



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 27th April 2023

Today's speaker will be **Mike Barbakoff** on “**World War II - The History of Bletchley Park**”. Mike is a volunteer guide for the Bletchley Park Trust, Turing-Welchman Bombe Trust and the National Museum of Computing.

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Next month's meeting will be held on **Thursday 25th May**. The speaker will be **Bobbie Darbyshire** 'From where do novelists get their ideas'.

An author who won the 2008 fiction prize at the National Academy of Writing and the New Delta Review Creative Non-fiction prize in 2010.

~ **Cheshunt u3a** ~

Our Committee Election and 12th AGM

**will take place today prior to the
Main Meeting promptly at 14:15pm***

** Prior to the Raffle and Guest Speaker*

Pick up your new U3A Membership Card today

Meeters and Greeters this month are from the **Spanish group**.

*** IMPORTANT ***

PLEASE READ THE FOLLOWING REGARDING

ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2023

To make renewal of your membership a little easier we are offering several opportunities for you to do so.

Membership will still run from 1st April 2023 - 31st March 2024.

Renewals will be accepted as follows:

Thursday 27th April 1:30pm - 2:00pm Main U3A Meeting

Thursday 25th May 1:30pm - 2:30pm Main U3A Meeting

Payment by standing order is preferred or card payment accepted when your Renewal Form* is completed. **Your New Card will be available for collection at the main meeting from April onwards, not when you pay.** Alternatively, if you provide a Stamped Self-Addressed envelope it will be posted to you.

Our annual membership fee remains unaltered at **£12.00 per person or £8.50** if you pay your main membership to another u3a. We will need your membership number for the relevant u3a, if choosing the latter amount.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine there is an additional charge of £3.50 per year to cover postage costs.

*The membership fees will then be **£15.50 and £12.00 respectively.***

* **Membership Application forms / Standing Order forms** are available at the main meetings or alternatively may be found on **www.u3asites.org.uk/cheshunt** 'Welcome' page then click on '**RENEWAL FORM FOR 2023-24**'. Please return the form on one of the above dates or scan and email to the membership secretary on **Cheshuntu3amembership@gmail.com**.

12th AGM AGENDA Thursday 27th April 2023 At the Laura Trott Centre

NB The meeting will commence at 2:15pm.

Please take your seat in plenty of time.

Welcome and apologies

Minutes of the Previous AGM (March 2022)

Matters arising

No matters arising from the last AGM

Chair's annual report

Any questions

Proposer and seconder for Chair's report

Treasurer's annual report

Any questions

Proposer and seconder for Treasurer's report

Proposal to increase the cost of annual membership to £15.00
from April 2024

Election of Committee members

Nominations received for volunteers to replace members of the
current committee.

Any Other Business

*Our next AGM will be held on Thursday 25th April 2024
(Subject to confirmation)*

Monthly meetings will usually be held on the **fourth Thursday** of each month at **1:30pm** at the LAURA TROTT CENTRE. **Please note the Hall doors to the u3a Meeting will not open until 1:30pm. The main Meeting will commence in the Hall by 2:30pm.**

MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the respective desk. Please also take it to any group meetings, as the group leaders will want to keep their own records.

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

The **current parking permits** for the u3a monthly meetings are valid until **31st March 2024**. New permits are available for collection at the New Members Table **today** and at the regular monthly meetings, excluding the December meeting. It will now be necessary to **add your Vehicle Registration Number** in the space labelled 'Permit Number'.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:30pm** during the main monthly meeting.

⚠ SAFETY NOTICE

Following an accident at a meeting, we would remind members to be very careful when carrying hot drinks.

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

May's Programme / Newsletter Copy is required by
Close Of Play on Tuesday 16th May 2023. Please email
copy to: *cheshuntu3aprogram@hotmail.com*

The Really Useful Group (RUG)

urgently needs volunteers - can you help! Please see
Jean Wardrop for more details.

Meeters and Greeters Rota 2023

May - Singing for Fun Group

June - Badminton/Table Tennis

CHESHUNT u3a Website Administration

For years we have been using the u3a 'Sitebuilder' format to display all the events we run. We now feel it is time for a much-needed change, using an up to date Website Builder. We have a few sites in mind, but would value input from any of our members who may have a good working knowledge of site building. If interested, please give me a ring on **07941 551102** or email me at peterharris1@sky.com.
Peter Harris (Webmaster)

*** Splash your cash on our popular raffle ***

Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn or they will be redrawn.

Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

Welcome to any new, or recent, members. Should you need assistance in finding what the u3a can offer you, we shall be happy to help you – over a cup of tea or coffee – at **10:30am on 1st May** in the **Café** in the Laura Trott Centre.

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Well done to the A Team for another amazing win at the March Quiz. Our next quiz is on **Tuesday 2nd May at 2:00pm** at Halsey Masonic Hall, Cheshunt.

ALMOST LOOSE WOMEN

Carol Farren 01992 629028
Ann Powell 01707 889189

Meetings on **second Thursday of month**. Unfortunately, the group is full and we are unable to accept any more members at present.

ART APPRECIATION

Clarice Pillar 0208 804 0900

Last week a small group of us headed out to the Guildhall Art Gallery. The gallery is in a beautiful position in London and is a true delight. It is small enough to not be overwhelming, with more than enough to interest. The gallery also houses the Roman Amphitheater, which gives a flavour of the history of the area. We finished up with a good lunch and a good day was had by all.

Next month we are off to Greenwich to the Queens house.

BADMINTON/TABLE TENNIS

Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BOOK CLUB Reading for Pleasure Carol Hill 01992 302722

The group did not meet formally this month, but hope to resume our regular gatherings next month when we shall be discussing "My Sister's Keeper" by Jodi Picoult.

BOLIVIA Peter Harris 01992 429297 peterharris30@live.co.uk

Dates for Bolivia are **8th and 22nd May at 2:00pm**. New members 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.

We are now back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

The next British Sign Language Course starts **2:00pm - 3:00pm on Tuesday 9th May 2023, for 6 weeks**. Cost is four pounds a session.

This is an ideal opportunity to learn basic finger spelling and hand signs to communicate with those of us who are hard of hearing, profoundly deaf or those of us who are just simply curious. The course is set at an easy pace and provides a bit of fun along the way. It is imperative the first session is attended as this will be the basis for the rest of the course. **Contact Jacqui on 07745 264787.**

CANASTA/CRIB Sylvia Lyons 07851 055346

Canasta/Crib dates are **1st and 15th May at 2:00pm**.

Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

Group meets **first Tuesday** in the month and the cost is £1.50. There are 7 of us and we are now full.

COACH TRIPS Heather Douglas 07984 791184

A trip to Winchester on Thursday 13th April was enjoyed by all.

The next trip is on **Friday 9th June** to 'Sandringham in Bloom', cost £43.00. Payment for the trip is due by the April meeting. Please pay promptly and if you have decided not to go please let me know so the seat can be offered to someone on the waiting list. There is a short waiting list if anyone wants to join.

CRIBBAGE

Jenny Christian 01992 306859

Unfortunately, this group is full at the moment. Cribbage group held at 32 Mylne Close. **Tuesdays 2:00pm to 4:00pm**. No charge.

CURRY CLUB

Mary Hanney 01992 426341

A very enjoyable meal was had at the Raj Vogue on Wednesday 5th April, thank you for the bottle of wine for our monthly raffle.

By popular request we will be making a return visit to the Mai Thai Restaurant, Cheshunt on **Thursday 4th May at 7:00pm**. Please see me to register your interest.

CYCLE GROUP

Stewart Wagstaff 07594 475051

We now turn out around 40 riders **every Wednesday morning!** The riders have a mix of electric and conventional bikes. At present there are six separate groups of various abilities 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. If interested please get in touch. Cheers Stewart

EXERCISE GROUP KEEPING FIT

Mary Hanney 01992 426341

Every Thursday Laura Trott Sports Centre. Registration **9:30am** class will commence at **9:40am**, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

EXPLORING LONDON 1

Eileen Funnell 01992 422475

5 members of the group went to London by train to see the Coronation preparations. It was a really cold day. The day after we had a very warm day but the temperature dropped by several degrees. We just 'played it by ear', train to Liverpool Street, bus to Westminster where they have erected a huge stand for the world's media, opposite the Abbey entrance.

They have started to erect the Union Jacks in The Mall but not complete yet. For lunch we went to what we thought was Wetherspoons in Whitehall but that is now McMullens. Had a very nice fish and chip lunch. Plenty of tourists around, which is good. There were cranes everywhere, buildings being demolished, new buildings, and so many buildings shrouded in plastic. We very much enjoyed our day.

Wednesday 17th May
June – Date tba

Royal Naval College, Greenwich.
Salmon Factory.

