



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd July 2026

Today's 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.

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Next month's meeting will be on **Thursday 27th August 2026**, when the speaker will be a Mercy Ships representative, David Hatch *About the Mercy Ships*.



Cheshunt u3a Founding Members / Photo by Bernie Broomhead

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.

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.

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.

GROUP LEADERS

PROGRAMME ENTRIES

August's Programme Copy is required by
Close of Play on **Tuesday 18th August 2026**.

Please email entries to:

cheshuntu3aprogram@hotmail.com



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 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.

“Oh What a Night”

Our Cheshunt u3a Summer Dance to celebrate our 15th year anniversary was immense fun, with the dance floor filled right from the very first song, performed by Tony Tutton and his band, Simply 60s.

Past to present chairmen were ‘cutting a rug’ on the dance floor, as well as original Cheshunt u3a members to new members; all appreciating the 60s music.

With calls to make the dance an annual event: Let’s Do It, Let’s Dance!

Special thanks to our chairman, Stewart Walter, for organising the event. Bernie Broomhead (photography group), our official photographer for the evening. Brian Peel for taking the u3a online AI skills course and producing the marketing material and Ray Lucas for holding the copy for the monthly programme to receive the photos and this update. Thankyou



And the band played on....

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.

* * *

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 planned for August.

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. Being a very popular group, we are unable to accept any new members at this time.

ASTRONOMY

Denis O'Shea 07528 278173

Following our second successful first meeting on 9th July, our next meeting is **Thursday 10th September 2026**. We will not have a meeting in August 2026. Thank you to all who attended our July meeting.

Our monthly presentation for **10th September 2026** subject is the Moon.

Other features include 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 **Thursday 10th September** meeting is **8.00pm** finishing by **9.30pm**.

 BACKGAMMON & SCRABBLE Frank Sluter 07704 730421

Play Scrabble and Backgammon (tuition given). Boards provided. We meet at Tesco Community Room, Brookfield, on the **third Thursday** at **10.00am**. All welcome. Next meeting **20th August**.

 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 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.

Please note the group is now closed for the summer and will re-commence on Monday 7th September.

 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?

 BIRDPWATCHING GROUP Brian Fitzjohn 07709 455991

The Birdwatching group meets on the **second Monday** of the month, so the next meeting will be on **10th August** at Rye Meads at **10.00am**. 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 once a month on a **Wednesday at 1.30pm** in the cafe at the Laura Trott Sports Centre. We are all choosing our favourite children's book and talking about why we like it and how it has influenced us. Please come and join us. We are a friendly group and would welcome new members. For more information, please contact Fiona Hill on 07870 383625.

 COACH TRIPS Heather Douglas 07984 791184

We enjoyed a trip to the Cotswolds on 6th July. The air conditioning on the coach was a welcome relief from the sun.

The £55 payment for the Xmas Trip on **Wednesday 2nd December** must be paid by this meeting, as the venue has to be paid for in advance.

A trip to Whitstable on **Thursday 3rd September** will be available for booking at 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 August.

 **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

Our recent u3a outing on the Gangster Bus Tour of London was an entertaining and informative day enjoyed by everyone. Travelling through London's East End and other famous locations, we were taken back in time to the city's criminal underworld.

One of the highlights was learning more about the Kray twins and their influence on London's East End during the 1950s and 1960s. The guide brought the history to life with interesting facts, colourful anecdotes and a good sense of humour, making the tour both educational and enjoyable.

As we travelled around the city, we saw many of the places connected with London's gangland history, alongside some of the capital's well-known landmarks. It was amazing to discover how much history lies behind streets we might otherwise have passed without a second thought.

The tour was well organised; there was also a bar on board. The commentary was engaging throughout and there were plenty of laughs along the way. It was a great opportunity to spend time

together, learn something new and see London from a different perspective.



u3a gangsters and their “mindes”.

Future events:

July: Canal trip from Ware

August: Speakers' House

September: Mayfield Bakery

October: afternoon tea (to be arranged)

November: Christmas lunch.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Nothing to report at the time of going to press, as our July outing has not taken place yet.

