



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 27th August 2026

Today's speaker will be a Mercy Ships representative, David Hatch, *About the Mercy Ships*. Two huge ships carrying medical equipment and personnel to disasters and emergencies around the globe.

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Next month's meeting will be on Thursday 24th September 2026, when the speaker will be Marion Pellet on *Antoine de St. Exupéry*. Antoine was a French pioneer aviator, author, philosopher, enigmatic war hero and unfaithful lover.

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The Morning Walkers Roughing it. Photo by Steve Gollop.

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.

NOTICE

OUR DECEMBER u3a MEETING

THURSDAY 10th DECEMBER 2026

Our December monthly Meeting will be held on the **second Thursday** of the month this year on **Thursday 10th December 2026** at **1.30pm** in the Laura Trott leisure Centre. **Free Raffle and refreshments.** Entertainment included.

GROUP LEADERS

PROGRAMME ENTRIES

September's Programme Copy is required by
Close of Play on **Tuesday 15th September 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.

Trip to Newmarket

On Saturday 8th August 38 of our members went on our second annual trip to Newmarket races following last year's successful outing. The weather was fine and sunny but mercifully not too hot. Leaving Cheshunt at 10.30 we arrived in good time for most people to enjoy a picnic lunch before entering the racecourse itself. In addition to the racing the day had circus themed-entertainment with acrobats, stilt walkers, a band and an "elephant".

The racing started at 1.55 and with 7 races was pretty intensive until the final race at 5.25. On the coach journey from Cheshunt Malcolm gave everyone a brief rundown on the various ways to place bets and also suggested we look out for a young Irish jockey called Billy Loughnane who was in great form having had 7 winners at Newmarket meetings over the previous two days. Unfortunately, young Billy must have been worn out and managed only one winner on the day – we'll be in need of a new tipster next year!

Overall, everyone enjoyed the day out and the occasion and despite a few winners spread round the group nobody won enough to come back in a chauffeur-driven Rolls rather than on the coach, but then again everybody also still had their shirt!



So, what's the odds?

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

Our next quiz is on **Tuesday 1st September** at Halsey Masonic Hall, Old Pond, Cheshunt. Time 2.00pm. Cost will be £1.50. Tea or coffee will be £1.50, paid 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. Being a very popular group, we are unable to accept any new members at this time.

🎨 **ART 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:

7th September
27th September

A sporting event
Sun, sand and sea.

 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 backgammon or Scrabble. Backgammon tuition given. Boards provided. We meet at Tesco Community Room Brookfield on the **third Thursday at 10:00am**. Next meeting **17th September**.

 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 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 the 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 **14th September**, when we will visit Two Tree Island near Leigh-on-sea. It will be an all-day excursion, so please bring lunch with you.

We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides, and on a gentle stroll, watching birds as we go. 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 Café at the Laura Trott Leisure Centre. This month's meeting will be on **Wednesday 2nd September** and we will be discussing *Carrie's War* by Nina Bawden. 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

The payment for Whitstable and the Xmas Trip is due by this meeting. I have been able to secure more places and an extra coach so have more availability for the Xmas Trip. Full details at my table or call me.

2027 Blackpool Trip. I will be taking bookings at the **September** meeting. Please note the trip is from **Wednesday 5th May until Sunday 9th May**, slight change from previously published. Full details at my table.

 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 will be **3rd and 17th September and 1st and 15th October**.

 CURRY CLUB Mary Hanney 01992 426341

Our meal on **Wednesday 16th September** at the Raj Vogue, High Street, Cheshunt. Time will be **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

Last month's outing saw us taking to the water for a short reprieve from the extremely hot weather experienced this year.

We boarded a Lee and Stort Cruise Boat from the pontoon at Ware Town Quay, next to the historic Ware Priory, where we enjoyed a nice cool drink along with delicious fish and chips. The boat took us from Ware Town passing the unique Ware gazebos, originally called "Dutch Summerhouses" due to their architectural style which date back to the 18th and 19th century.

Originally there were 25 such structures but due to aging and neglect only about 10 remain, having been restored and saved by the Ware Society in conjunction with East Herts District Council. These beautiful structures are the largest surviving group of riverside gazebos in Britain, very picturesque, overhanging the rivers edge and gleaming white.

