



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 26th February 2026

Today's 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.

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Next month's meeting will be on Thursday 26th March 2026 when the speaker will be Andy Smith on '*Wartime and Romance*'. A bionic bard who entertains. Although war is a grim business, romance and British humour survive.

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The Easy Riders at Fisher's Green / Photo by Vanessa Lucas

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.

New style card   from April 2026.

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.

P PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 24th April 2025 - 31st March 2026

Permits for April 2025 to 31st March 2026 are 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

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

Please email copy to:

cheshuntu3aprogram@hotmail.com

*** IMPORTANT ***

**PLEASE READ THE FOLLOWING REGARDING
ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2026**

To make renewal of your membership a little easier we are offering the following opportunities.

Membership period is 1st April 2026 to 31st March 2027.

Renewals will be accepted as follows:

<u>Thursday 26th February</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Tuesday 10th March</u>	<u>2:30pm - 4:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 19th March</u>	<u>10:00am - 1:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 26th March</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>

Payment by standing order is preferred. BACS, or card payment accepted when your renewal form* is completed. Your New Card will be available for collection at the main meeting from April onwards, not when you pay. Alternatively, if you provide a stamped self-addressed envelope, it will be posted to you.

Our annual membership fee is currently £15.00 per person.

If you wish to continue to receive a copy of the *THIRD AGE MATTERS* magazine the total membership fee will be £19.00 per year to cover postage costs.

*** Membership Renewal and New Application Forms can be found at cheshunt.u3asite.uk by clicking on the 'Welcome' page, scrolling down to the Membership page link, for the relevant Form. Please present your completed Form at one of the above venues, or scan and email to the membership secretary at cheshuntu3amembership@gmail.com.**

GIFT AID (please see page 18)

Cheshunt u3a Groups 2026

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

Thank you to all members who took part in our January Quiz. Well done to the team who won, I forgot to ask your name, sorry. No quiz in March. Details at the March meeting for the **April** quiz.

ALMOST LOOSE WOMEN

Carol Farren and Ann Powell

We meet on the second Thursday of each month and discuss all sorts of topics, both serious and light-hearted. With this being a very popular group, we are unable to accept any new members at this time.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Play Scrabble or learn how to play the exciting game of Backgammon. Boards are provided.

We meet in the Tesco Community room at the Brookfield Centre monthly on the **third Thursday** at **10.00am**. Next meeting will be **19th March 2026**.

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 on 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 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 **9th March** at the Bittern Hide near Fishers Green. 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

We meet 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 *Three Men in a Boat by Jerome K. Jerome*. We are a friendly group and would welcome new members. Our next meeting is on **Wednesday 4th March 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. The payment for St Ives is due at the meeting. The trip is currently full with a waiting list.

The Ilfracombe holiday balance payment has to be paid by the March meeting.

 **COUNTRY DANCING** Valerie Foster 07704 848363

We are a very friendly and social group who meet twice a month, the **first and third Thursdays, 2.00pm-4.00pm** at Bollescroft. (Next to the Spotlight car park.)

No previous experience is necessary and you don't have to worry about a partner as we ensure that everyone enjoys the dancing. We have a caller who walks us through the dances before we attempt them to music, and continues to call out the movements through the whole dance. It's a great way to enjoy some gentle exercise.

The cost is £4 a session which includes a cold drink. Your first visit is free so please come along and give us a try.

Our next dates are: **5th and 19th March, 2nd and 16th April, 7th and 21st May.**

 **CURRY CLUB** Mary Hanney 01992 426341

Our next curry meal will be on **Wednesday 25th March**, at the Raj Vogue High Street, Cheshunt. Time **7.00pm**. Please register your interest at my table.

 **CYCLE GROUP** Stewart Wagstaff 07594 475051

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. All rides end at Cheshunt YHA for coffee and a chat.

 **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

On Sunday 18th January 2026 we visited the London Transport Museum's Hidden London Tour at Green Park to go behind the scenes.

This tour was very well organised with two tour guides (Phil and Colin) along with a Health and Safety executive with a first aid box and portable stool, which came in very handy!

We discovered a Station within a Station (Dover Street the original Station within Green Park, renamed in 1933 after the replacement of lifts with escalators meant the station entrance had to be moved) complete with tales of wartime intrigue. We explored former passageways and lift landings that have been closed to the public for decades, along with striking enormous ventilation shafts.

Green Park is located on the edge of Mayfair and near 3 of London's Royal Parks and serves the Piccadilly line - formerly the Great Northern, Piccadilly and Brompton Railways opened in 1906 followed by the addition of the Victoria Line in 1969 and the Jubilee in 1979.

