



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 25th APRIL 2024

This month's speaker is Andrew Baker on '*Nelson Mandela, triumph of warmth, humanity and generosity*'.

*

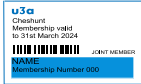
Next month's meeting will be on **Thursday 23rd May 2024** when the speaker will be Chris Foster: '*On the Beat in Kings Cross*'.

* * * * *



Exploring London Group 4 at the Royal Hospital, Chelsea
Photograph by Bernard Broomhead

Cheshunt u3a Committee Election and AGM
will take place at the Main Meeting held today



U3A MEMBERSHIP CARDS

2024-2025 Membership Cards may be collected at this meeting by those who have already renewed their membership. Any Members, yet to renew, may do so at the April and May meetings.

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.**

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 - 25th April 2024 - 31st March 2025

New permits for 25th April 2024 to 31st March 2025 are now available for **collection at various tables today** and at the regular monthly meetings, excluding the December meeting. Please **add your Vehicle Registration Number** in the space labelled 'Permit Number'.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:00pm** 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.

**AGM AGENDA Thursday 25th April 2024
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 (April 2023)
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**

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

**Appointment of Independent Examiner
Christine Hewkin is willing to stand again.
Proposer and seconder for the Independent Examiner**

Any Other Business

**Our next AGM will be held on Thursday 24th April 2025
(Subject to confirmation)**

Donation to 'Midshires - Search and Rescue Team'

Tim Perkins the guest speaker, at our March Meeting, has asked for the Midshires - Search and Rescue Team's thanks to be passed on to Cheshunt u3a for the donation of £190.

Itinery / Timings for today's Meeting

	Opens	Closes
Refreshments Bar	Start of Meeting	2:00pm
Raffle Sales Table	Start of Meeting	2:00pm
Book and Puzzle Stalls	Start of Meeting	2:00pm
All Group Tables	Start of Meeting	2:00pm
Membership: New & Renewal Tables *	Start of Meeting * and After Speaker	2:00pm Close
2024-2025 Membership Card Collection Tables *	Start of Meeting * and After Speaker	2:00pm Close
AGM & Committee Election	2:15pm Promptly	-
Raffle	After AGM	-
Guest Speaker	After Raffle	-

* = Will resume after the Speaker finishes



CHESHUNT U3A WEBSITE

Visit our website on www.u3asites.org.uk/cheshunt for more information of events and groups. Vanessa Lucas now maintains this site. The website is currently being migrated from the SiteBuilder environment to WordPress.

This programme/newsletter is normally available on the website about three days before the monthly meeting.

Ⓟ PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 25th April 2024 - 31st March 2025

Permits for 25th April 2024 to 31st March 2025 are now available for **collection at various tables today** and at the regular monthly meetings, excluding the December meeting. Please **add your Vehicle Registration Number** in the space labelled 'Permit Number'.

Cheshunt u3a Groups 2024

NEW MEMBERS

Jan 01992 624868
Carole 01707 552361

Our aim is to aid new members find, through the various special interest groups, interesting, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the U3A. Please visit us at our table for more information.

AFTERNOON TEA AND QUIZ Mary Hanney 01992 426341

Not quite a record number, but well done to all the 77 members who took part in our April Quiz.

Next quiz is on **Tuesday 21st May at 2:00pm** at the Halsey Masonic Hall Cheshunt, cost £1.50. Tea/Coffee £1.50 paid direct to Masonic Hall.

BACKGAMMON & SCRABBLE Frank Sluter 07704 730421



Play Scrabble or learn how to play Backgammon. Tuition given. Boards provided. Meet in the Community Room at Tesco Brookfield on the **third Thursday** every month. Next meeting **16th May 2024**.

🏸 **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.

🐦 **BIRDWATCHING GROUP** Brian Fitzjohn 07709 455991

The Bird watching group meets on the **second Monday** of the month, so the next meeting will be on **13th May 2024**. We have visited the Bittern Hide in Lea Valley Park, and Rye Meads RSPB reserve and Amwell reserve. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides, and on a gentle stroll, spotting birds as we go.