July – Date tba Backstage Tour Drury Lane Theatre.
Next Planning Meeting – **Friday 5th May 10:15am** Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

At the time of writing we have not been on our April trip yet and so have nothing to report.

Our forthcoming trips are as follows:-

Wednesday 3rd May - Walk led by Mick Coe from Victoria Park to Limehouse, mainly following the Regent's Canal.

Thursday 8th June - Visit to Freemasons' Hall.

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 19th May at 11:00 am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our March visit took us to the Wellcome Museum in London. The group had very mixed reactions to the museum and we felt it was not one of the better places we have visited. We rounded off the day with lunch at one of our frequently visited Wetherspoons.

Future Visit:

Tuesday 16th May - Guided walk around the area of Smithfield Market. The list for this is now closed as we are only able to take a limited number of people.

Next planning meeting is **Wednesday 3rd May, 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 17th May 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In March we visited the London Canal Museum near Kings Cross and enjoyed a talk about the days when the museum was a 19th century ice warehouse. We learnt about the ice trade in Victorian times through the lives of Carlo Gatti and Mrs Agnes Marshall. Following this we were given a demonstration of ice cream-making using a replica Victorian ice cream churn. It was a very interactive demonstration with several members being asked to take part and we all enjoyed a small sample at the end. Afterwards we spent some time looking around the very interesting museum at our leisure.

Future events:

Friday 28th April – A short visit to the National Army Museum, Chelsea followed by an afternoon tour of the Chelsea Physic Garden.

Friday 5th May – The Inside Story on Covent Garden tour. **NOTE NEW DATE.**

Thursday 8th June – Greenwich, a guided tour including riverside Greenwich, the old Royal Naval College, the Painted Hall, the ORNC Chapel, the Queen's House, St. Alfege's Church, and Greenwich Park.

Wednesday 5th July – Visit to Armourers' Hall with a Livery Companies talk and guided visit around the Armourers and Brasiers Hall.

EXPLORING LONDON 5

John Durrant 07515 971162

Future visits:

Friday 12th May - Kensington Palace

Thursday 8th June - Canal Museum - Full (Waiting List available)

Next Planning Meeting on **Tuesday 9th May 2023 at 10:00am** at the Beaumont Centre.

FAMILY HISTORY

Rena King 01992 631826

Please note that we meet every **third Monday** of the month (but not on a Bank holiday) and our next meeting is on **Monday 15th May 2023 from 2:00-4:00pm** in the Tesco Community Room, Brookfield Centre Store. All welcome to come along and learn about new and updated information now available for all family historians.

GARDEN VISITS

Pat Dixon 01992 766832

Green Island Gardens on Tuesday 2nd May. Leaving Cheshunt Pond at **9:00am**. Please collect a booking form from my table.

Wisley Gardens on Tuesday 6th June. Please collect a booking form from my table.

HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

Gunton Hall 7th August - Friday 11th August 2023 currently fully booked.

Balance of payment £368 per person due at the April meeting. Please be advised insurance is advisable but not compulsory.

Further details regarding excursions will be able at later meetings.

LINE DANCING (Broxbourne3a) Lesley Casson 01992 445938

We meet on **Monday and Friday mornings** at Wormley Community Centre. The group has been running for several years so is not suitable for beginners.

MODEL-MAKING Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2:00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair ground rides and vehicles.

Wednesday 3rd May: It's called home!
Wednesday 7th June: All the fun of the Fair
Wednesday 5th July: Up in the Air!

MORNING WALKS Rob Scott 01992 445288

I'm afraid it's all change for May's walk, as the landlord of the Fox has said he will not be there on the day.

So our next walk will be on **Tuesday 2nd May** from The Bull, 113 High Street, Watton at Stone, Herts. SG14 3SB, **starting at 1:00am**, unfortunately the pub will not open until 11:00am for pre-ordering.

It will be a 5.5 mile walk we have done before, although this time we should see thousands of bluebells in Comb's Wood. I can't predict there will be any coffee stop jollity, as we had at Barwick Ford in April, where a delivery van became marooned in the water. It was great, however, to have 35 walkers out and we were able to welcome Bernie and Derek Butt, Alan Heath and John Mallett, as well as the return of Steve Cozens.

For those in Cheshunt, head north on the A10 until the A602 turn off - (signed Stevenage), and stay on this for about 5 miles to continue ahead into Watton at Stone. The pub will be in the centre of the village on the right hand side.