Our forthcoming trips are as follows:-

Monday 17th August - River Town Talk & Walk around Hertford

Saturday 12th September - Lyceum Theatre guided tour

May I remind members of the group that payment is now due for the above trips, as our main meeting was cancelled last month.

We meet on the **third Friday** of the month at the Beaumont Centre. Our next meeting will be on **Friday 21st August at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

For our July outing, we enjoyed a summer meal at Crews Hill Golf Course.

Next trips:

Tuesday 25th August – Queen Elizabeth II: Her Life in Style Exhibition – this trip is now fully booked.

Monday 21st September – Guided tour of St. Stephens House, Finchley – cost £28 including a two-course buffet lunch – register your interest 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. The 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 5th August at 11.00am** at St. Clements Church Hall, Turnford.

 **EXPLORING LONDON 4** Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 12th August 2026** from **11:00am** at St. Clements Church Hall.

In June, we used our Daysave train tickets to embark on another expedition on Southern trains. The journey down to Chichester was perfect and everyone agreed there was impressive scenery along the way, particularly through the Arun Valley. It was jelly babies all round and the other train passengers were entertained as usual by the travelling seniors.

We arrived at Chichester on time. That was when the rain started and it continued all the time we were in Chichester. The city was very busy; there seemed to be some sort of festival going on with Morris Men and Ladies everywhere. Consequently, Wetherspoons was heaving, as were most other eating establishments. There was a flower festival in the cathedral and so they wanted £25 for visits inside!

It continued to rain when we boarded the Coastliner bus via Bognor to Littlehampton. When we arrived, the rain actually stopped, but we all agreed it was then too windy and unpleasant to visit the coast (amazing because, as I write this, we have endured a near continuous heatwave and not a sign of rain). We got off the bus at the train station and took the next train back to London.

Future events:

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

Saturday 19th September – Lyceum Theatre tour. It's history and current long-running production 'The Lion King'.

Monday 2nd & 16th November – Guided tour of Barts Hospital North Wing (each day groups limited to 15).

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

EXPLORING LONDON 5

John Durrant 07515 971162



EL-5 visiting that well-known London suburb - Folkstone.

On a perfect summer's day, a group of intrepid EL5 members took the train to Folkestone for a seaside adventure. A short walk to the centre of town followed by a brief orientation chat allowed members to explore in small groups.

Highlights included a stroll along the steep Old High Street lined with art studios, boutiques and cafes, a climb to the cliff top, a stroll along the Prom, fish and chips overlooking the harbour, a ramble along the Harbour Arm, a converted railway pier bursting with independent food stalls, pop-up bars and stunning Channel views.

We posed for photos and came across a huge screen showing Wimbledon live, where we sat in the shade, enjoying ice cream and a touch of tennis. All too soon it was time to return to Cheshunt, carrying sticks of rock and many fond memories of a great day beside the sea.

FAMILY HISTORY

Rena King 07870 567684

Please note 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 **17th August** 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 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 **14th August** 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. Payment now due; please make cheques payable to Cheshunt u3a.

Potters Hopton on Sea. **Friday 11th September**. Payment now due; please make cheques payable to Cheshunt u3a.

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-12.00noon every Tuesday** 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 5th August: A question of scale?
Wednesday 2nd September: Cardboard Engineering.
Wednesday 7th October: What's a Diarama?

 MORNING WALKS Rob Scott 01992 445288

We had 26 members out for the walk from the Star in Standon this month and managed to stay in the shade, by and large, making it not too unpleasant. One plus side to all this excessive heat was that there was no mud to complain about.

The next walk, led by Mel and Angela, will be on **Tuesday 4th August** from the Chequers Inn, B1004, Wareside, Ware. SG12 7QY, **starting at 10.00am**, although the pub will be open from 9.30am so members can order their lunches beforehand. It will be a 5-mile circular walk with a 'sting in the tail'. Mel's contact for any problems getting to the start: 07562 268558.

Future Walks:

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

Tuesday 6th October from the Brown Bear, Braughing. Again I will need another walk leader (or two) as Jenny and I will be on holiday again.

 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, 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 31st July, 14th and 28th August 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

We visited Harrow School in June when the temperature reached the mid-thirties! Fortunately, the journey there was by coach and the air conditioning was turned up high, so it was very pleasant. The coach driver commented on the fact the streets we passed through were remarkably quiet compared to normal, presumably because of the temperature outside.