We cruised through the beautiful Lee Valley's Amwell Nature Reserve and the Hardmead Lock. All in all it was a very enjoyable and relaxing afternoon.

Future events:

23rd September: Visit to Mayfield Bakery

October: Afternoon tea at Deercote

November: Christmas lunch at the Bull

December: No event

January: Jane Austen experience

Next meeting at Halsey Hall Friday **4th September at 10.15am.**

 **EXPLORING LONDON 2** Rosemary Trundell 01992 621155

Following on from our visit to Trinity House in April this year, in July we had a guided tour of the Tower Hill area led by Kate. On a very hot day the walk started in Trinity Square Gardens, which is home to the memorials to Merchant Seamen who died in both world wars. We admired the magnificent former headquarters of the Port of London Authority which is now the Four Seasons Hotel. We also visited St Olave's Church where Samuel Pepys worshipped and All Hallows by the Tower which is the oldest church in the City of London.

By contrast, for our August outing we stayed local and enjoyed a talk and walk on the rivers of Hertford organised by Hertford Museum. We discovered how Hertford's four rivers influenced its growth and prosperity and how their role has now changed. The first hour was spent in the museum looking at old maps and photographs followed by a stroll alongside the river banks.

Our forthcoming trips are as follows:-

Saturday 12th September - Lyceum Theatre - guided tour.

Wednesday 14th October - Visit to the London Transport Museum.

We meet on the **third Friday** of the month at the Beaumont Centre. Our next meeting will be on **Friday 18th September at 11.00am**.

 **EXPLORING LONDON 3** Steve Gollop 01992 629209

Next trips:

Monday 21st September – Guided tour of Stephens House and Gardens, Finchley, a grade 2 listed Victorian mansion with landscaped gardens – cost £28 including two course buffet lunch – the list will be closed after today's meeting where payment is required.

Friday 4th December – Brick Lane Music Hall – the list is now closed and full payment is required. Travel arrangements will be announced closer to the date.

Our next planning meeting is on **Wednesday 2nd September at 11.00am**, St. Clements Church Hall, Turnford.

 **EXPLORING LONDON 4** Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 9th September 2026 from 11.00am** at St. Clements Church Hall.

In July we took the train to Liverpool Street and then the number 78 bus to the Tower Bridge bus stop. It was a short walk back to the entrance for the Tower Bridge Experience. On entering many members chose to head on up the North Tower staircase while other members took advantage of the lift alternative instead.

There are two high level walkways across the bridge offering stunning views of London and lots of interesting facts about the bridge and its history. Some brave souls took the opportunity to look through the glass floors and even walk across them rather than around them. The glass floors allow you to see the road below and the boats passing below the bridge.

After descending the South Tower, we visited the historic engine rooms which once powered the mighty Bridge Lifts for over 80 years. Again, there was lots of interesting displays about the days before automation together with short film interviews with some of the people involved.

After our bridge visit we needed some food and drink. It was a short 5-minute walk to the Dixon Tower Bridge Hotel for our Afternoon Tea. This Marriot hotel occupies a building which dates from 1906, when it served as the Tower Bridge Magistrates Court

and Police Station. We took our tea in the old courtroom surrounded by photographs of many of the individuals who had been brought before the Magistrates.

Future events:

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

Wednesday 30th September – The Timewalk Exhibition at Excel.

Monday 5th October – Trinity House (Tower Hill) tour.

Monday 2nd and 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 at the Amazon "Fulfilment Centre"

After a worrying delay on the M25 we arrived in good time to meet Sumara, our delightful tour guide, ably assisted by two colleagues. Refreshed by coffee and equipped with headphones and visitors' badges, we embarked on our tour of LTN4.

Amazon began in 1995 in a rented garage in Washington State where Jeff Bezos, having given up his city job, began selling books on line. The company grew rapidly, opening its platform to third party sellers and developing Amazon Prime. It launched in the UK in 1998 initially by acquiring local online booksellers and rapidly evolved into

the company we know today with 34 fulfilment centres and 75,000 employees.

