



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 28th May 2026

Today's speaker will be Steve Dimmer on *Only Fools and Horses*. Steve takes us through the meteoric rise of the popular series, including scenes we have not seen, with video and stills.

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Next month's meeting will be on **Thursday 25th June 2026**, when the speaker will be Bernard Lockett on *The Music and Satire of Gilbert & Sullivan*.

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U3A Distance Riders at the Tower of London - Photo by Richard Arthurs

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, books 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.

P PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 23rd April 2026 - 31st March 2027

Permits for April 2026 to 31st March 2027 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 **2.00pm** during the main monthly meeting.




SAFETY NOTICE

We would remind members to be careful when carrying hot drinks and to be aware of those using mobility aids when moving around the hall.

Get Your Groove On!

SUMMER 60s & 70s DANCE



◆ **Live Music** ◆ **Halsey Hall** ◆

18 July ◆ **Doors Open 7:00pm**

◆ **£15 Per Ticket** ◆ **Paying Bar** ◆

TICKET ONLY EVENT

Tickets at May Meeting

Tickets available for purchase at our May Meeting - Cash only.

TRIP TO NEWMARKET RACES – ADVANCE NOTICE

We are again planning a day trip to Newmarket Races, so save the date – **Saturday 8th August**. The trip will be by coach from Cheshunt and will include entry to the Premier Enclosure. Cost still to be finalised but will be around £45 pp. As well as the racing, the day includes circus-themed entertainment, with stilt walkers, a brass band, singers and perhaps even elephants! More details to follow during June. For information, see:

<https://www.thejockeyclub.co.uk/newmarket/events-tickets/summer-saturday2/>

GROUP LEADERS

PROGRAMME ENTRIES

June's Programme Copy is required by
Close of Play on **Tuesday 16th June 2026**.

Please email entries to:

cheshuntu3aprogram@hotmail.com



CESHUNT 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 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.

Cheshunt u3a Groups 2026

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.

NEW MEMBERS' GROUP

Jan Speller 07856 956945

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

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Our aim is to aid new members in finding, through the various special interest groups, fulfilling and enjoyable experiences and also to 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 next quiz is on **Tuesday 23rd June**, at Halsey Masonic Hall, Cheshunt. Time 2.00pm, cost £1.50 plus tea/coffee at £1.50 paid directly to the Masonic Hall. Please register your interest at my table.

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.

ASTRONOMY

Denis O'Shea 07528 278173

If you are interested in Astronomy, basic or advanced levels, come along to our meetings. We will cover the universe from planets to the stars. The night sky, how to navigate, and show you free software to enhance your interest and knowledge. A monthly presentation on a particular subject, what is in the night sky for the coming month. Bring your curiosity on the subject with you. We will look at Astrophotography. You don't need a telescope, a pair of binoculars will suffice to get a view of Andromeda, our nearest and

merging galaxy neighbour. Do you know which star is Polaris, find out in the **11th June 2026** presentation. Future dates are **Thursday 9th July**, no meeting in August and **10th September 2026**. Meetings at **8.00pm** at the Herts Young Mariners Base. First Floor.

 **BACKGAMMON & SCRABBLE** Frank Sluter 07704 730421

Play Scrabble and Backgammon (tuition given) boards provided. We meet at the Tesco Community Room, Brookfield Centre, on the **third Thursday at 10.00am**. All are welcome.

 **BADMINTON/TABLE TENNIS** Stewart Wagstaff 07594 475051

This is a popular group, with limited resources, at Goffs Churchgate Academy. We have now reached capacity in the group, so we reluctantly have to say that 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 members are growing in confidence and all are progressing very well. We are trying to incorporate reading, speaking and listening skills into each session, in which they have all participated. We are all speaking more to one another in class and are enjoying the camaraderie it brings.

