



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 24th September 2026

Today's speaker will be Marion Pettet on *Antoine de St. Exupéry*. Antoine was a French pioneer aviator, author, philosopher, enigmatic war hero and unfaithful lover.

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Next month's meeting will be on Thursday 22nd October, when the speaker will be Lindsey Barrell on *Burlesque, Me and the WI*.

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Holiday with Cheshunt u3a / Photo by Panni Sorokos

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

October's Programme Copy is required by
Close of Play on **Tuesday 13th October 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.

Community Table at today's Meeting

Cuffley Day Centre - a community hub for health and independent living, providing support, social activities and hot meals for older and disabled adults.



There's a long, long trail a winding / Photo by Steve Gollop

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 27th October** at Halsey Masonic Hall, Old Pond, Cheshunt. Time **2.00pm**. Cost will be £1.50. Tea/Coffee £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

The 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: 5th October
 19th October

Past times.
A formal garden.

ASTRONOMY Denis O'Shea 07528 278173

Our astronomy monthly presentation subject, on **Thursday 8th October 2026**, will be '*The Sun, our nearest star*'.

Bring your curiosity about 'the night sky' 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 Tesco Community Room, in Tesco, Brookfield Centre. Starting time for **Thursday 8th October 2026**, the meeting is at **8.00pm** finishing around **9.30pm**. No charge for use of the room at this venue.

BACKGAMMON & SCRABBLE Frank Sluter 07704 730421

Do you fancy playing or learning this age-old game? No gambling is involved. It is a fast-paced game for two players combining strategy, skill and a bit of luck. New players welcome; boards provided. We meet at the Tesco Community Room on the **third Thursday at 10.00am**.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

This is a popular group, with limited resources, at Goffs Churchgate Academy. 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 are still going strong and whilst Barry and I were away for the summer our co-leader Doreen Hum took the helm and guided those that attended through the book that we are working from. Attendance was very good and they have moved forward at a great pace and the improvement and confidence is very encouraging. Also, the group have again managed to give Lynn from Tesco another £50 for her favourite charity, which was collected from the members paying £1 for their tea, coffee and biscuits. Since our beginning, the group has raised £200, for which she was very grateful.

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



Spoonbill / Photo by Steve Gollop

The Birdwatching group meets on the **second Monday** of the month, so the next meeting will be on **12th October**, when we will visit Lemsford Springs.

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 7th October** 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

Xmas Lunch at Mulberry House 2nd December. Outstanding payments must be paid at the meeting to secure your place.

Blackpool Holiday Wednesday 5th May 2027. Bookings will be taken in person at the meeting. The deposit is £50.



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 **1st and 15th October.**



CURRY CLUB

Mary Hanney 01992 426341

Our next meal will be on **Wednesday 14th October.** At Mai Thai, High Street Cheshunt. Time **7.00pm.** Please register your interest at my table.



CYCLE GROUP

Stewart Wagstaff 07594 475051

We have 59 members in the group, cycling every Wednesday and some Mondays. We have six sub-groups meeting at various locations. Most groups aim to stay off-road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. All rides end at Cheshunt YHA for coffee and a chat.

 EXERCISE GROUP KEEPING FIT Mary Hanney 01992 426341

Every Thursday at the Laura Trott Leisure Centre. Registration is at **9.30am**. The class will commence at 9.40am, costing £4.00. These sessions are run by fully qualified instructors, whose aim is to make sure we have an enjoyable time whilst trying to stay fit.

 EXPLORING LONDON 1 Sheila Barton 01992 636783
Pat Smith 01992 623448

For our August outing we visited The State Apartments in Speakers House, situated in the northwest corner of the Palace of Westminster, right by Big Ben. Overlooking the River Thames, it is truly the grandest residence in Westminster.