A girl works hard to look good.... / Photograph by Phillip Thornton

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

Dates for Bolivia are **Monday 6th and 20th 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. At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **BOLIVIA 2** Sylvia Lyons 07851 055346

Bolivia 2 dates are **Monday 29th April and 13th May at 2:00pm**. At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **COACH TRIPS** Heather Douglas 07984 791184

The AGM is at the April meeting so time will be restricted for groups. We will therefore be taking names only for the July trip to the Norfolk Broads with payment at the May meeting.

Outstanding payments for the May Margate trip are due and will be collected.

Luggage labels for the Weymouth holiday should be available at the meeting.

 **CURRY CLUB** Mary Hanney 01992 426341

A very nice evening was had at the Raj Vogue earlier this month. Thank you for the donation of a bottle of wine for our raffle.

Nothing planned for April.

 **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.

 **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** Sheila Barton 01992 636783
Pat Smith 01992 623448

Eileen Funnel is giving up leadership of this group and the two new joint leaders are as above.

Future Trips:-

May - Date to be confirmed. St Pancras Hotel?

June - To be confirmed.

Wednesday 3rd July - Tour of the Houses of Parliament.

Meet Cheshunt Station for 09:50am train.

The report on our April trip to Royal Hospital Chelsea will be in the next Newsletter.

Next Planning Meeting – **Friday 3rd May at 10:15am.**
Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our March outing was to the fascinating "Fashion City" exhibition at the Museum of London, Docklands which charts the arrival of Jewish people in London fleeing persecution from the late 19th to mid 20th Century. Over half found work in the fashion clothing and textile trade. The exhibition is staged as a walk through the streets and shops with a Central Line tube tunnel linking the East End with the West End. Once in the West End it charts the rise of fashion designers and the blossoming of the high street with well known names such as Marks and Spencer, Moss Bros., Wallis and Chelsea Girl (which would later become River Island).

Our forthcoming trips are as follows:-

Wednesday 22nd May - The Horniman Museum

Monday 17th June - The Royal Observatory, Greenwich

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **17th May at 11:00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our March visit took us to Handel Hendrix House in Brook Street, Mayfair which is made up of two residences. George Frederic Handel lived in the four storey house at 25 Brook Street and Jimi Hendrix lived in the top floor flat next door at number 23. Handel lived in the house from 1723 until his death in 1759. The historic rooms in the house include his bedroom, kitchen and dining room and there are many examples of his life and music on display.

We were lucky enough to have a harpsichord and a clavichord explained to us and a Professor from the Royal Academy of Music played both instruments for us. Handel's house is connected by a staircase or a lift to Jimi Hendrix's flat where he lived from July 1968 to March 1969. There is much to see of his life and music showing much of life in London in the 1960s.

We finished our day out by stopping off at yet another Wetherspoons.

Next trips:

Old Bailey – Saturday 11th May – 2:00pm & Saturday 18th May – 2:00pm. The lists for both these trips are now closed and tickets

purchased. Travel arrangements will be discussed at next planning meeting.

Florence Nightingale Museum – 11th June. Details of trip at today's meeting.

Our next planning meeting is **1st May – 11:15am** at Cheshunt Free Church, High St. Cheshunt



Exploring London Group 3 at Kensington Palace / Photograph by Brian Peel

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 8th May 2024** from **11:00am** at St. Clements Church Hall.

Future events:

Wednesday 15th May - Visit and Guided Tour of Hampton Court Palace.

June Trip to be finalised.

Wednesday 17th July – Introductory Talk and self-guided visit to the Museum of Brands.

In March we visited the Royal Hospital, Chelsea and enjoyed a guided tour with our very own Chelsea Pensioner, Ted Fell. We learnt that King Charles II founded the Royal Hospital as a retreat for veterans in 1682. The provision of a hostel rather than the payment of pensions was inspired by the Hotel Des Invalides in Paris.

