



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 22nd January 2026

Today's speaker is Paul Barwick on *PC Yvonne Fletcher and the Libyan Embassy Siege*. Paul is a retired police officer with a background in National Intelligence/Security.

* * * * *

Next month's meeting will be on Thursday 26th February 2026 when the Speaker will be Malcolm Wills MBE on *So Far So Good*, 24 years as a musician playing cello for the army on State Occasions. His talk is based on his work at Canine Partners, a charity which trains assistance dogs for people with disabilities.



Moderate riders in Cheshire / Photo by Steve Beech.

CESHUNT 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.

NOTICE

As some of our groups have limited membership capacity, this is a gentle reminder that if you would like to join a group, please, out of courtesy, contact the group leader first to check availability.



CHESHUNT u3a WEBSITE

Our website address is <https://cheshunt.u3asite.uk>

On mobiles, **tap** on “**Menu**” to view the pages of the website.

On the **Menu** screen, **tap** on **Groups, Monthly Programme, Monthly Meetings** etc. to view the information on our site.

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

February’s Programme Copy is required by
Close of Play on **Tuesday 17th February 2026.**

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, except the December meeting.

* * *

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

Our first quiz of 2026 is on **Tuesday 10th February** at Halsey Masonic Hall, Old Pond, Cheshunt. Start time, **2.00pm**, cost £1.50, tea/coffee will be £1.50 paid direct to the Masonic Hall. Please register your interest at my table.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Play Scrabble or learn how to play the exciting game of Backgammon. Boards provided. We meet in the Tesco community room at the Brookfield Centre on the **third Thursday at 10.00am**. Next meeting will be **19th February**.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

This is a very popular group, with limited resources at the Goffs Churchgate Academy. We have now reached capacity in the group so reluctantly we have to say we are full. We have set up a waiting list so please get in touch if you wish to be added. If you feel you would like to lead another group combining both sports or indeed just one, please get in touch; we would be happy and eager to give you every assistance.

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 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, the next meeting will be on **9th February** at Walthamstow Wetlands near Tottenham Hale. 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.

 **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

The Book Group meets approximately once a month on a **Wednesday at 1.30pm** in the cafe at the Laura Trott Sports Centre. We take it in turns to choose which book to read. This month, we are reading *The Satsuma Complex* by Bob Mortimer. We are a friendly group and would welcome new members. Our next meeting is on **Wednesday at 1.30pm**. For more information, please contact Fiona Hill on 07870 383625.

 **COACH TRIPS** Heather Douglas 07984 791184

The first trip for 2026 is on **Monday 16th March** to St Ives in Cambridgeshire. Bookings at the meeting.

The balance payment for the Ilfracombe holiday must be paid by the **March** meeting. I will be collecting payments from the February meeting.

 **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!

From February we will be back to our two meetings each month. My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Our first evening meal of 2026 will be on **Wednesday 18th February** at the Mai Thai Restaurant, High Street, Cheshunt. Start time at **7.00pm**. Please register your interest at my table.

 **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.

 **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.

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

In December we went for our Christmas lunch to The Bull in Broxbourne. It was very well attended; we had a very nice meal which everyone enjoyed. The staff were very friendly and helpful. It was a very pleasant afternoon.

Future events

18th February:	Visit to the Royal Courts of Justice
19th March:	Loo tour
20th April:	Queen Elizabeth's clothes
May:	London walk

Next meeting **5th February at 10.15 am** at Cheshunt Free Church

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

In December we went to Nonna's Kitchen in Hoddesdon where we had a most enjoyable Christmas lunch.

Our forthcoming trips are as follows:-

Thursday 29th January - History of the Bank of England, talk at the Bank's museum.

Tuesday 24th February - 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 20th February at 11.00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Next trips:

Barts Hospital North Wing – **Monday 16th February**. We have now booked a guided tour of the Great Hall and Hogarth Stair. Please register and pay at today's meeting.

Soho Guided Walk – **Tuesday 24th March**. We have a blue badge guided walk of Soho booked. Depending on numbers, this may have to be split into two groups, morning and afternoon. Please register at today's meeting.

Our next planning meeting will be **Wednesday 4th February 2026 at 11.15am** – Cheshunt Free Church.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 11th February 2026** from **11.00am** at St. Clements Church Hall.

We all enjoyed our Christmas meal at the Bulls Head. Despite our being a large group, all courses were delivered warm and promptly.

The trip to Glow at Wisley on 1st December was postponed owing to the strong winds and the revised date after Christmas was seasonably cold; however, there was no wind or rain, which was a good result. The lights were enjoyed by everyone.

Future events:

Friday 20th February 2026 (Revised date) – Secrets of the Thames exhibition at London Docklands Museum.

Monday 16th March 2026 – Ramses and the Pharaohs' Gold Exhibition at NEON, Battersea Power Station.

Wednesday 22nd April - Waddesdon Manor by coach including a private guided tour of the house before public opening.

EXPLORING LONDON 5 John Durrant 07515 971162

EL5 Visit to the Museum of Brands, 4th December 2025.

Fifty years ago, Robert Opie saw the need to unravel the story of how consumer products had evolved since Victorian times. The museum today covers all aspects of our consumer story: the history of supermarket brands, toys and games, travel and transport, leisure and entertainment along with magazines and newspapers, technology and fashion, transport, toys and communication. Whatever happened to Omo, Vim and Sunlight soap?