Speakers House is a rather grand four-storey (including the basement) perpendicular Gothic building and the official residence of the Speaker of the House of Commons. As well as an official working space for the Speaker, it is used to host both official and formal functions, including visiting world leaders, royalty and prime ministers. It is a truly magnificent building.

Future events

14th October - afternoon tea at Deercote.

30th November - Christmas lunch at the Bull, Broxbourne.

December - no visits planned.

January - Jane Austin experience (date to be advised)

Next meeting **2nd October at 10.15am** at Halsey Hall.

 EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our group booked a trip to the Lyceum theatre, the home of the long-running *The Lion King*, for a tour of the venue, which proved to be a resounding success. We learned about its 200-year theatrical history. Its connections to Sir Arthur Conan Doyle, Bram Stoker and Sir Henry Irving.

We entered via the stage door where we were shown around the theatre and heard more of the Lyceum's history.

Our forthcoming trips are as follows:-

Wednesday 14th October - Visit to the London Transport Museum

Tuesday 10th November - Agatha Christie Exhibition at the British Library.

We meet on the **third Friday** of the month at the Beaumont Centre. Our next meeting will be on **Friday 16th October at 11.00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our August trip saw us visit the King's Gallery for the exhibition entitled *Queen Elizabeth II: Her Life in Style*. The exhibition, including hats, shoes and accessories, showed design sketches and fabric samples and clothing worn from childhood to adulthood from her christening robe, highly decorated wedding dress and coronation gown to everyday wear.

Next trips:

Tuesday 20th October (provisional) - Trent Park House of Secrets.

Register interest at the table today.

November - Trinity House - date to be confirmed, more details at the table today.

Friday 4th December - Brick Lane Music Hall - this trip is now fully booked. Travel details in next month's programme.

Our next planning meeting is on **Wednesday 7th October** at **11.00am** at St. Clements Church Hall, Turnford.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 14th October 2026** from **11.00am** at St. Clements Church Hall.

In early August we were able to enjoy a relaxing boat trip all the way from Westminster pier upstream to Hampton Court. This trip had originally been planned for October last year but had to be postponed because of the closure of Teddington lock. While we could have travelled as far as Richmond previously the group agreed they wanted to do the complete journey. Teddington lock and weir mark the normal tidal limit of the River Thames. After the lock there is a notable change in the atmosphere on the river and it was at this stage that the sun came out and it became noticeably a lot warmer.

Although the boat journey took four hours this passed very quickly as there was lots to see and enjoy. An interesting, informative and amusing commentary was provided by the boatman along the way. It was surprising how many notable landmarks and historic houses were visible from the river. The boat had a bar/café on board and it was nice to be able to buy tea or coffee served in proper mugs.

Future events:

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)

Monday 14th December – **7.00pm** Christmas Dinner at Bulls Head.

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

Our visit could be summarised as 'From rural idyll to industrial heartland to rapid decline to massive redevelopment'.

With the completion of the Regents Canal in 1820, Kings Cross was linked to both the industrial cities in the north and the agricultural areas of eastern England. The coming of the railways in the mid-1800s transformed Kings Cross into an important hub for grain, coal, potatoes, fish and other commodities. A statue of King George IV was erected at the Battle Bridge crossroads in 1830. The statue attracted ridicule and was demolished in 1842, but the new name for the area - 'King's Cross' stuck.

Kings Cross station, opened to passengers in 1852, was the largest railway station at the time. The Italianate clock tower was the only station ornament which also fulfilled the important role of providing standardised time. A new western concourse opened in 2012, adding an area three times larger than the original concourse. A massive semi-circular glass and steel structure spanning the full 150m length of the Grade 1 listed original building, it displays the brickwork and masonry of the 1852 station. Kings Cross Square, a new plaza, was developed between the station facade and Euston Road.

