



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 25th June 2026

Today's speaker will be Bernard Lockett on *The Music and Satire of Gilbert & Sullivan*.

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Next month's meeting will be on **Thursday 23rd July 2026**, when the speaker will be Paul Lillie, on *The Story of The Beatles*. Paul produces a unique mix of Art and Music. He will be performing Beatles' songs on his guitar while painting a large-scale portrait of them.



Morning walkers gather in June.

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.

Ⓟ 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 **2.15pm** 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.

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

July's Programme Copy is required by
Close of Play on **Tuesday 14th July 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 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

Nothing is planned for July.

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

Following our successful first meeting on 11th June, our next meeting will be on **Thursday 9th July 2026**. Thank you to all who attended our June meeting to start this group's journey.

The subject of our monthly presentation for July 2026 is *telescopes*. Covering the different types of telescopes, to the latest digital ZWO Seestar and what you can see and do. Our very able speaker for the evening is extremely conversant with the Seestar 30. You will be able to have a look at her images, which can be obtained by this versatile small unit.

Other features: what is in the night sky for the coming month? Bring your curiosity on the subject with you. You don't need a

telescope to start with; 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 at our next meeting. The venue is the Herts Young Mariners Base, at the bottom of Windmill Lane, on the other side of Cheshunt railway station. Parking is free for the evening. Our session fee will be £5.00 per person to cover the cost of venue hire. Starting time for the **Thursday 9th July** meeting is **8.00pm finishing by 9.30pm.**

 **BACKGAMMON & SCRABBLE** Frank Sluter 07704 730421

Play Scrabble or Backgammon (tuition given) boards provided. We meet at the Tesco Community Room, Brookfield Centre, on the **third Thursday at 10.00am.** Next meeting: **16th July.** All 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

The French group is still going strong and is progressing well. They are becoming more confident in speaking to one another and are able to understand the meaning of the text in the book we are following. Listening skills are being introduced, but they are more difficult to grasp; however, this is generally true for all languages.

We will be stopping for the school holidays. However, some members may meet locally occasionally for coffee and a chat in French. We are pleased to say we will be able to give more to Lynne of Tesco for her charity fund at the end of term, collected from those who have tea and biscuits. We will start again in September when schools return.

 **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 **13th July at 10.00am** at Turnford Brook car park EN8 0XH.

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 are reading *Raising Hare* by Chloe Dalton. We are a friendly group and would welcome new members.

 **COACH TRIPS** Heather Douglas 07984 791184

The Xmas trip will be open for booking at this meeting. The date is **Wednesday, 2nd December**. There will be a three-course meal with Xmas entertainment at Mulberry House in High Ongar. The cost is £55. Payment is required by the July meeting. Further details are available at the table.

The Ilfracombe holiday was enjoyed by 48 members. The weather was exceptionally hot.

I have secured a holiday in Blackpool, with a trip to Windermere in the Lake District and the Settle to Carlisle Railway, for **May 2027**. This will be available for booking at the September meeting and a £50 deposit will be payable by the October meeting.

Payment for the July Cotswolds trip is due by this 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: **2nd and 16th July.**

 **CURRY CLUB** Mary Hanney 01992 426341

Nothing planned for July

 **CYCLE GROUP** Stewart Wagstaff 07594 475051



The Easy Group at Creswell Crags / Photo by Hazel Arthurs

This month saw 30 cyclists and 11 non-cyclists go to Warners Thoresby Hall Hotel for our annual holiday in the heart of Sherwood Forest and Clumber Park.

We managed to pick the wettest week in June in recent times! Travelling up on the 8th, we had our first rides in three groups on the Tuesday, going as far as Bolsover Castle, 50-plus miles away. Others stayed more local, but still covered 30-plus miles.

On Wednesday, one group rode to Lincoln, another rode 50-plus miles. Thursday, the heavens opened and much head

scratching took place! In the end, all the groups, some reduced in numbers, explored more of Sherwood Forest and Clumber Park, returning before lunch. A great time was had by all, socializing and enjoying the nightly entertainment. This is the fifth time we have been based at a Warners Hotel. Where will we go next year? Let's see!

 **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 May, we met our guide at Barbican Station and enjoyed a fascinating visit around the Barbican, one of London's most iconic landmarks. We learned about the vision of the three architects who designed it: Chamberlain, Powell and Bon.

