CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 26th November 2026

Today's Speaker will be Gary Lewis on *Hitchcock, the Man, the Myth and the Legend*, an illustrated talk on the life of Alfred Hitchcock. Gary is a local historian and tour guide.

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Next month's meeting will be on **Thursday 10th December 2026** and will be our Christmas meeting with Tony Tutton. **This is strictly for current members only.** See page 3 for more details.



U3A nonchalance on Tower Bridge - ELG4

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. **Cash only, please**.

⚠ 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 2026 u3a MEETING DATE

Our Christmas meeting, with entertainment from **Tony Tutton**, together with complimentary refreshments, and a free Raffle, will be held at 1.30pm on **THURSDAY 10th DECEMBER 2026**

Admission is strictly for members only, on production of a current membership card. Members will receive one raffle ticket on entry.

PARKING PERMIT ARRANGEMENTS

Cheshunt u3a Laura Trott Parking Permits are valid on the day

No group tables, no visitors

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.

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

Thank you to all members that attended our October Quiz. Not quite a record number, but well done to the 69 members who attended. Our next quiz will be on **Tuesday 26th January 2027**. I will make this quiz a little different. Register your interest today at this meeting.

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:	7th December	The Christmas Tree
	14th December	Christmas Lunch.

NB. Meetings only one week apart.

ASTRONOMY — Denis O'Shea 07528 278173

Our astronomy monthly presentation for **Thursday 10th December 2026** subject is Mars, the Red planet. Previously scheduled for 12th November 2026, it was cancelled due to venue issues.

Bring your curiosity on the Night sky 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 Tesco Community Room at the Brookfield Centre.

Starting time for **Thursday 10th December 2026**, meeting is **8.00pm,** finishing around **9.30pm**. There is no charge for the use of the room at this venue.

Please note

Under NO circumstances should you look at the sun without proper purpose-made Solar Viewing Glasses or Sun scope.

BACKGAMMON & SCRABBLE — Frank Sluter 07704 730421

There will be no meeting in December.

BADMINTON/TABLE TENNIS — Stewart Wagstaff 07594 475051

The group meets at Goffs Churchgate Academy **every Monday** evening. We have three Table Tennis tables and two Badminton courts. We tend to play doubles all the time, with no fixed partners. We are a very sociable group and cater for all ranges of ability! We are particularly short of badminton players. If interested, please get in touch.

BASIC FRENCH — Jackie West 07857 693546 / Doreen Hum 07860 783383

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 who attended through the book we are working from.

Attendance was very good and they have moved forward at a great pace; their improvement and confidence is 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 .

Please contact us for the meeting venue, dates and times.

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 December**, when we will visit Amwell Nature Reserve, followed by lunch at the Jolly Fisherman Pub.

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 every four or five weeks on a **Wednesday at 1.30pm** in the café at the Laura Trott Sports Centre. We take it in turns to choose a book and, this month, we are reading *London Belongs to Me* by Norman Collins. We are a friendly group and would welcome new members. If you would like to join us, please call Fiona Hill.

COACH TRIPS — Heather Douglas 07984 791184

The coaches for the **Xmas lunch** at **Mulberry House** on **Wednesday 2nd December** will be leaving at **11.45am** from the Pond. **The bar at the Xmas lunch is card-only.** There are two coaches and you will be notified which coach you will be travelling on before the trip. We will arrive in time to purchase drinks and socialise before lunch is served at **1.30pm**. Your allocated table number will be given to you on the coach. We should be back at around 4.30pm.

The next trip will be in late March; date and destination to be confirmed. Merry Xmas and a Happy New Year to you all!

Blackpool Coach Holiday 5th - 9th May 2027.

Two day trips are included:

(1) Windermere with a boat trip on the lake.
(2) A trip on the Settle to Carlisle Railway.

There are a double and a twin room remaining. Please contact me if you are interested.

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.

CURRY CLUB — Mary Hanney 01992 426341

Nothing planned for December, will recommence in January, details in December programme.

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.

For our Christmas break we will finish class on **Thursday 17th December** and **recommence on Thursday 7th January 2027**.

EXPLORING LONDON 1 — Sheila Barton 07958 540072, Pat Smith 01992 623448

In October we enjoyed a lovely afternoon tea at Deercote. There was a selection of sandwiches, quiche and delicious cakes, accompanied by lots of tea and coffee and Prosecco. It was a very enjoyable afternoon, with a good number of members attending. Everyone had a lovely time, enjoying the food, and of course the opportunity to catch up and chat.