Post WW II the area went into decline, with many derelict and disused buildings, railway sidings and warehouses. Extensive redevelopment plans were drawn up and planning permission granted for 50 new buildings, 20 new streets, 10 new major public spaces, the restoration of 20 historic buildings and up to 2,000 new homes. Work began in 2008, allowing the University of the Arts, London to move into the Granary Complex. Coal Drops Yard is now an upmarket shopping complex and the three Gas holders have become posh apartments. Victorian Warehouses have been sympathetically restored to form modern office space, the German Gymnasium is now a restaurant, Granary Square has over 1,000 spectacular choreographed fountains which are lit at night and bars and restaurants are in abundance.

After a fascinating tour led by lovely Paula we retired to various eateries before the return journey to Cheshunt.

Future visits:

Monday 19th October - Trinity House

Monday 23rd November - Stationers' Hall

Our next planning meeting will be on **Tuesday 13th October 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 on **Monday 19th October 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 watched a video from *Gardeners' World* about how to take softwood cuttings and which plants are suitable to take cuttings from in September, which we found interesting. Afterwards we talked about what we had seen and which plants in our gardens we could experiment with.

Our next meeting is on **Friday 9th October at 10.30am** in the Community Room at Tesco Brookfield Centre.

 HOLIDAY with Cheshunt u3a Mary Hanney 01992 426341

Our visit to Warners Studley Castle on **Monday 30th November** has been **cancelled** and **re-arranged** for:

Monday 15th March 2027 for 4 nights - 5 days half board at **£540** pp. Based on 40 people travelling, the cost will decrease if more people travel. The trip includes a visit to Warwick Castle. 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. If interested, please see me for more details.

Potters Weekend Break

We have just returned from a lovely weekend break at Hopton on Sea, where we enjoyed the opportunity to try new sporting activities: crazy golf, rifle shooting, bowls and pickleball. Two members did very well indeed: Val with her hole-in-one at crazy golf and Tracy winning a medal with the amazing score of 49 points at her first attempt at shooting. We met each evening for pre-dinner drinks, often with Bernie being surrounded by us ladies (his harem).

I will investigate the opportunity of a further break like this for 2027.

Holidays for 2027

I have asked for quotes from the end of June to the beginning of July 2027 for three Warner locations: Norton Grange, Bembridge and Holme Lacey and I will have more details next month.

 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 7th October: What's a Diorama?

Wednesday 4th November: It makes a big bang!

 MORNING WALKS Rob Scott 01992 445288



Morning walkers taking a break in Upshire

After a rather strenuous September walk around Upshire, our next walk will be on **Tuesday 6th October** starting at **10.00am** from the

Brown Bear, 14 The Street, Braughing, Ware. SG11 2QF. It will be a 5.5-mile circular walk along footpaths that we have walked before, with views over the valley of the rivers Rib and Quin.

The Brown Bear dates back to the early 1500s (Tudor period) and started life as an open timber-framed medieval hall house and is now a grade II listed building. They will open at 9.30am so we can pre-order our lunches.

Future Walk:

Tuesday 3rd November – Five Horseshoes, Little Berkhamsted.
Any problems getting to the start, please call me on 075944 27190.

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

Friday 25th September has been cancelled. Current dates are 9th October and 23rd October at 2.00pm. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

Venue is Tesco Community Room, Brookfield Centre, EN8 0TA.

OUTINGS BY COACH Steve Sell 07572 078511

The trip to Brighton in August went well. Apart from the usual congestion back through the Dartford Tunnel, the journey time in both directions was very reasonable. There was plenty of time in Brighton for some to enjoy a little shopping in the famous 'Lanes' and elsewhere. Others strolled along the seafront and the pier and found somewhere nice to eat and soak up the sea air.

The little historic Volks railway provided a pleasant opportunity to be transported one mile along the beachfront. The electric train operates every 15 minutes between Aquarium Station and Black Rock Station. Our very young coach driver was spotted parked up near the latter by many members. The train also passes the zip wire which one brave member owned up to using.

Forthcoming trips:

Wednesday 21st October

Visit to Down House and gardens – the home of Charles Darwin.