One of our members visited a historical steam train in France and was able to recount some of his experiences when asked questions by the other group members. We meet during term time in the Tesco Community Room, Brookfield Centre on **Mondays** from **12.15pm-1.45pm**.

 **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 **8th June** at Lea Valley, meeting at the Trinity Lane level crossing. We are a relaxed and friendly group,

meeting in the morning and spending a couple of hours visiting hides on a gentle stroll, watching birds as we go. New members are very welcome.

 **BOLIVIA** Sylvia Lyons 07851 055346

Dates for Bolivia: **every Monday at 2.00pm**. New members are always welcome for a light-hearted afternoon of cards. Bolivia is a derivation of Canasta, played with three packs of cards. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon.

St. Clement's Church, Cheshunt Wash, EN8 0LU, opposite Hillview Gardens.

 **BOOK CLUB** Fiona Hill 07870 383625

We meet roughly once every 4 to 6 weeks on a **Wednesday** at **1.30pm** in the Laura Trott Leisure Centre café. We take it in turns to choose which book to read. It could be fiction or non-fiction. This month, we We meet roughly once every 4 to 6 weeks on a Wednesday at 1.30 in the Laura Trott Centre cafe. We take it in turns to choose which book to read. It could be fiction or non-fiction. This month, we are reading *Raising Hare* by Chloe Dalton. We are a friendly group and would welcome new members.

 **COACH TRIPS** Heather Douglas 07984 791184

The next day trip will be on **Monday 6th July** to the Cotswolds. The cost is £25 and can be booked at the May meeting.

 **COUNTRY DANCING** Valerie Foster 07704 848363

We are a very friendly and social group who meet twice a month, on 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 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 throughout the whole dance. It's a great way to enjoy some gentle exercise.

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

Our next dates are: **4th and 18th June**.

 **CURRY CLUB** Mary Hanney 01992 426341

Our next evening meal is on **Wednesday 17th June** at Raj Vogue, High Street, Cheshunt, at **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 make sure we have an enjoyable time whilst trying to stay fit.

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

In April, our Group visited The King's Gallery (formerly The Queen's Gallery) in Buckingham Palace to see a new exhibition to mark the centenary of our late Queen Elizabeth II's birth, "Her Life in Style".

This exhibition displayed the largest and most comprehensive exhibition ever mounted of her fashion, showing 200 items (jewellery, hats, shoes and accessories alongside clothing) with over half never having been on display before, other than on the Queen herself!

We saw clothing from her earliest days, like her Christening gown, baby shoes, a bridesmaid's dress that matched Princess Margaret her younger sister's, her beautiful wedding gown and her exquisite Coronation Dress, to name just a few. The craftsmanship was breathtaking.

We had audio guides talking us through the exhibition and were able to explore at our own pace without being rushed or mobbed! I think I speak for us all when I say that it was a most memorable and enjoyable experience, well worth visiting.

Future events

27th June - Gangster Bus.

July - Canal trip (to be arranged)

24th August - Speakers House

September - Mayfield Bakery (to be arranged)

Next meeting: **5th June at 10.15am**, Parsons Room, Halsey Hall.
Please try to be on time.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our forthcoming trips are as follows:-

Tuesday 9th June - Guided tour of Stephens House and Gardens

Thursday 16th July - Walking tour of the Tower Hill area - Sailors, Saints and Samuel Pepys.

May I remind those who have not yet paid their annual subscription to the group to please let me have it at today's meeting.

We meet on the **third Friday** of the month at the Beaumont Centre. Our next meeting will be on **Friday 19th June at 11.00 am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209



Camden Lock / Photo by Peter Harris

Our April trip took us to the *Ramses and Pharaohs of Gold exhibition*, showcasing many artefacts, including gold masks, jewelry, animal mummies and coffins. Ramses II ruled Egypt for 66 years, the second longest in Egyptian history and he is thought to be Egypt's most successful warrior pharaoh. His reign saw extensive

building of monuments and temples, such as the temple at Abu Simbel.