The estate was developed between the 1960s and 1980s, and is recognised as one of the finest examples of Brutalist architecture in Europe. It combines residential living, arts, culture and public open spaces within an urban environment. It is Grade 2 listed.

From the city of London we then walked to Islington and visited the Peabody estate. George Peabody was an American philanthropist, whose vision helped transform housing for London's working people in the 19th century. The trust was founded in 1862, and Peabody's ambition was to provide decent, affordable homes at a time when living conditions for many Londoners were extremely poor.

We then walked through Whitecross street food market, which made us feel very hungry. Then we walked through the Quaker cemetery, where the founder, George Fox, is buried. We finished the walk outside John Wesley's Chapel and House. It was a very enjoyable walk, filled with lots of interesting information.

Future events:

27th June : Gangster Bus tour

20th July : Canal trip

24th August : Speakers' House

23rd September: Mayfield Bakery.

Next meeting will be on **3rd July 2026**.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

In May, we visited the exhibition at the King's Gallery, *Queen Elizabeth II - Her life in style*. The exhibition, held in the year in which the Queen would have turned 100 years old, is a celebration of her uniquely British style and her enduring fashion legacy. Highlights included her christening robe, bridesmaid's dress, wedding dress, Coronation dress and the ensemble worn for the wedding of Princess Margaret.

Our June outing was to Stephens House and Gardens, Finchley, as seen on the Antiques Road Show. It is a Victorian mansion built in 1859 by ink magnate and philanthropist Henry Charles Stephens ("Inky"). On his death in 1918, Stephens bequeathed the estate to the Urban District Council of Finchley. It's freehold is now owned by a registered charity.

The house has had many uses over the years. It was a military hospital for the RAF between 1919 and 1925 and a public library for many years, so inevitably it has been knocked about quite a bit, but is gradually being restored. We had a guided tour of the house and gardens, followed by a delicious lunch.

Our forthcoming trips are as follows:-

Thursday 16th July - Walking tour of the Tower Hill area

Wednesday 12th August - Tour of Buckingham Palace State Rooms.

We meet on the **third Friday of the month** at the Beaumont Centre. Our next meeting will be on **Friday, 17th July, at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

For our June outing, we visited the Wallace Collection in Manchester Square off Oxford St. It is a national museum housing masterpieces of decorative art, painting, sculpture, arms and armour. Spread over three floors, it holds artifacts from around the world, including a 17th-century ceremonial dagger with a gold hilt encrusted with over a thousand diamonds, rubies and emeralds. A 17th century 2 inch by 1 inch cruciform watch and case made from gilt brass and silver. In the extensive art collection, there are paintings by Titian, Rubens, Van Dyke and Canaletto. It also houses Frans Hals *The Laughing Cavalier*.

Next trips:

Wednesday 15th July – Crews Hill G.C. meal – payment and menu choices now required; please see us at the table today.

Tuesday 25th August – Queen Elizabeth II: Her Life in Style Exhibition – £20 payments will be taken at the table today.

Friday 4th December – Brick Lane Music Hall - we have tickets available for the Christmas Wonderland show at Brick Lane Music Hall. This family and friends show includes a three-course lunch. Cost of the show is £62.50, coach fare £17.50, total £80.

Numbers and payment for this trip are required by the venue at the beginning of August. Please see us at our table today to secure your ticket.

Our next planning meeting is on **Wednesday 1st July at 11.00am, St Clements Church Hall, Turnford.**

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 8th June 2026** from **11:00am** at St. Clements Church Hall.

In May, the group visited the King's Gallery at Buckingham Palace to see an exhibition of Queen Elizabeth II's clothes, jewellery, hats, shoes and accessories. The exhibition is called *Her Life in Style* and it marks the centenary of the late Queen's birth in 1926. Because of the popularity of the exhibition, it has now been extended until April 2027.

Highlights include her christening robe, bridesmaid's dress, wedding dress, Coronation dress and the ensemble worn for the wedding of Princess Margaret.

Future events:

Monday 6th July – Tower Bridge Exhibition, followed by Afternoon Tea at The Dixon. Please note several members still need to pay for this trip.

Thursday 6th August – Boat trip from Westminster to Hampton Court (single, roughly 3.5 hours) – return by train. Please ensure all bookings are now paid, as boat tickets need to be secured before it is too late.