When we arrived, we waited for our guides in the Speech Room Underpass, which kept us relatively cool. Because we were a large coach group, we split into two groups so that some toured first and took afternoon tea afterwards and vice versa for the second group.

The tour was modified slightly because of the heat, so we were inside most of the time. Group 1 started in the historic Fourth Form Room with our guide Sharon. This original classroom took us back to the early days of the school, which was founded in 1572 under a royal charter from Queen Elizabeth I. We learned the school was originally set up for the poor boys of the parish and only became fee-paying later on. The old classroom was used in the first Harry Potter film, 'The Philosopher's Stone'. Indeed, the school has been used as a location for many well-known films.

After some time in the classroom, it was becoming a bit stuffy, so we appreciated the opportunity to move next door to the very cool War Memorial Building and then to the impressive Speech Room. Finally, we crossed the road and visited the Chapel.

By this time our group were very hungry and thirsty, so we really appreciated the afternoon tea of various sandwiches, cakes and scones with tea and coffee laid on in the air-conditioned conference room back across the road.

Future 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.

Wednesday 21st October - **coach** to Deal's sandy seafront, followed by a lunchtime visit to Warmer Castle and the gardens. Cost £40 for coach & Warmer entrance. English Heritage members: £28 only.

 OUT TO LUNCH GROUP Mary Hanney 01992 426341

Our next meal will be on **Tuesday 4th August** at Mai Thai, High Street, Cheshunt. The time will be **1.00pm**. Please see me to register your interest.

 PHOTOGRAPHY GROUP Stewart Walter 07881 703928

We meet on the **second Wednesday** of every month and our next meeting will be on **Wednesday 12th August**. Due to high temperatures, we again had to cancel our photo shoot last month.

The suggestion is that members take photos individually of local interest in and around Cheshunt to be shown at our next meeting. This will be in the comfort of the Tesco community room from **2.00pm-4.00pm**. 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.

Our session on Wednesdays is currently full, but we have a session with two courts at the Laura Trott Leisure Centre from **4.00pm to 6.00pm on Mondays**, which is open to new players. So if you are 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 07504 601942

The group meets at the Tesco Community Room, Brookfield Centre, every two weeks on a **Thursday at 4.00pm** with the next session on **30th July**. New members, regardless of ability, are very welcome, so for more information please contact Steve on 07504601942.

 RUMMIKUB Jenny Christian 07788 676170

Current dates are **Friday 31st July, 14th and 28th August 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 you're 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 **6th & 20th August**.



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 **24th July** will meet at the Cheshunt Park Golf Centre car park at **10.00am**.



SINGING FOR FUN

Janet 07709 980019

Barry 07840 965423

Barry has been with the Singing for Fun group for approx. 15 years and we have seen many changes since we started. With a teacher from London, when Yvonne Tebbit and her friend Terry were running it. Then Yvonne decided to give it up and James Reid took it over with the help of Pat Pride. But the singers wanted music, so when Janet took it over, I bought a PA system and downloaded music which everybody loved. But there was a lot of printing to do so I bought two printers and we had hundreds of songs to sing.

Now we meet at the Royal British Legion hall in Crossbrooke Street, where there is a projector and a large screen. So now we send all the lyrics to the screen and have cut out printing.

We can try to sing any song you want from the 60s, 70s, Country and music from the shows.

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

Meeting on a Monday from **2.00pm-3.30pm**. We have decided to close down in **August** and restart on **Monday 7th September**.

Recently our numbers have been getting smaller. When we first started with music, the numbers reached 55, but it's now getting smaller. One week only, 12 came to the meeting, which doesn't cover the hall cost. So I am wondering if it's time for someone else to take over with fresh ideas. I will stay with the group until the end of the year.



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 that 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 Yeardye 07939 149997

I'm Every Woman - Chaka Khan Musical £70 - 3rd September 2026. There are still a few seats available for this excellent show. Payment is required at the July 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 July 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.

A 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: 27th July A stately pile.

Please note: there are no meetings in August.

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

Summer Dance



Wave your hands in the air!



A full dance-floor!

Photos by Bernie Broomhead

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.

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	
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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