Our May trip took us to Little Venice, where we boarded a River Waterbus canal cruiser for a trip on the Regents Canal to Camden Lock. It was a lovely sunny day and we enjoyed the serenity of a calm cruise along the canal, passing London Zoo and many well maintained gardens, multi million pound properties and houseboats along the way, seeing some birdlife too.

We opted for the cruise without the commentary because we had the whole cruiser for our group, served with drinks along the way. Upon arrival at Camden Lock, we disembarked and enjoyed the cosmopolitan air of the market, with its varied eateries and many stalls selling a myriad of wares. It was a thoroughly enjoyable day, with not a drop of rain in sight.

Next trips:

Tuesday 16th June – The Wallace Collection – trip to the national museum housing paintings, sculpture, furniture, arms and armour, and porcelain. Tickets now booked for entry time of **11.15am**. Travel details will be available nearer the date.

Wednesday 15th July – Crews Hill G.C. meal – this was the most popular date from those available, so it has now been booked. We will start taking money and menu options at the next planning meeting.

Friday 4th December – We have spaces for the Christmas Wonderland show at Brick Lane Music Hall on Friday 4th December. This is billed as a “family and friends” show and includes a three-course lunch. Cost of the show is £62.50. Coach fare is £17.50 total £80. Please come and see us at our table today, or call Judith Peel on 07763 775440.

Our next planning meeting is on **Wednesday 3rd June at 11.00am**, St. Clements Church Hall, Turnford.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 10th June 2026** from **11.00am** at St. Clements Church Hall.

In April, with our guide Richard, we embarked on a walking tour, taking in locations from the Sherlock Holmes stories written by Sir Arthur Conan Doyle. Starting at Embankment underground station, we headed along the Strand and down gas-lit alleyways around Covent Garden.

We passed the original offices of the Strand magazine, where many of the stories were published and ended at Charing Cross station, where another of the great cases got underway.

Future events:

Saturday 6th June – Train Daysave excursion from London to Chichester and Littlehampton.

Monday 6th July – Tower Bridge Exhibition followed by Afternoon Tea at The Dixon.

Thursday 6th August – Boat trip from Westminster to Hampton Court (single, roughly 3.5 hours) – return by train.

All Group 4 trips involve the additional cost of train travel into & out of London. Possible bus use, but no coach!

EXPLORING LONDON 5 John Durrant 07515 971162

St Bartholomew's Hospital is the oldest hospital in the UK still operating on its original site. Rahere, a 12th-century Anglo-Norman priest, is most famous for having founded St Bartholomew's Priory and the Hospital of St Bartholomew in 1123.

On a pilgrimage to Rome, he fell ill and had a reputed vision of St Bartholomew, who directed him to establish a religious hospital. The attached priory was closed during the Dissolution of the Monasteries in 1539, but public pressure compelled King Henry VIII to officially refound the hospital as a secular institution in 1546, just two weeks before his death.

By the 1700s, the hospital buildings were too small to cope with the needs of London's rising population. A major hospital rebuilding took place, with the North Wing the first block to be completed in 1734.

The walls of the Hogarth Stair feature two huge canvases by William Hogarth. The Hogarth Stair brings visitors to the Great Hall on the first floor of the Grade I-listed North Wing. The North Wing was solely an administrative building, with the Great Hall and staircase designed to impress and entertain wealthy City of London patrons and attract vital financial donations. The walls are filled with boards recording donations to Barts over the centuries.

At the centre of the South wall of the Great Hall is the stained glass of The Charter Window. It was installed in the Great Hall in 1743 and shows King Henry VIII handing the charter declaring the re-founding of the hospital.

We visited the small museum before our tour and a small group returned to Bart's after our tour to have some lunch in a local hostelry and to spend time in the small church of St Bartholomew the Less. We then visited the stunning modern atrium in the south wing. After an excellent day out, we returned to Cheshunt impressed and informed about the wonderful Hospital of St Bartholomew.