Saturday 19th September – Lyceum Theatre tour. It's history and current long-running production, 'The Lion King'
All Group 4 trips involve the additional cost of train travel into and out of London. Possible bus use but no coach!



The Beautiful DH-88 Comet Racer / Photo by Ray Lucas

The Shuttleworth Collection is a working aviation, automotive and agricultural collection located at Old Warden Aerodrome in Bedfordshire. The collection was founded in 1928 by aviator Richard Ormonde Shuttleworth. His father died when Richard was 4, and he inherited the estate at the young age of 23. Whilest flying a Fairey Battle at night on 2nd August 1940, Shuttleworth fatally crashed. His mother, in 1944, formed the Richard Ormonde Shuttleworth Remembrance Trust "for the teaching of the science and practice of aviation and of afforestation and agriculture." There is a thriving Agricultural College on the same site.

Restoration and maintenance work are carried out by a staff of 12 full-time and many volunteer engineers. The Shuttleworth Collection places an emphasis on restoring as many aircraft as possible to flying condition, in line with the founder's original intention.

Some of the most notable aircraft in the collection are the five Edwardian aeroplanes. The oldest, with British civil registration G-AANG, is the Bleriot XI (still with original engine), which dates back to 1909; six years after the Wright brothers' aircraft and the world's oldest airworthy aeroplane. We admired the 'Grosvenor House' Comet, which was the winner of the 1934 England-Australia Race: a Spitfire, a Hurricane and the Tiger Moth flown by Richard before his untimely death. There are 6 large hangars bursting with vintage cars, motorcycles, bicycles (yes, there was a penny-farthing), buses, as well as many, many aircraft. Everything had been lovingly restored

and polished to perfection. Our lovely guide Bob patiently showed us the highlights in each of the hangars and in the engineering workshop.

We enjoyed a tasty lunch in the cafe before exploring the beautiful Swiss Garden. The rain held off for most of the group, but we found ourselves sheltering in the newly restored summer house during one sharp shower. A restorative cuppa or ice cream in the cafe rounded off a thoroughly enjoyable outing.

Future visits:

Wednesday 1st July - Folkestone

Monday 17th August - Amazon

Our next planning meeting is on **Tuesday 14th July 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 **20th July** 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

On Thursday the 4th of June, we took a coach trip to Wisley Gardens. Our gardening group is an affiliated member of the RHS which gives us the opportunity to take up to 50 people free of charge to Wisley Gardens or Hyde Hall once a year. The weather was warm and sunny, with the occasional shower, which was a nice change from the damp miserable weather we have had.

There are extensive gardens, all with a different theme. The glasshouse was filled with tropical plants, succulents and exotic plants from across the world.

Many people bought plants and were very pleased with their purchases. Not only were they pleased but their feedback was very positive.

Our next meeting will be at **10.30am on the 10th of July** in the community room at Tesco Brookfield Centre, Cheshunt.

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

Warners Lakeside, Hayling Island. Itinerary and luggage labels now available. Please see me to collect.

Potters Hopton on Sea. **Friday, 11th September.** Balance due at the July meeting, please contact me prior to the meeting to confirm the amount due.

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 1st July: Born on the 4th July?

Wednesday 5th August: A question of scale?

 **MORNING WALKS** Rob Scott 01992 445288

Our walk in June started off in somewhat inclement weather, causing us to carefully negotiate a flooded road beneath the Cole Geen Way bridge, but we all escaped without any wet feet. We continued along some rather pleasant footpaths towards Roxford, before turning through Grotto Wood to East End Green and stopping on the Cole Green Way for our tea/coffee stop (not quite as picturesque as the Standing Stone Circle, but certainly older).

Then on to Letty Green, passing 'Kit's Stockings' to turn on to the Old Coach Road and into Panshanger Park. What a beautiful open parkland this is, with lots of waterfowl and dragonflies and it is definitely worth a re-visit.

Our next walk of 5.5 miles will be on **Tuesday 7th July**, starting at **10.00am** from “a good old favourite” - The Star at Standon, 62 High Street, Standon. SG11 1LB. The pub will be open from 9.30am for us to pre-order our lunches.

Future walks:

Tuesday 4th August: Led by Mel and Angela from the Chequers Inn, Wareside.

Tuesday 1st September: from the Horseshoes, Horseshoe Hill, Upshire.