The visit to Deal and Walmer Castle on this date has been postponed due to short notice notification that the Castle interior will

be closed for urgent roof repair and renovation. The journey to Down House is booked for the same day and because the journey is shorter the revised cost is £35 for coach and Down House entry. English Heritage members £23.

This trip is close to being fully booked. However, a number of members have yet to notify whether they wish to transfer to the new venue. All remaining payments must be made at the meeting to guarantee a place on this trip.

Wednesday 9th December

Coach to the Royal Albert Hall for a late morning tour of the Hall at Christmas, a 2-course Italian style lunch in the Hall's Verdi restaurant. Late afternoon coach journey back via the London lights.

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

No meal planned for October.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

We meet on the **second Wednesday** of every month. Our next meeting will be on **Wednesday 14th October**, inspired by Mike's photos at last month's meeting, there will be a trip to Epping Forest to capture some autumn colour. This will be subject to the weather, but the plan is to meet at the car park at High Beech (beside the Kings Oak Pub and visitor centre) at **2.00pm**. More details nearer the day so we can perhaps arrange car shares.

It was great to see so many members at our August meeting. 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 and fitness, but suitable for older players. Games generally last around 10 minutes and players rotate between playing and resting. This is a social session and all equipment is provided.

Our session on **Wednesdays** from **5.00pm to 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 to 6.00pm** on **Mondays** at a cost of £3 per session, which is for new players but is currently full. If you are interested, please contact the group leader for details and to register on our waiting list.

 PLAY THE HARMONICA Steve Beach 07504 601942

The group continues to meet at the Tesco Community Centre room at Brookfield Centre every two weeks on a **Thursday at 4:00pm**, with the next meeting on the **24th September**. New members regardless of ability are very welcome to join us, so for more information please contact Steve on 07504601942.

 RUMMIKUB Jenny Christian 07788 676170

Current dates are **Friday 9th and 23rd October 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 monthly on the **first and third Thursday** from **2.00pm-4.00pm**. Parking at the Brookfield Centre is free for 4 hours. Next meetings on **3rd and 17th September**.

 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 Turnford Brook L.V. car park EN8 0XH at **10.30am on Friday 23rd October.**



SINGING FOR FUN

Janet 07709 980019

Barry 07840 965423

The singing for fun group meets on a **Monday** afternoon **2.00pm-3.30pm** at the Royal British Legion hall in Crossbrook Street. We sing all sorts of songs streamed from Apple Music and all lyrics are sent to a large screen. These include 60s and 70s numbers, country and music from the shows. In fact, we will try to sing anything you want.

The fee for the afternoon is £3 which also includes a cup of tea, coffee and biscuits.

Barry has been with the group for approximately 15 years and thinks the group needs a new leader with new ideas. Would anyone like to become the new leader?



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

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

This trip is full with a reserve list. Coach pick-up - Cheshunt Pond 11.00am outside Papa Johns. Please be on time.

Hunters Meet - 16th December 2026 - £52

This is our Christmas outing and is fully booked with a short reserve list.

There is a set Christmas menu - Soup, Christmas dinner, Christmas Pudding and Tea/Coffee followed by Afternoon Entertainment.

2027

Sinatra - The Musical - Aldwych Theatre Thursday 21st January £65

N.B. This is the correct date - not the **20th** as previously printed. This show is fully booked with a short reserve list.

New Show. Pride comes to London to the fabulous Bridge Theatre - 18th March 2027 - £66

Feel ready for an afternoon of laughter, music and an amazing true story. Straight from a sell-out at the National Theatre. More details at our table.

Payment by October Meeting.

Jersey Boys - 13th May 2027 - Cliffs Pavilion - Westcliff-on-Sea £58

Booking from November 2026.

Once again - please put cash payments in envelopes.

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.

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It's here somewhere / Photo by Steve Gollop

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), on the **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