Future visits:

Thursday 4th June - Shuttleworth Collection

Wednesday 1st July - Folkestone

Our next planning meeting is on **Tuesday 9th June 2026** at **10.00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 07870 567684

Please note that our small and friendly family history group meets on the **third Monday** of every month, except for Bank Holidays. Our next meeting will be on **15th June** in the Tesco Community Room at Tesco, Brookfield Centre, from **2.00pm-4.00pm**. We look forward to seeing you at our next Group meeting and helping you with your research problems, large and small.

 **GARDENING GROUP** Carole Malcolm 07810 571606

Thursday 4th June 2026 - RHS Wisley. This trip is now full, although a reserve list is in place. Details of travel arrangements at the table today.

On the day we meet outside Papa John Pizza, College Road.

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

Warners **Monday 27th July 2026**: 5 days and 4 nights at Lakeside, Hayling Island. If anyone is interested, there are still two twin/double rooms available.

Balance of £440 now due, please make cheques payable to Cheshunt u3a.

Potters, Hopton on Sea, Norfolk. All-inclusive **Friday 11th September - Monday 14th September**, £429 per person. Deposit £50 payable now; cheques made payable to Cheshunt u3a.

Potters have a number of double rooms available on the above holiday (sorry currently no singles are available). I have investigated the possibility of minibus/coach hire for this holiday; however, it would increase the cost considerably. On this holiday, the most cost-effective way to travel would be by car/public transport. If still interested, please see me for details of deposit payments.

Warners Studley Castle, Warwickshire. **Monday 30th November - Friday 4th December**: 5 days - 4 nights cost £579 pp.

This holiday is in conjunction with the Hertford branch of the National Trust. We have now joined them on several holidays and have always had a splendid break. The cost includes 3 excursions. The cost of entry to *Christmas at Warwick Castle* with the Light Trail is included in the price of the holiday. If interested, please see me at my table for further details.

 **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. Tuition for an hour and a half at £7 including refreshments. Parking available.

The group is about learning to dance, making new friends and having fun. It's not too late for you to join the group, as we are all beginners. Please feel free to phone the leader (number above) if you want more information, or just turn up to a class.

 **MODEL-MAKING** Jack Snary 01992 638046

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

Wednesday 3rd June: That finishing touch.
Wednesday 1st July: Born on the 4th July?
Wednesday 5th August: A question of scale?

 **MORNING WALKS** Rob Scott 01992 445288

We had another excellent walk from Little Berkhamsted in May, with our coffee stop at the Stone Circle halfway around the route, where we were entertained by the chap who had it built about two years ago. It now looks authentic, but, of course, is only a "rich man's folly". He originally had the 8^{ft}-tall stones transported by road from Cornwall and is now looking to start a rewilding scheme on his land to encourage other native species, allowing the ecosystem to take care of itself and reduce intensive human management.

Our next walk will be on **Tuesday 2nd June**, from The White Horse, 234 Hertingfordbury Road, Hertford. SG14 2LB, starting at **10.00 am** - although the pub will be open at 9.30am, so we can pre-order our lunches. It will be about a 5.5-mile circular walk, taking in some lovely woodland areas of Panshanger Park.

Future Walks:

Tuesday 7th July - The Star, Standon.

Tuesday 4th August - I'm looking for a budding walk leader, as Jenny and I will be away on holiday (maps provided).

Tuesday 1st September - probably The Cross Keys, Gustard Wood, but to be confirmed.



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.

Venue – Currently seeking a new venue; however, if you are interested, please phone Peter.



MUSIC IN THE AFTERNOON Bernie Broomhead 07890 124852

Current dates are **Friday 5th and 19th of June 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

In April, we visited Waddesdon Manor near Aylesbury. The building of the house was commissioned by Baron Ferdinand de Rothschild towards the end of the nineteenth century in order to display his collection of art and to entertain his friends. It is built in the style of a French Renaissance-style Loire chateau.

