings will be on **Monday 16th February** and **Monday 16th March**.

GARDENING GROUP

Carole Malcolm 07810 571606

As always we had an animated and enjoyable meeting. We discussed the merits of mulch, strulch, soil improver and other ground cover. At our next meeting we will be discussing snowdrops, where to buy and view them. All welcome.

We meet on the **second Friday** of the month. Our next meeting will be on **9th January 2026** at **10.30am** in the community room at Tesco Brookfield Centre, Cheshunt.

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

Warners **Monday 27th July 2026**, 5 days and 4 nights at Lakeside, Hayling Island. Price £490, deposit £50. Those members who confirmed their wish to travel at the October meeting, your deposits are now due. Twin/Double rooms are still available. Sorry, there is a reserve list for singles.

Normandy, **Wednesday 2nd September 2026**, 5 days and 4 nights on a Bed & Breakfast basis, £539 per person, deposit £75. Travel insurance for this holiday is compulsory.

Staying at Grand Hotel de Esperance, Lisieux, Normandy. Excursions to include a visit to the British Normandy Memorial, officially opened in June 2021 and the surrounding area. Members who have confirmed their wish to travel please note deposits are now due.

 **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 7th January: A Project for the New Year

Wednesday 4th February: Strange but true!

Wednesday 4th March: Kit Construction

 **MORNING WALKS** Rob Scott 01992 445288



Photo by Steve Gollop

The start of 2026 sees a new walk on **Tuesday 6th January**, just over the border into Essex - starting from The Black Swan, Common Road, Broadley Common, Roydon, Waltham Abbey. EN9 2DF. The pub is looking forward to welcoming us at **9.30am** to pre-order our lunches, before setting out at **10.00am** to cover just under 5 miles(ish) in open arable countryside.

We will have our morning coffee/tea stop at Nazeing's All Saints Church, which is a Grade 1 listed building. It was erected around 1170 on the site of an earlier wooded church and enlarged in the 15th century. It wasn't open when we visited it a month or so back, but things could change.

Please call me on **075944 27190** if you have difficulty in finding the pub.

Future walks:

3rd February - George & Dragon, Watton-at-Stone.

3rd March - Feathers, Wadesmill, Ware.



M.O.T.O.W.N.

Lesley Casson 07749 868305

Our Group Leader, Jill Freeman, has unfortunately had to step down due to ill health. We are very grateful to Jill for all the time and effort she put into setting up the group and wish her well with her recovery.

M.O.T.O.W.N stands for 'Members On Their Own WhatsApp Network' and is open to anyone who is single, widowed or divorced and would like to meet and socialise with people in the same position.

We don't have regular meetings on set days. Instead, all members are able to issue invitations for a social activity, such as coffee, lunch, walks or whatever they like to do, on any day of the week or at the weekend.

All arrangements are made using our WhatsApp group, so anyone wishing to join needs to be familiar with using this App.

Please send me a message on WhatsApp if you wish to join.



MUSICIANS UNITED

Peter Harris 07941 551102

We meet **weekly** on **Mondays at 10.00am.**

To date we have eight members: saxophonists, clarinettists, keyboards, bass guitar, 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

There will be no more music group this side of Christmas, but we will recommence on **Friday 16th and 30th January 2026**. Sue and I look forward to seeing you all then. Enjoy the Xmas break.

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

Please contact me at the beginning of January and I will confirm the venue, date and time.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be at the Community Room at Tesco Brookfield on **Wednesday 14th January at 2.00pm**. This will be an opportunity to review your photos and I have suggested a Christmas/winter theme, although if you still have shots from recent shoots which you have not shown - that would be acceptable! 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 is 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 2nd and 16th January 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 & 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 **2.00-4.00 pm**. 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. The first meetings for 2026 will be on **8th and 22nd January**. Merry Christmas and a Happy New Year.

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'.

Merry Christmas and Happy New Year bowlers.