Based on rapid processing and delivery of orders by the date and time promised to the customer, the centres have integrated advanced robotics, such as heavy lifting and AI-driven sorting systems, in its UK mega-sheds. Amazon introduced robotics in 2016 into its Dunstable and Doncaster fulfilment centres.

3,000 Kiva-system drive units (now Amazon Robotics) lift and move 20,000 towering stock pods, each weighing the equivalent of a grand piano, directly to human workers within 20 minutes of an order being placed. They automatically avoid other robots and take themselves to a charging station when their batteries run low. Depending on the level of demand they boost their power for 20 minutes or have a full charge of 8 hours. Sadly, they have to be flown to Boston in the US for repair.

We learnt how the pods were filled from incoming stock and how single and multiple piece orders were prepared by human hand for dispatch. The filling station offered AI help from advising which box or envelope should be used and which colour and length of tape should be applied.

Over 20km of conveyor belts transfer goods from incoming stock areas to packing and to SLAM desks. SLAM is the acronym for scan, label, apply and manifest. Labels are applied, and the package is weighed to ensure all the ordered items have been included. A shipping sorter then directs packages determined by location and promised delivery date. All controlled by computer.

After a fascinating tour we retired to a local hostelry before returning to Cheshunt via a rather more obliging M25.

Future visits:

Thursday 10th September - Kings Cross Walking Tour

Monday 19th October - Trinity House.

Our next planning meeting is on **Tuesday 8th September 2026 at 10.00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 07870 567684

Please note our small family history group meets **once a month** and welcomes beginners or experienced family history researchers. Our next group meeting will be **Monday 21st September from 2.00pm-4.00pm** at Tesco Community Room, Brookfield Centre, Cheshunt.

We look forward to seeing you at our next group meeting and helping you with your research. All you need to bring is pencil and paper and any useful old family documents.

 GARDENING GROUP Carole Malcolm 07810 571606

At our last meeting we talked about the hot weather we have been experiencing and the toll it has taken on our gardens. It appears we are going to expect more harsh conditions in the future.

We discussed using more drought resistant plants, which seems to be the road to follow.

Our next meeting is on **Friday 11th September** in the community room at Tesco Brookfield Centre, Cheshunt **at 10.30am**.

 HOLIDAY with Cheshunt u3a Mary Hanney 01992 426341

Our holiday to Warners Lakeside at the end of July, meant we were away during the really hot weather with everyone being very sensible, we had no casualties this year.

We changed things slightly whilst away and stayed on site at Warners on the hottest day, meeting up for silly games and a get together for drinks later in the afternoon. This gave us the chance to discuss where we could perhaps venture next year, several places being mentioned. More details over the coming months.

Potters Hopton on Sea **Friday 11th September**.

Please contact me with your current mobile number and emergency contact details before date of travel.

Warners Lakeside, Hayling Island. Itinerary and luggage labels now available. Please see me to collect. Payment is 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 £9.00 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 2nd September: Cardboard Engineering.

Wednesday 7th October: What's a Diarama?

Wednesday 4th November: It makes a big bang!

 MORNING WALKS Rob Scott 01992 445288

The next walk will be out of county again and will be on **Tuesday 1st September 2026, starting at 10.00am** from The Horseshoes, Horseshoe Hill, Upshire, Waltham Abbey, Essex. EN9 3SN.

It will be a 5-mile circular ramble on some new footpaths to us, passing Copped Hall and Boudicca's Obelisk near Warlies Park. Local tradition claims the obelisk marks the spot where she poisoned herself after her defeat by the Romans at nearby Ambresbury Banks.

The pub has agreed to open at **9.30am** so we can pre-order our lunches.

Future walk:

Tuesday 6th October - from the Brown Bear, Braughing. Jenny and I will be away again on this date, so will need another walk leader (or two) to kindly guide you around this lovely part of Hertfordshire (maps supplied of course).

 MUSICIANS UNITED Peter Harris 07941 551102

We meet weekly on **Mondays at 10.00am**. To date we have 7 members, Saxophonists, Keyboard, Bass guitar rhythm guitar and percussion. We play mainly Jazz. Please come along. The standard varies greatly.

Venue – Standon and Puckeridge Community Hall, Station Road, Puckeridge, SG11 1TF.