After the tour and refreshments we returned to Cheshunt, to the much cleaner air and surroundings!

Future events:

19th March - London Loo Tour. Still spaces available

20th April - Queen Elizabeth Clothes exhibition

May - Guided walk around the Barbican.

Next meeting **6th March** at Cheshunt Free Church at **10.15am**.

If you went on the River/lights trip on 9th December and haven't had your £2.00 refund, please come to Exploring London Group 1 table to see me. Eileen Funnell.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

Our first outing of the year was a free visit to the Bank of England. We enjoyed an interesting hour-long talk on the history of the Bank of England given by Shona.

The bank was established in 1694 to act as the English Government's banker and moved to Threadneedle Street in 1734. The bank was privately owned by stockholders from its foundation in 1694 until it was nationalised in 1946. In 1998 it became an independent public organisation wholly owned by the Treasury Solicitor on behalf of the government, with a mandate to support the economic policies of the government of the day, but independence in maintaining and monitoring financial stability.

The bank, amongst other things, is custodian to the official gold reserves of the United Kingdom.

After the talk we had time to look around the museum.
Our forthcoming trips are as follows:-

Wednesday 11th March - Our Story at the Natural History Museum

Monday 27th April - Tour of Trinity House

Wednesday 20th May - Queen Elizabeth II - Her life in style

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next meeting will be on **Friday 20th March at 11.00 am**. Please note that from April we will be meeting at the Beaumont Centre.

EXPLORING LONDON 3

Steve Gollop 01992 629209



EL Group 3 at Bart's Great Hall / Photo by Steve Gollop

Our January trip was to the Lightroom, an immersive exhibition space, to view The Moonwalkers, A Journey with Tom Hanks. The show, projected onto the walls of the large exhibition space and narrated by Tom Hanks, tells the stories of the Apollo Missions along with photographs taken by the twelve astronauts who landed on the moon.

There are also interviews with the four astronauts who will travel to the moon in February for the first time since 1972 in the Artemis Missions.

In February we organised a guided tour of Barts Hospital North Wing following its recent restoration. The Grade I listed wing was built in 1732 and features the Hogarth Stair decorated with two of his paintings. In the Great Hall each wall has a large piece of artwork surrounded by wooden scrolls listing donors to the hospital, some dating back to the 1500s. The south wall has the stained glass Charter Window which was installed in 1743, depicting Henry VIII handing a charter of the re-founding of the hospital.

Next trips:

Tuesday 24th March - Soho Guided Walk. This walk has now been split into two groups, **11.00am** and **1.30pm**. Please check at the table to confirm which group you are in.

Our next planning meeting will be on **Wednesday 4th March 2026 at 11.15am** - at Cheshunt Free Church.

Please note, this will be our last meeting at this location before we move our planning meetings to St. Clements Church Hall in April.

EXPLORING LONDON 4 Steve Sell 01992 443012

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

In January we visited the 7 Wonders of the World Immersive Experience in a historic stable building opposite Old Spitalfields Market. This experience reimagines the world's most iconic monuments, documented over time as the most remarkable human-made creations of both the ancient (of which only the Great Pyramids of Giza remain standing) and modern eras, all seven of which remain standing.

Spread across three floors, the journey begins with a captivating introductory video before moving through themed rooms dedicated to each ancient wonder, such as the Lighthouse of Alexandria and the Hanging Gardens of Babylon. These rooms contained interactive elements and replicas of artefacts.

After the ancient wonders experience we all ventured into the unknown in the Virtual Realty Room which took us on a realistic

wander around the modern wonders of the world. This included an unnerving walk along the arms of the Brazilian Wonder 'Christ the Redeemer'. This was followed by a more conventional exhibit of models and activities relevant to the modern wonders.

The grand finale was an immersive room featuring 360-degree and two-storey projections. This had an original soundtrack carefully developed to complement the visuals and create a complete storytelling experience.

Future events:

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

Thursday 9th April - 'In the Footsteps of Sherlock Holmes' guided walk.

EXPLORING LONDON 5 John Durrant 07515 971162

On a very wet and chilly February day a large group embarked on a visit to the iconic Lyceum Theatre in Wellington St. Built in 1765 as an exhibition room and chapel, it housed a circus and then the first London exhibition of waxworks by Madame Tussaud's.

In 1816 it became the English Opera House, before burning down in 1830. A mock gas lamp inside the theatre acts as a memorial to the event. Rebuilt in 1834 as a large theatre with a balcony overhanging the dress circle, it played opera and adaptations of Dickens novels.