The village lies in the valley of the river Beane that flows into the Lea at Hertford and is one of the few chalk streams in the country. The Stone part of Watton at Stone first appeared in the 1300's and is presumed to refer to a prehistoric lump of Hertfordshire puddingstone or a Roman marker stone. Watton was also the home of the famous railway engineer Sir Nigel Gresley - at Watton House.

Any problems on getting to the start, call me on 075944 27190.

MUSICIANS UNITED

Peter Harris 01992 42929

We are back meeting weekly on **Mondays at 10:00am**

To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz please come along. The standard varies greatly.

Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

MUSIC IN THE AFTERNOON

Peter Harris 01992 429297

Yes, it is back!! Current dates **28th April, 12th and 26th May at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal. Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens

OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Our next meal is Nonnas Kitchen, Hoddesdon on **Tuesday 9th May at 1:00pm**. Please see me for menu choices and cost. £5 deposit required at time of booking.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The group met on Wednesday 12th April to enjoy another still life photography session.

Our group meets at the Tesco Brookfield Community Room on the **second Wednesday** in every month. Teas and coffees will be provided courtesy of Tesco. Do see me at my table at the main meeting if you are interested in joining our friendly group of amateur photographers. Our next meeting will be on **Wednesday 10th May at 2:00pm** when we will review the results.



Photographic Group at work / Photograph by Phillip Thornton

RUMMIKUB

Peter Harris 01992 429297

Current dates **28th April, 12th and 26th May at 10:15am.**

Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

SAILING

Teresa Leavy 01438 223860

We sail **every Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently full, but give Teresa a call so she can update you on the latest situation.

dandc@hewkin.com

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 625709

WE NEED NEW MEMBERS TO BE VIABLE!!! We usually meet at St. Clements Church Hall on every **first and third Thursday** of the month **from 2-4pm**. Bring along your handiwork, swap patterns and ideas, have a chat, a cup of tea and lots of laughs. (Please park in Hillview Gardens opposite.) **NB There will be only one meeting in May on Thursday 18th** as the hall is being used as a polling station on the 4th.

SHORT MAT BOWLS

Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. £4.00 per session or £3.70 if "Friends of Civic Hall". If interested contact Mary.

SHORT WALKS

Andy Smith 07930 356976

I am pleased to say I am now fit enough after my knee replacement to be walking again. My thanks to Heather Douglas and Paul Roe for leading the last 2 walks.

10 Short Walkers met a Pindar Car Park for a lovely walk around Hooks Marsh and Friday Lake, Despite a threatening BBC Forecast we only encountered a small shower and the walk was enjoyed by all.

The Next Walk on **Friday 12th May** of 2.5 Miles will be from Hertford along the river Lee to Ware and then Bus or Train Back to Cheshunt. Meet at Cheshunt Station at 10:00 for the 10:09 Train to Hertford East.(You can also travel by 310 Bus from Cheshunt Pond to Hertford but this takes around 1 hour and you should aim to meet us at Hertford East Station for 10:35 Start).

Travel Back from Ware Station to Cheshunt.

SINGING FOR FUN Gill 01992 463134
Janet & Barry 01992 425675

We meet **every Monday** at the United Reform Church in Cheshunt High Street, EN8 0BS, from **2:00pm to 3:30pm**.

We are not a choir we just have a good sing song as singing is good for you. We have all sorts of music including Country, 60s, and music from the shows etc. Fee is £2.00 and you also get a cup of tea with biscuits.

SPANISH Christine Dawson 01992 620888

Can you speak Spanish? Are you willing to help our small friendly group practise our conversation skills - or lack of them! If you can help us please contact me. Muchos gracias.

THEATRE GROUP Jackie Yeardye 07939 149997

Since the last meeting 12 members went by train to London to see The Book of Mormon. This was a very entertaining if somewhat controversial show

The trip to see Grease on the **15th June** is almost full but there are 2 seats still available. Price £46 includes coach and driver's tip. The seats are the front 4 rows in the circle.

We are now booking for the very popular Lion King on **Wednesday 6th September**, at the Lyceum Theatre, London. Middle Circle seats. Price £50 includes coach and driver's tip. Departing o/s Papa John's Old Pond at **11:00am**. Please pay at time of booking, if possible, as the theatre do not give us long to pay.

Refunds can only be made if we are able to re-sell the tickets. Please be at the coach in good time as we can only wait for a maximum of 10 minutes.