Future events:

30th November - Christmas meal at the Bull - **11.45am** for **12.00 noon**.
Nothing planned for December.
18th January 2027 - The Jane Austen Experience.
1st February - The Clink Museum.
14th March - Lifeboat station tour.
19th April - Trinity House (still waiting for confirmation).
Next meeting **Friday 8th January 2027** - **10.15am**, Halsey Hall.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155
Sandra Smith 07982 432033

Our October outing was a visit to the London Transport Museum in Covent Garden. We spent an enjoyable afternoon working our way down through the exhibits from the early days of horse-drawn omnibuses and the world's first underground steam railway to the more modern buses and tube trains.

In November we visited the Agatha Christie Exhibition at the British Library. It starts with her childhood in a large country house which often served as a backdrop for many of her novels. We then learn that she worked in a dispensary during the First World War where she gained her expertise with drugs and poisons. During the 1930s, after marrying her second husband, the archaeologist Max Mallowan, she spent many years in ancient Mesopotamia (now Iraq and Syria), which inspired some of her most famous works. We saw the Remington typewriter, which always travelled with her, allowing her to keep writing wherever she was.

Our forthcoming trips will be as follows:-
Thursday 17th December - Christmas lunch at the Bulls Head
Tuesday 12th January - Guided tour of the Freemasons Hall, London (to be confirmed)

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

EXPLORING LONDON 3

Steve Gollop 01992 629209

In October we visited Trent Park House Museum. The museum follows the story of Trent Park House from being part of King George III's estate through the Victorian era to a 1920s party venue for royalty and politicians. In 1939 the house held prisoners of war including German officers and generals living in comfort in the state rooms. Meanwhile secret listeners were monitoring their conversations in the basement and gathering intelligence which helped change the course of the war. The museum explores the

refurbished 1930s state rooms and the basement where the secret listeners were gathering their intelligence.

Next trips:

Friday 4th December – Brick Lane Music Hall – this trip is full, please meet the coach at **11.00am**. at the bus stop outside Papa John's Pizza at the Old Pond.

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

EXPLORING LONDON 4 — Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 16th December 2026 from 11.00am** at St. Clements Church Hall.

At the end of September, we visited the Timewalk Exhibition at the Excel Waterfront. Everyone agreed this was an excellent immersive experience, starting with numerous pods and maps highlighting the many ancient civilisations of the world. This was followed by huge cinematic projections as we journeyed through Babylon, Ancient Egypt, the Maya, Papa Nui and Gobeklitepe. The narration was by actors David Schofield and Olivia Williams.

In October we visited Trinity House which is the London Headquarters of the Lighthouse Authority for England, Wales, Channel Islands and Gibraltar. Founded by Royal Charter in 1514, it maintains navigational aids such as lightvessels and buoys, as well as communications services and pilotage for ships in the North Sea. These are financed by dues levied on commercial vessels calling at ports in the British Isles.

Trinity House was built in the years 1794-96 by Samuel Wyatt, Surveyor to the Corporation and brother of the famous James; Prime Minister William Pitt the Younger.

It was gutted in 1940 when a German incendiary bomb lodged in the roof of the stairwell, leaving nothing of the original building save the Trinity Square façade. Professor (later Sir) Albert E Richardson undertook the reconstruction of the house by using a number of photographs of the rooms, taken by Country Life magazine in 1919, to reconstitute almost exactly the interior in its original form.

Trinity House, which is Grade I listed, was refurbished and redecorated in March 1990; the redecorations are, where possible, in keeping with the 1790s period when the house was originally built. Trinity operates a registered charity, which provides welfare services for retired seamen, education, and promoting safety at sea. Funding for this is generated separately. The present Trinity House has a

suite of five state rooms with views over Trinity Square, the Tower of London and the River Thames.

Future events:

Monday 14th December – 7.00pm Christmas Dinner at the Bulls Head – fully booked.

Wednesday 27th January 2027 – Bayeux Tapestry visit – fully booked; Exploring London Group 4 member reserves only.

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



Exploring London Group 5 at Trinity House

Trinity House is a charity dedicated to safeguarding shipping and seafarers, providing education, support and welfare to the seafaring community with a statutory duty as a General Lighthouse Authority to deliver a reliable, efficient and cost-effective aids to navigation service for the benefit and safety of all mariners.

Trinity House was founded on 20th May 1514, when King Henry VIII granted its original Royal Charter. The headquarters moved from Deptford to Stepney and then to Water Lane in the City of London in 1660. The building was destroyed in the Great Fire of London and rebuilt. The present Grade I listed headquarters at Tower Hill was built by Samuel Wyatt in 1796. After being badly damaged by a German incendiary bomb in 1940, the building was

restored and reopened in 1953. It was splendidly refurbished in 1999.