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

Please see the “Solo Social Network” entry on page 17.

 **MUSICIANS UNITED** Peter Harris 07941 551102

We meet **weekly** on **Mondays at 10.00am**. To date, we have 7 members: saxophonists, clarinetists, 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 3rd and 17th July 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

A review of our trip to Harrow School will appear in the July newsletter.

Upcoming trips:

Friday 21st August: Coach to Brighton

Cost £24 the coach will park at the seafront near the pier. A number of members still need to pay for this trip.

I hope to have details of an October coach trip soon.

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

Our next meal will be at Reyna Restaurant, Windmill Lane, Cheshunt, on **Tuesday 7th July**. Time **1.00pm**, with two courses at £14.00. Please see me for the menu choice. £5 deposit is required at the time of booking.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

We meet on **the second Wednesday** of every month and our next meeting will be on **Wednesday 8th July**. Due to inclement weather, we had to cancel our photo shoot last month, so we will try again in July to meet for a photo shoot of urban infrastructure around the Google Datacentre in Cheshunt. Meet at Cedars Park car park at **2.00pm**. 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 wannabe "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 17th and 31st July 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 2.00 – 4.00 pm**. Bring along your sewing, knitting, cross-stitching or crochet. Want to learn a new craft, or have a problem with your own work? Come along and someone will be willing to help. Tea and coffee are provided. Our next meetings will be on the **2nd and 16th July**.



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. The **July Walk** on the **24th** will meet in the Cheshunt Park Golf Club car park.



SINGING FOR FUN

Janet 07709 980019

Barry 07840 965423

We meet every **Monday at 2.00pm until 3.30 pm** at the Royal British Legion hall in Crossbrook Street in Cheshunt.

We stream songs from Apple Music and all lyrics are on a large screen. We sing songs from the 1960s, 1970s, country music, and songs from the shows; in fact, we will try to sing any song you want.

We are a very friendly, fun group, so even if you can't sing, just come along and listen to the music. The fee is £3 per session, which

includes tea or coffee and biscuits. At the end of the year, we take the group out for a Christmas lunch.

So don't sit at home come out and make some new friends. Singing is fun and makes you feel a lot better.

SOLO SOCIAL NETWORK Lesley Casson 07749 868305

This group is open to any members on their own, whether single, widowed or divorced. We use WhatsApp to make all arrangements, so it is essential you are comfortable using this app. All members are able to make suggestions for a social activity on any day of the week including weekends. We enjoy a regular walk and coffee, as well as Sunday lunches in local pubs and restaurants. We also attend the u3a quiz with a small team. The more people get involved, the more opportunities there will be to engage with others in the same situation. See me at my table at the main meeting or send me a message on WhatsApp to be added to the group.

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

Theresa Joanne - 22nd July 2026 - £64

This trip is currently full, with a substantial reserve list.

N.B.

Please be aware the coach pick-up time is **10.30am** for this trip outside Papa Johns at the Old Pond.

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

There are still a few seats available for this excellent show. Payment is required at the June Meeting.

Faulty Towers Dining Experience £76 -11th October 2026

This outing is fully booked, with a short reserve list.

Hunters Meet 16th December 2026 - £52

We will be taking names and payment at the June Meeting. This year, we will only be offering a set three-course meal with tea/coffee. This trip is excellent value, as the price also includes the coach driver's and waiting staff tips. Menus will not be available until September.

New for 2027

Sinatra - The Musical, Aldwych Theatre, £65. 20th January 2027

Good way to start the New Year and chase away those winter blues. We will be taking names and payment at the August Meeting.

N.B.

Due to the closure of Lloyds Bank in Hoddesdon- it makes it difficult for us to deal with large amounts of cash. So, where possible, can payments be made by cheque or BACS please?

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:

29th June In full bloom.
13th July A rainy day
27th July A stately pile

Please note there are no meetings during August.

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**, costs £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 a 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. For more information, please email stephenaparker@hotmail.com.



Morning Walkers are a hardy lot!

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
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ASS PROG PROD	STEWART WAGSTAFF	07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE CO-ORDINATOR	VANESSA LUCAS	01992 621258
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COMMITTEE MEMBER	BRIAN PEEL	07789 770355
COMMITTEE MEMBER	MARGARET PARTRIDGE	
PROGRAMME PROD	RAY LUCAS	07952 465528