After enjoying tea/coffee and biscuits or scones on arrival, we were taken on a guided tour of the major rooms in the house, where we were able to explore the fine porcelain, tapestries, rare manuscripts, arms and armour and the finest European decorative arts.

After the tour, we were free to tour further rooms, including the impressive Treasury with its fine jewellery, and a room displaying the history of the Rothschild family.

The day we visited turned out to be very good weather-wise and many members enjoyed lunch outside in the impressive gardens, in the courtyard or down in the stables café with its indoor and outdoor seating. The stables did however involve a steep wooded walk down, but with the option of a bus ride to avoid the upwards climb afterwards.

Upcoming trips:

Wednesday 24th June - Visit to Harrow School. Now Fully booked with a short reserve list.

Friday 21st August - Coach to Brighton. Cost £24: the coach will park at the seafront near the pier.

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

Our next meal will be on **Tuesday 9th June** at **1.00pm** at the Mai Thai, High Street, Cheshunt, menu choice on the day. Please note £5 deposit is required at the time of booking. Register your interest at my table.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928



River Lea at Ware / Photo by Stewart Walter, Photographic Group

We meet on the **second Wednesday** of every month and our next meeting will be on **Wednesday 10th June** when we are planning an outing for a photo shoot of urban infrastructure around the Google data centre in Cheshunt. **Meet at Cedars Park at 2.00pm**, more

details nearer the time. If you want to join our friendly group of amateur photographers, please visit our table at the main meeting.

 **PICKLEBALL** Stewart Walter 07881 703928

Pickleball is a fast-growing sport played on a badminton court with a low, tennis-type net and solid bats, similar to table tennis, and with a plastic tennis-size ball. It is an active sport requiring reasonable hand-eye coordination but suitable for older players. We currently run two sessions at Laura Trott Leisure Centre: **Mondays 4.00pm-6.00pm** and **Wednesdays from 5.00pm-7.00pm**. Unfortunately, both sessions are now fully subscribed, but I am starting a waiting list, so if anyone is interested, please contact me for more details.

 **PLAY THE HARMONICA** Steve Beach 07504 601942

This group of wannabee "Larry Adlers" were complete beginners when the group started back in September 2025, but in the short time from that first session, they have managed to master a lot of the basics of playing the harmonica. They have learnt to play several pieces of music by ear and are now moving on to more advanced techniques necessary to broaden their repertoire. Stevie Wonder beware!

We meet on **alternate Thursdays** at the Tesco Community Room, Brookfield Centre, for about an hour each session. However, due to the usual commitments of everyday life, some members have missed a few sessions and so we are considering some repeat lessons for anybody who feels they need to catch up.

Any **new** members who would like to join in these extra sessions would be welcome.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates are **Friday 5th and 19th June at 10.00am**. Based at St. Clement's Church, Cheshunt Wash, EN8 0LU, opposite Hillview Gardens.

 **SAILING** Nick Law 07973 111462

We sail **every Tuesday** at Broxbourne Sailing Club as part of the 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 **2.00pm–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 the **4th and 18th June**.

 **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: £4.60 per session, or £4.30 with a 'Friend of Spotlight'.

 **SHORT WALKS** Frank Sluter 07704 730421

Walks take place on the **fourth Friday at 10.00am**. The next walk on **26th June** will meet at Cheshunt Station to catch the **10.12am** train to Tottenham Hale to visit Walthamstow Wetlands.

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

The singing for fun group meets on a **Monday** at the Royal British Legion hall in Crossbrooke Street, Cheshunt. We meet from **2.00pm- 3.30pm**.

We stream songs from Apple Music and all lyrics are put up on a large screen. We sing all types of songs from the 60s, 70s, country music and music from the shows, but we will try any song you wish to hear.