When operating as the General Lighthouse Authority, Trinity House is financed through Light Dues - a tax levied on commercial shipping vessels calling at ports in the British Isles. Today the charity disperses over £5 million to seafarers' charities.

The first lighthouse was built at Lowestoft in 1609, and the first rock lighthouse at Eddystone in 1698. In 1838 Grace Darling, the daughter of the keeper at Longstone Lighthouse, rowed out to save nine victims of the wrecked Forfarshire steamer.

Electricity was introduced to the first Trinity House lighthouse in 1858 and in 1982 Eddystone Lighthouse became the first Trinity House rock lighthouse to be converted to automatic operation. In 1989 lightsmen were withdrawn from the last manned Trinity House light vessel. In 1991 the first Trinity House lighthouse was converted to solar-powered operation and in 1998 keepers were withdrawn from the last manned Trinity House lighthouse. In 2014 Trinity House celebrated 500 years of service to seafarers. It was an interesting and informative visit.

Future visits:

Friday 11th December 2026 - Trent Park House of Secrets.

Tuesday 19th January 2027 - January Lunch

Our next planning meeting will be on **Tuesday 8th December 2026 at 10.00am** at the Beaumont Centre**.**

FAMILY HISTORY — Rena King 07870 567684

No meeting in December.

GARDENING GROUP — Carole Malcolm 07810 571606

There was no meeting this month owing to a water leak in the community room at Tesco Brookfield Centre.

Our next meeting is on **Friday 11th December at 10.30am** in the Community Room at Tesco at the Brookfield Centre.

HOLIDAY with Cheshunt u3a — Mary Hanney 01992 426341

Warners Studley Castle, Monday 15th March for 4 nights. Balance of £450 per person now due, please make cheques payable to Cheshunt u3a. This holiday is in conjunction with the Hertford Branch of the National Trust.

Warners Norton Grange, Monday 12th July for 4 nights half board, including excursions, £550 per person. (Price dependent on number of travellers). Insurance although not compulsory is advisable,

details on request. A deposit of £50 per person is now due; please make cheques payable to Cheshunt u3a.

Potter Hopton on Sea, Self Drive Friday 10th September for 3 nights. All-inclusive. £469 per person. Sorry no singles rooms available.

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 December: Xmas Meal - existing members only.
Wednesday 6th January 2027: It came off the Xmas tree.

MORNING WALKS — Rob Scott 01992 445288

Another good mud-free walk earlier this month from The Five Horseshoes, where we welcomed a new member, Tracy Tyne.

All walks set off at **10.00 am** on the 1st Tuesday of each month and the next one will be on **Tuesday 1st December** from the Rose & Crown, Upper Green Road, Tewin, Welwyn AL6 0LE. It will be a 5-mile circular walk with the pub opening its doors at **9.30am** so we can pre-order our lunches.

Our first walk of 2027 will be our Festive walk on **Tuesday 5th January** from the Bull, 74 High Road, Broxbourne. EN10 7DZ.

Hopefully all members who are attending have now paid for their meal and let Marilyn have their festive choices. The walk will again be between 4.5 miles and 5 miles, initially into the Lea Valley and then along part of the New River and up to the higher land to the west of Broxbourne. **Please, please, don't arrive at the pub before 9.30am as the pub will not be open and you are likely to get a parking fine.**

Finally, the walk in **February** will be from Whitehills Golf Club, Whitehill, Dane End, Ware. SG12 0JS on **Tuesday 2nd February.**

If anyone is unsure of getting to the start of any of the walks, please call me on **07594 427190**.

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 4th and 18th December at 2.00 pm**. Bring along a CD of your choice. Anything goes, pop, classical, jazz even Heavy Metal. Venue is the Community Room, Tesco, Brookfield Centre, EN8 0TA.

OUTINGS BY COACH — Steve Sell 07572 078511

In October we visited Down House, best known as the home of Charles Darwin. Darwin lived here with his family for 40 years. Here he worked on his revolutionary theories, and wrote *On the Origin of Species* – the book which shook the Victorian world and has influenced scientific thinking ever since.

Many members used the free handheld tour that provided commentary on the ground floor rooms by David Attenborough – the family drawing room, dining room and Darwin's interesting study and billiard room where he relaxed. The rooms upstairs were full of interest, containing an extensive exhibition about the Darwins together with Charles and Emma's bedroom.