From 1871 Sir Henry Irving played many lead roles, often starring opposite Ellen Terry. 1904 saw the theatre almost rebuilt and richly ornamented in Rococo style, whilst retaining the 1834 facade and grand portico. The building closed in 1939, and was saved from demolition by the outbreak of WWII.

It was converted into a Mecca Ballroom in 1951, where many well-known bands played. Indeed several members of our group recalled visiting the ballroom in their misspent youth! The Lyceum was closed in 1986, but restored to theatrical and opera use in 1996, with a large extension and a substantial orchestra pit. It has been home to The Lion King since 1999.

We toured the premises, watched actors rehearsing on stage, sat in the 2,000-seat auditorium and were subjected to loud music and other lighting distractions by a 'tech check' for the matinee performance that afternoon. We learnt that many actors are 'swings', taking several roles during one show, and that tracking sheets permit the actors to manage these swings effectively.

We passed The Cub Room, the home of the Lion Cubs, and the sign-in sheets at the stage door, where the company are to sign

in upon entering the building. These act as a checklist that everyone is present and ready for action.

After refreshment at a local hostelry, we braved the rain to return to Cheshunt, with many inspired to see The Lion King celebrating 26 years on stage at the Lyceum.

Future visits:

Thursday 5th March - The Magic Circle.

Monday 20th April - Bart's Hospital North Wing.

Monday 11th May (TBC) - Camfield Place.

Our next planning meeting is on **Tuesday 10th March 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 16th March 2026**, from **2.00-4.00pm** in the Tesco Community Room, Brookfield Centre.

 **GARDENING GROUP** Carole Malcolm 07810 571606

At our last meeting we welcomed two new members.

We had a lively discussion on various gardening problems and how we could deal with them, which we found very helpful. If you have a garden or just a window box and are interested in finding out who we are, why not come along?

Our next meeting is on **13th March** from **10.30am-12 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 Holiday: due to cancellations the planned trip for this year has been cancelled. I will revisit this again later in the year with the hope that it can be rearranged for early spring 2027.

 **LINE DANCING for beginners** Jenny McKenzie 07948 380543

Meeting **10.00am-12.00 noon Tuesdays weekly** at Cheshunt Sea Cadets Hall, Flamstead End, Albermarle Avenue, Cheshunt EN8 0EY, commencing **3rd March 2026**. Tuition for an hour and a half at £7 including refreshments. Parking available.

 **MODEL-MAKING** Jack Snary 01992 638046

The group meet 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 4th March: Kit Construction

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

 **MORNING WALKS** Rob Scott 01992 445288

After exploring some new paths around Watton at Stone in February and seeing several clumps of snowdrops, our next walk will be on **Tuesday 3rd March** starting at **10.00am** from The Feathers Inn, 49 Cambridge Road, Wadesmill, Ware. SG12 0TN.

This will be an undulating ramble of 5.5 miles, through some wonderful Hertfordshire countryside, following the valley of the River Rib through fields, woodlands, across a ford and through parkland with magnificent trees. We will pass the ruins of a medieval church on the way.

The pub will open its doors for us at 9.30am so that we can pre-order our lunches. I expect everyone knows how to get to the start, but if not please contact me on 075944 27190.

Future walks: **7th April** - Whitehill Golf Club.

5th May - Five Horseshoes, Little Berkhamsted.

 **M.O.T.O.W.N.** Lesley Casson 07749 868305

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 the 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 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 27th February and Friday 13th March at 2.00pm**. Bring along a CD of **your** choice. Anything goes, pop, classical, jazz even Heavy Metal.

Venue - Tesco Community Room, Brookfield Centre EN8.

 **OUTINGS BY COACH** Steve Sell 07572 078511

This is a new group for occasional extra trips by coach. Initially we will visit the famous French Renaissance-style chateau built in the 1870s by Baron Ferdinand de Rothschild. It's an early start so that we can arrive for included refreshments followed by a private tour of the house. **Wednesday 22nd April - Cost**

National Trust Members for coach, tour & refreshments £40.00.

Non-NT members for coach, tour, refreshments and entrance £65.00.

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

Our next Lunch will be at Reyna, Windmill Lane, Cheshunt on **Tuesday 10th March at 1.00pm**. 2 courses cost £13.90, 3 courses £17.50 at your choice. Meal to be pre-ordered, menu choices available at my table. Please note £5 deposit required at time of booking.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be on **Wednesday 11th March** at the Community Room at Tesco Brookfield. For more information 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.