We are not a choir; we just sing for fun. We are a very friendly group, so don't be shy - come along for a fun afternoon. Doesn't matter if you can't sing, just come along and listen to the music.

The fee is £3 and includes tea, coffee and biscuits.

 **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 *The Devil Wears Prada* which was a very slick and entertaining show with lots of lovely costumes. A thoroughly enjoyable show.

Teresa Joanne - 22nd July 2026 - £64

This trip is currently fully booked with a reserve list.

Faulty Towers Dining Experience - 11th October 2026 - £76

This trip is fully booked with a short reserve list.

Payment for this trip is now due at the May meeting.

New Show

I'm Every Woman - The Chaka Khan Musical - 3rd September 2026 - £70

This is the incredible story of her life and rise to fame; it features many of her hit songs.

Due to the cost of coach parking at Wembley, this is the best price we can offer for this show.

Hunters Meet - 16th December 2026 - £52

Booking for this outing will be open at the June meeting.

N.B. We will only be offering a set menu this year - the amount of work involved in offering three courses, with choices on each course, for the number of people is not viable for the work involved.

Please be aware of this before you book.

Once again - if paying in cash, please **put the right money in an envelope** with your name and the name of the show/outing on the envelope.

May we also remind you that refunds can only be made if we are able to resell tickets or places.

 **WALKING FOOTBALL** John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1.30pm-3.00pm**, the cost is £4.00 per head. The rules are simple and the aim is for the games to be both sociable and fun. The group is currently full, but if you are interested, please provide your contact

details at the monthly meeting and we will let you know if the situation changes.

 **WALKING NETBALL** Jacky Williams 07956 319073

Come and join Walking Netball **every Wednesday** at **2.00pm** (term-time only). We meet at the Laura Trott Leisure Centre.

Whether you've never played before or haven't picked up a netball in 50 years, everyone is welcome. No experience or skills needed - just come along for a fun, friendly hour, get moving and make some new friends. Stay for tea, coffee and a chat after the game.

It's a great way to stay active, have a laugh and become part of a welcoming community. Come and give it a try.

 **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:

| | |
|-----------------------------|------------------------------|
| 1st June | A local church. |
| 15th June | Fishing by the river. |
| 29th June | In full bloom. |

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

COMMUNITY NEWS

The groups listed below are independent and are 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 Tuesdays at 3.00pm**. 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!

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/>.

BEAUMONT CENTRE

Celia Varne 01992 633241

Mondays at 10.00am, Movement and Memory; **Tuesday 12.30pm-2.30pm** CHEX an informal social group including games and **Wednesday Bingo from 1.30pm** at Beaumont Centre, Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. Affordable lunches every day.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Bushby Hall, Wharf Road, Wormley, EN10 6HX. **Every Tuesday from 11.00am-11.45am**. The class is run by a fully qualified instructor; the cost is £4.00.

CHAIR YOGA AND DANCE

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

Please contact Jackie Turner either on **07900 666567** or by email at 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.

CHESHUNT LIBRARY

Board Games - **Thursdays, 2.00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

Coffee Morning - **Tuesday, 11.00am-1.00pm**. Free tea and 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 are 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 monthly on the **third Thursday**, except in 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, plus organise outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00.

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 £2.00 (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.

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.

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 are very welcome.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movements to tone your muscles, feel calm and be in harmony with nature. One hour class from **2.00-3.00pm**. We meet at the Scout Hut (behind the Beaumont Centre), Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free; £5.00 per class after that. Classes are held **every Wednesday**. Telephone 07595 041433

WHIT HERN BOWLS CLUB

07903 022054

Whit Hern Bowls Club is seeking new members. No experience is needed; it's fun, friendly and a great way to keep fit and make new friends.

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 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 accept hardback books and paperbacks need to be in a reasonable condition.



TRUSTY TRADER BOOK

The Book is kept on the Information Table for viewing 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 |