The house's extensive gardens were Darwin's 'outdoor laboratory' and the place where he made many of his discoveries. Many members enjoyed a pleasant stroll after the house visit and lunch in the old kitchens. The audio guides also covered the gardens.

Our coach driver had been advised to leave the property a different way to avoid the narrow roads encountered on the outbound journey. Unfortunately, good old Thames Water had blocked the road. Three of us jumped off the coach to move the barriers sufficiently to allow the coach to turn around.

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.
Now fully booked so reserves only.

Wednesday 17th February 2027 - Coach to London for a tour inside the Houses of Parliament.

OUT TO LUNCH GROUP — Mary Hanney 01992 426341

Our next meal will be on **Tuesday 8th December** at Mai Thai, High Street, Cheshunt, at **1.00pm.** Please register your interest at my table.

PHOTOGRAPHY GROUP — Stewart Walter 07881 703928

We meet on the second Wednesday of every month. Our next meeting will be **Wednesday 9th December at 2.00 pm** at the Tesco Community Room, which is now open again. We will review photos of autumn colour taken on our October visit to Epping Forest. If you could not make that outing, then other photos with an autumn theme would be welcome. Please bring your images on a memory stick. 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-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 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
Barry West 07758 834192

The group continues to meet at the Tesco Community Room at the Brookfield Centre **every two weeks on a Thursday** at **4.00 pm**, with the previous meeting being on **19th November**. 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 4th and 18th December at 10.00am.** Based at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

SEW KNIT & CHAT

Marion Castro 01992 626240

We are a small sewing, knitting and crocheting group who meet in the Tesco Community Room. 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.**

Tesco Community Room, Brookfield Centre, **2.00pm-4.00pm.** Parking at the Brookfield Centre is free for 4 hours.

Dates are **Thursday 3rd December only.**

SHORT MAT BOWLS

Jo Ware jojocware@outlook.com
Bob Finning 07925 30939

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 L V Pinder C.P. Windmill Lane, EN8 9AJ on **Friday 27th November at 10.30.** All welcome.

SINGING FOR FUN

Janet 07709 980019
Barry 07840 965423

The Singing for Fun group meets at the Royal British Legion hall in Crossbrooke Street, Cheshunt **every Monday at 2.00pm** until **3.30pm.**

We download music from Apple and Spotify and just sing along to them. We sing music from the 60s, 70s, Country and music from the shows, but we will sing any song you would like.

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

On the **7th December** we are singing for the Broxbourne Nursing Home starting at **2.30 pm**.

SOLO SOCIAL NETWORK

Lesley Casson 07749 868305

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

SPANISH

Christine Dawson 07958 557448

We usually meet **weekly on Wednesday** afternoons. The group has been running for some time now and is not suitable for beginners. If you are interested in joining us, please contact me. Tesco Community Room, Brockfield Centre.

THEATRE GROUP

Jackie Yeardye 07939 149997

Hunters Meet - 16th December - £52
This is our Christmas outing and is currently fully booked.
Coach pick-up - **11.00am** outside Papa Johns.

2027
Sinatra - The Musical - 21st January 2027 - £65
This show is fully booked with a substantial reserve list.

Pride - 11th March 2027 - The Bridge Theatre - London - £66
There are currently 2 spaces left on this trip.

N.B. Payment for this show was **due in October** - can all those who put their names down please come to our table or contact me These tickets have been bought and paid for.

Jersey Boys - 13th May 2027 - Cliffs Pavilion, Westcliffe on Sea Price - £58
We will be taking names for this show this month, payment required by the **February** meeting.

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.

The Better Club Games



The u3a Short Mat Bowls team

The Better Club games promote physical mobility and mental agility for the over 60s. What a day for the Short Mat Bowls team! The competition takes place in an Olympic stadium, the opening and closing ceremonies featured Cheryl Baker (Bucks Fizz) and Dr Hussain (This Morning), and the vibe and bonhomie amongst all the contestants made it a super memorable day. We are already planning our team for next year and aim to improve on our very creditable 5th place. Roll on next year, we'll be back.

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. Please note **no class** on **Tuesday 1st**

December (Hall unavailable). For our Christmas break we will finish on **Tuesday 15th December** and recommence on **Tuesday 5th January 2027.**

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, 1.00pm-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.

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.

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.

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GROUP LEADERS

PROGRAMME ENTRIES
December's Programme Copy is required by
Close of Play on **Tuesday 1st December 2026**.
Please email entries to:cheshuntu3aprogram@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