PLAY THE HARMONICA Steve Beach travel.buddies@ntlworld

The newly formed "Play the harmonica group" has, with the support of Frank Sluter, attracted 11 members, whilst the search for a suitable "soundproof" venue resulted in agreement with Tesco, Brookfield Centre to use their community room. Hopefully our next update will focus on the reporting of the group's initial meeting and progress.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates **Friday 13th and 27th March 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 **2.00-4.00pm**. 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 March 2026**. We 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'.

 **SHORT WALKS** Frank Sluter 07704 730421

These will be commencing again on the **fourth Friday** of the month at **10.00am** (note time).

First Walk on **27th February 2026**, meeting at L V Pinder car park, Windmill Lane. Everyone welcome.

 **SINGING FOR FUN** Janet 07709 980019
Barry 07840 965423

The singing for fun group meets at the Royal British Legion hall in Crossbrook Street, Cheshunt on a **Monday at 2.00-3.30pm**. We try to sing all sorts of songs, country, 60s and music from the shows. We will try any song you want to sing streamed straight from Apple Music, all lyrics are supplied via a large screen again from Apple Music.

On Monday the 2nd of February we had our annual dinner at the Bulls Head in Turnford which is free to all members who have attended 50% of our meetings and 30 people attended.

It's a fun afternoon and if you can't sing just come along and listen to the music as we sing along to the actual songs.

Contact **Barry on 07840 965423** or **Janet on 07709 980019**. Or just come along.

 **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

Moulin Rouge, which was an extravagance of colour and life. A really lovely and thoroughly enjoyable show to start the new year.

Sunny Afternoon 25th March 2026 - Milton Keynes -£52

This show is fully booked with a substantial reserve list.

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

The list is full for this show. Payment is due at the meeting.

There is currently only a short reserve list for this show.

Teresa Joanne - 22nd July - London Docks - £64

We will be taking bookings for this show and meal at the March Meeting.

Faulty Towers Dining Experience - London Hotel - Sunday Lunch

We are currently exploring the possibility of booking this very entertaining lunch served by 'Basil and Co'. Anything could happen and probably will! We will be taking names of people who may be interested - we need to get over 40 to cover the cost of the coach.

Price will be £75/76 depending on numbers.

N.B: Once again if you pay by cash, please put the money in an envelope.

Also: If cancelling - we try our best to re-sell tickets but we cannot accept cancellations with less than 48 hours' notice.

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.

Next meetings will be **2nd, 16th and 30th March**.

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 12.00 noon-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. The 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.

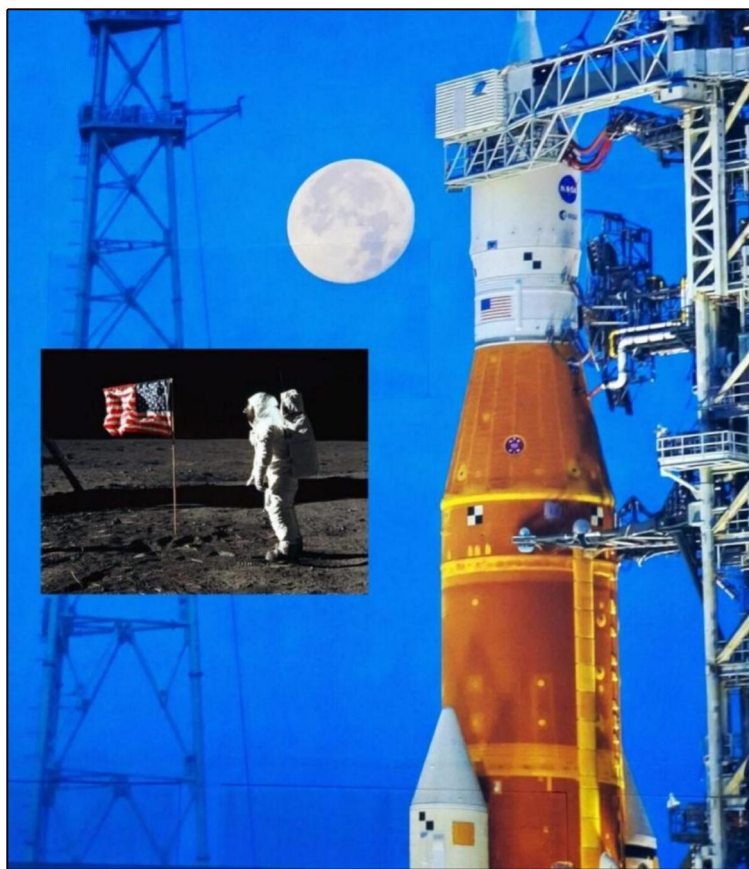
WORMLEY WALKING GROUP

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.

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Walking on the Moon at the Lightroom / Photo by Brian Peel

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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