 MUSIC IN THE AFTERNOON Bernie Broomhead 07890 124852

Current dates are **Friday 28th August (11th September cancelled) resumes 25th September at 2.00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

New Venue - Tesco Community Room, Brookfield Centre, EN8 0TA.



OUTINGS BY COACH

Steve Sell 07572 078511

Forthcoming trip:

Wednesday 21st October: Coach to Deal's sandy seafront followed by lunchtime visit to Walmer Castle and gardens. Cost £40 for coach and Walmer entrance. English Heritage members £28 only.



OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Our next meal will be at Reyna, Windmill Lane, Cheshunt on **Tuesday 8th September, Time 1.00pm**. Please see me for menu choices. Please note £5 deposit needed at time of booking.



PHOTOGRAPHY GROUP

Stewart Walter 07881 703928

We meet on the **second Wednesday** of every month and it was great to see so many members at our August meeting. Our next meeting will be on **Wednesday 9th September at 2.00pm** at the Tesco Community room. Please bring photos on a memory stick for review and constructive criticism. 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 from 5.00pm-7.00pm** now has openings for experienced players at a cost of £4 per session. We also have a session with 2 courts at Laura Trott leisure centre from **4.00pm-6.00pm on Mondays** at a cost of £3 per session which is open to new players. So if interested please contact the group leader for details. 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 is continuing with our learning/playing sessions at the Tesco Community room at Brookfield Centre **every two weeks** on a **Thursday at 4.00pm**, with the next meeting on the **20th August**. New members, regardless of ability, are very welcome to join us. For more information please contact Steve on 07504 601942.



RUMMIKUB

Jenny Christian 07788 676170

Current dates are **Friday 11th and 25th September at 10.00am.** Based at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.



SAILING

Nick Law 07973 111462

We sail **every Tuesday** at Broxbourne Sailing Club as part of 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 small sewing, knitting and crocheting group who meet in the Tesco Community Room every fortnight. Come and join our friendly bunch for a chat and a cup of tea or try out a new skill. We are not experts but someone is always on hand to help. Meetings take place on the **first and third Thursday** of the month from **2.00pm-4.00pm**. Parking at the Brookfield Centre is free for 4 hours.

Dates for 2026

3rd and 17th September, 1st and 15th October, 5th and 19th November, 3rd December only.



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

The next Walk will meet at Rye House Gatehouse car park (opposite Go-Cart Stadium) on **Friday 28th August**. Anyone without transport, either myself or Heather will pick you up and return you to the pond. If you wish to be collected, please phone me on 07704 730421.

SINGING FOR FUN

Janet 07709 980019
Barry 07840 965423

Singing for fun group meets every **Monday at 2.00pm-3.30pm** at the Royal British Legion hall in Crossbrooke Street Cheshunt. We return after our August break on **7th September 2026**.

We are a friendly group and have 40 members. We sing all sorts of songs from the 60s, Country, and music from the shows, we will try to sing any song you want to and all lyrics are sent to a large screen.

Music is streamed from Apple Music and we sing along to the recordings, so we are not a choir we just have 90 minutes singing for fun. Anybody can sing, so come along and have some fun. The group is looking for a new leader with some new ideas.

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

Our last outing to the Teresa Joanne was enjoyable and the entertainer was one of the best we had seen, a thoroughly successful outing.

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

This show is now fully booked with a short reserve list.

Coach pick-up at **11.15am** outside Papa Johns.

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

This outing is fully booked with a substantial reserve list.

Hunters Meet - 16th December 2026 - £52

Our ever-popular Christmas meal and afternoon entertainment

There is currently 1 place still available.

Payment due at this month's meeting.

Sinatra - The Musical 20th January 2027 - £65

We are now taking names for this show.

Payment due by the October meeting.

The bank has returned a number of cheques - so please make sure all details are correctly written.

A reminder - once we have paid the theatre refunds can only be made if we are able to re-sell the tickets.

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 (ART) Jack Snary 01992 638046

Please note the Watercolour group has changed to the Art Group and is located at the beginning of the Groups listing on page 5.

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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	
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	07789 770355
COMMITTEE MEMBER	MARGARET PARTRIDGE	
PROGRAMME PROD	RAY LUCAS	07952 465528

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