Also, please bring an emergency contact number with you , hopefully this will not be needed.

I will not be at the meeting but the table will be manned by Irene Barnard and Helen White.

WALKING FOOTBALL John Durrant 07515 971162

We play on the Astroturf pitch at the Laura Trott Centre. We meet on **Fridays 2:00pm to 4:00pm** and the cost is £4.00 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

WALKING NETBALL

Jacqui Fry 07745 264787

We have both men and women in our group and some who have not played netball for 50 years! It is a fun session and available for all ages. If you want something different to get you moving and most of all have fun. **Every Wednesday at 2:00pm to 3:00pm.** Sessions are held in the Laura Trott Centre (Sports Hall). Cost £4.00.

WATERCOLOUR GROUP

Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, 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.

ZUMBA GOLD

Trudi Marrion 07702 26290

Zumba Gold - Every **Tuesday at 1:00pm**, at the Scout Hut (behind the Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG. £4.00 per session. Group Co-ordinator Trudi Marrion 07702 262904

Come and join us for a fun filled hour of music and dancing at your own pace. Spaces are available, so if you are interested in joining us or would just like more information about the class please send a text message to Trudi Marrion on the above number quoting your U3A number.

GROUP SHARING

If interested please use contact details:-

Beginners' Spanish	Tony Frankland	07515 368170
Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Reading For Pleasure	Rose White	01992 621436
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

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COMMUNITY NEWS

Whit Hern Bowls Club invites you to a
'Bowls Taster Session'
on **Sunday 30th April 2023, 10-12 noon.**

No Experience is necessary. It's fun, friendly and a great way to
keep fit and meet new people.

Ring: 07903 022054

*The groups listed below are independent and not operated under
the u3a banner.*

ADULT BALLET CLASS 01992 622862 (ask for Jayne)

Every **Thursday 12:00 noon to 1:00pm** for adults of all ages! An
hours 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 required. Each class is £5.00.

BINGO AND SCRABBLE Celia Carne 01992 633241

Every **Monday and Wednesday 1:30pm** - Beaumont Centre.
Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble
Group hopes to get going in the near future.

CHAIR BASED KEEP FIT Mary Hanney 01992 426341

Cheshunt Free Church. High Street Cheshunt. **Every Tuesday
11:00am to 11:45am.** Cost £3.00.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no
booking required. Free Tea & Coffee.

FITNESS PILATES

The Zumba Gold Instructor has recently started a a Fitness Pilates
Group which I think may be of interest to other U3A members as
many of the existing Zumba ladies also go along to this new class.

Every Thursday between 12:15pm and 1:30pm. Scout Hut
(behind the Beaumont Centre) Rowlandsfield, Cheshunt.

Standing and Seated class. No floor work. Slow controlled movements for mobility and strengthening all areas of the body. Improves balance and coordination and promotes well-being. To book your space or to find out more information, please contact Sandra Batho on 07739 884617

KNIT AND NATTER

Mary Manning 07795 146461

Now every **Tuesday** at the Royal British Legion, Crossbrook Street. From **1:00pm to 3:00pm**. Cost £1.00 including refreshments. **£2.00 from January 2023.**

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. For further information please contact Eddie Slaughter on 07908 546009.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10:45am to 11:45am** at the 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 thick towel with you. New members very welcome.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2:00pm to 3:00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held every **Wednesday. Telephone 07595 041433**

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& **BOOKS AND PUZZLES WANTED**

If you wish to donate books and puzzles to help raise funds please bring them along to the monthly meeting. *Whilst we appreciate the donation of books, we would respectfully ask you do not donate **hardbacks**.*

TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the U3A.

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Sea Biscuit / Photograph by Phillip Thornton, Photographic Group

CHESHUNT U3A WEBSITE

Visit our website on www.u3asites.org.uk/cheshunt for more information of events and groups. Peter Harris maintains this site. *This programme/newsletter is available on the website about three days before the monthly meeting.*

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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 www.u3asites.org.uk/cheshunt. 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.

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Rustic Bridge / Photograph by Ray Lucas / Photographic Group

THE CHESHUNT u3a COMMITTEE

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE DUGDALE	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	JACQUI FRY	07745 264787
COMMITTEE MEMBER	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	ANDY SMITH	07930 356976
CO-OPTED CM	HEATHER DOUGLAS	07984 791184
CO-OPTED CM	FRANK SLUTER	07704 730421