Please note there is NO bowling on Boxing Day.

Bowls as usual on **2nd January 2026**.

SINGING FOR FUN

Janet 07709 980019

Barry 07840 965423

The singing for fun group meet at the Royal British Legion hall in Crossbrooke Street, Cheshunt on a **Monday at 2.00-3.30pm**. We stream songs from Apple Music and Spotify and sing along to them; all lyrics are displayed onto a screen.

We sing songs from the 60s, country and songs from the shows, but we will try to sing any song you want.

We charge £3 per session, which includes tea, coffee and biscuits.

Monday the 1st of December, we sang for Broxbourne Nursing Home and afterwards we had tea, coffee, mulled wine and mince pies; it was a great afternoon.

The third week in January is our annual free dinner, as long as you have attended 50% of the weekly sessions.

We will be singing at the December meeting of the Cheshunt u3a and we have with us Caris Savill who is a professional vocalist and has performed on cruise ships and has her own shows which are Icons, James Bond and the Big Pants Party.

 **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 Yearde 07939 149997

Our last trip was to see Back To The Future and we were lucky enough to have Brian Connolly playing the part of the doctor; he made the show. The stage effects were spectacular, which made for a very enjoyable show.

Moulin Rouge - 29th January 2026 - £67

This show has excellent reviews and therefore should be a good way to start the New Year with something to look forward to. It is currently fully booked with a large reserve list.

Sunny Afternoon - Wednesday 25th March £52

Payment for this show is due at the November meeting.

As there is a large reserve list, if you do not pay and no contact is received, we may have to offer your place to someone on the reserve list.

We would like to wish you all a very Merry Christmas and a Happy and Healthy New Year.

 **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.

Visit our table at the January 2026 meeting to view our recent creations.

Please contact me for a list of 2026 dates and subjects.

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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

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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 is required. Each class is £6.50.

BALLROOM DANCING LESSONS

Margaret magsmap@yahoo.co.uk 07949 025032

Ballroom Dancing Lessons at Michelle's Dance School, 74a High Street, Cheshunt EN8 0AJ. The entrance is actually in Cadmore Lane. **Weekly on Wednesdays at 3.00pm**, 1 hour lesson. Cost £10 per person per session. We learn both ballroom and Latin dances. These lessons are available to all Cheshunt u3a members and non-members. They are not just for couples but equally available to individuals. It's good fun, good exercise - physical and mental with lots of laughs! Contact Margaret at magsmap@yahoo.co.uk.

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 We shall finish class on **Tuesday 16th December** and return on **Tuesday 6th January 2026**.

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, Cheshunt, 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 Sue.

KNIT AND NATTER

Mary Manning 07795 146461

Come along for a friendly afternoon of knitting, chatting and tea! At the Royal British Legion, Crossbrook Street, Cheshunt. Every **Tuesday, 1.00-3.00pm**, Cost £2 (includes refreshments). All levels are welcome! Work on your own projects, or help us to knit hats and blankets for premature babies in local hospitals. For more details, call Mary Manning on 07795 146461.

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.

WORMLEY WALKING GROUP

Brenda Higgins 07508 354998

Steve Parker 07821 683649

We run social walks every **Tuesday and Thursday**, meeting at Wormley Community Centre, Fairfield Drive, Wormley at **9.20am**. for a **9.30am**. walk. All walks take place in the Lea Valley Park, followed by tea and biscuits at the Community Centre. Walks are suitable for all abilities - we run several walks each session varying from one to four miles in length. For more information please email stephenaparker@hotmail.com

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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 offers 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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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
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	07835 927417
COMMITTEE MEMBER	PETER HARRIS	07941 551102
COMMITTEE MEMBER	BRIAN PEEL	07941 551102
COMMITTEE MEMBER	MARGARET PARTRIDGE	

PROGRAMME PROD	RAY LUCAS	07952 465528
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