The Time Tunnel explored the remarkable story of how our consumer society has evolved since Victorian times. Our favourite brands were put into their historical context, right up to the digital age. Laid out chronologically, the Time Tunnel reflected how daily life has been transformed by the invention of the railway, the motor car, and the aeroplane. Also, how entertainment has been changed by the arrival of cinema, radio and television.

The Time Tunnel offered the ultimate treasure of childhood memories – toys and sweets, crisps and cereals. It was also a revelation into the lifestyle of our grandparents' generation. Magazine covers illustrated the change in style and fashion, while colourful posters showcased the product aspirations of each period.

The Time Tunnel told wider stories, such as the advance of technology, the passing of the domestic servant, the emancipation of women, the development of self-service, the benefits of refrigeration and the growth of plastics. It really was a trip down memory lane.

After suitable refreshment at a local hostelry, we returned to Cheshunt full of childhood memories.

Future visits:

Saturday 7th February - Lyceum Theatre Venue Tour.

Our next planning meeting is on **Tuesday 10th February 2026** at **10.00 am** 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 16th February** from **2.00-4.00pm** in the Tesco Community Room, Brookfield Centre. The following meeting will be on **Monday 16th March 2026**.

 **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 **13th February 2026** at **10.30am-Noon** 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 meet on the **first Wednesday** of the month at **2.00 pm** 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 4th February: Strange but true!

Wednesday 4th March: Kit Construction

Wednesday 1st April: Building this model was no joke!

 **MORNING WALKS** Rob Scott 01992 445288

We started 2026 with a crisp frosty walk around Wareside and finished just as it started to snow, which fortunately didn't settle on the roads. I can recommend the Chequers for food, as it's hot and homemade and very reasonably priced.

Our next walk on **Tuesday 3rd February** will be from the George and Dragon, 82 High Street, Watton at Stone, Hertford, SG14 3TA and will start at **10.00 am**, although the pub will be opening for us at 9.30 am to pre-order our lunch. We walked from

this pub a couple of years back but the walk will be new-ish for most of us.

It will be a figure of eight walk of about 5 miles going past Watton House, which was the home to the locomotive engineer Sir Nigel Gresley until his death in 1941. Watton at Stone was also the childhood home of Rupert Grint - Ron Weasley in the Harry Potter film series and also Frank Warren - the boxing promoter.

Tuesday 3rd March - The Feathers, Wadesmill.



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 10.00 am.**

To date we have 7 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

Current dates are **Friday 30th January, Friday 13th and 27th February at 2.00 pm.** Bring along a CD of **your** choice. Anything goes, pop, classical, jazz even Heavy Metal.

New Venue - Community Room, Tesco's, Brookfield Centre EN8



OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Nothing planned for February.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be at the Community Room at Tesco Brookfield on **Wednesday 11th February at 2.00pm**. This will be another opportunity to review your photographs so please bring your photographs on a memory stick.

There will also be a discussion on possible photo outings during spring. 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 13th and 27th February 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 Clement's 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 **5th and 19th February**. Look forward to seeing you there.

 **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 meet at the Royal British Legion hall in Crossbrook 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 on 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.

We sang at the December meeting of the Cheshunt u3a and had 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 Yeardye 07939 149997

We would like to wish all our theatre goers a very happy and healthy New Year.

Our last trip of 2025 was our Christmas outing to Hunters Meet. This was a very successful and thoroughly enjoyable afternoon.

Moulin Rouge - 29th January 2026

This show is fully booked with a substantial reserve list.

Coach pick-up - **11.00am** outside Papa John's at Cheshunt Pond

Sunny Afternoon - 25th March 2026

This show is also fully booked with a substantial reserve list.

New Show

The Devil Wears Prada 13th May 2026 - Dominion Theatre, London - £58

We have been extremely lucky to get really excellent seats at a discounted price. To get this price we have had to pay the theatre in advance. Therefore, if possible please pay when you reserve your place - but definitely at the February meeting latest. Price includes coach and driver's tip.

Teresa Joanne - 22nd July 2026

We will be booking this trip from the March meeting.

Price TBA

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.

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

Gift Aid

A big thank you to the 100 members who have signed up to Gift Aid their membership payment. This will enable Cheshunt u3a to make a claim to HMRC for £375.00.

Gift Aiding your membership will not cost you anything, but it does enable Cheshunt u3a, as a registered charity, to claim 25p in the £1 on your membership payment. Gift Aid is reclaimed from the tax you pay in the current tax year. You therefore **do need to be a taxpayer** to agree to Gift Aid.

If you are a taxpayer please agree to Gift Aid your membership payment by completing the Gift Aid Declaration form at the Gift Aid table at the Main meeting.

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.**

From the 3rd February we will be switching to **Tuesdays 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.

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.

THE CHESHUNT OUTDOOR BOWLS CLUB

We are looking for new members – complete beginners or those with prior experience welcome, perfect for staying active and joining a friendly community. For more information, session times or to arrange a visit, please contact **Graham Boad on 07988 132910**.

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

* * *

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.

* * *

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
----------------	-----------	--------------