We started the tour in the museum where we watched an introductory video presented by Dan Snow. After this, Ted took us through the impressive Figure Court with the very large statue of Charles II cast in copper alloy by Grinling Gibbons, originally gilded but subsequently bronzed. We continued our tour in the Great Hall, now used again as the pensioner's dining hall. The chapel was an opportunity for a group photograph taken by our very own Photography group member, especially as it shows the fine painting of the Resurrection in the half dome of the apse. See the Front Cover.

EXPLORING LONDON 5 John Durrant 07515 971162

On Wednesday 20th March a small group visited The Huntarian Museum which is situated in the building of the Royal College of Surgeons. Here we traced the development of the art and science of surgery from ancient times to the latest robot-assisted operations. We explored the extraordinary collection of over 2000 anatomical preparations by the 18th century surgeon and anatomist John Hunter (1728-1793). Items on display include instruments, equipment, models, paintings and archive material.

The museum reopened in May 2023 following renovation work costing £4.6 million.

John Hunter was born on a farm outside Glasgow, and unlike his older brother William, received no formal medical training. In 1748 at the age of 20 he moved to London to work as an assistant in the anatomy school of his elder brother William. Under William's direction, John learnt human anatomy and showed great skill in dissection and preparing specimens. William also arranged for him to study surgery under the leading surgeons of the day. After 3 years as an army surgeon, John built up his practice as a surgeon in London, and arranged his growing collection for the teaching of medical students.

His focus was on comparative anatomy, and grew to contain over 14,000 plant and animal specimens. Hunter made several important contributions to surgical practice and promoted evidence based medicine through close observation and experimentation to inform surgical practice.

His collection is a unique record of the breadth of interest in the nature of living things explored by scientists throughout Europe during the 1700s.

After a very interesting visit we moved on to a local hostelry before the return journey to Cheshunt.

Future visits planned:-

Monday 20th May - St Pancras Historical Hotel Tour

Tuesday 11th June - Transport Museum Depot Tour

Our next planning meeting is on **Tuesday 14th May 2024 at 10:00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 01992 631826

Please note our small and friendly family history group meet on the **third Monday** of the month [but not if it falls on a Bank Holiday!]

Our next meeting will be **Monday 20th May** from **2:00-4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

 **GARDENING GROUP** Carole Malcolm 07810 571606

Our last meeting was lively with everyone contributing ideas. We have been accepted by the RHS and are looking forward to enjoying the benefits on offer. If you are interested in gardening, you are very welcome to join us.

Our next planning meeting will be on **Friday 10th May at 10:30am** at Tesco, Brookfield Community room.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

For the August 2024 holiday to Hayling Island, the balance will be due at the April meeting. Amount due is £375 per person, cheques to be made payable to *Waltham Abbey Travel*.

We will be travelling to Hayling Island on two coaches, the larger coach will remain to take us on our planned excursions. The smaller coach will return on day of departure.

Excursion currently planned:

One full day excursion to Portsmouth on Tuesday or Wednesday per member.

One half day excursion on Thursday to be arranged at a later date per member.

There are many attractions in Portsmouth to visit, some of which involve an entrance fee, tickets purchased in advance on the internet may carry a small reduction in cost.

In order to ensure that we all have equal opportunity to benefit from this, I do need you to advise me of the day you wish to visit Portsmouth, prior to purchasing any tickets, in order for me to

ensure that there is room on the coach. The half day excursion can be arranged at a later date, along with your preferred pick up point, top of Cadmore Lane or outside Papa John's, Old Pond Cheshunt.

 **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.

H LOCAL HISTORY Pat Dixon 01992 766832
Frank Sluter 07704 730421

Our group met again on Tuesday 2nd April and was well attended. The group discussed various projects and ideas for speakers. We went to Cheshunt Library on Friday 19th April where we had the opportunity to view large scale and aerial maps of the local area. This will hopefully start a "house through time" project on Cheshunt Great House and/or Whit Hern. We were able to see the large-scale development of the area since the late 1800s.

We are visiting Waltham Abbey Church on **Wednesday 15th May** where we will have a guided tour given by one of the volunteers there. We will be meeting on **Tuesday 27th May at 10:30am** at Brookfield Tecco Community Room where one of our group will give a talk on "The New River". This will be a shorter than usual meeting due to other groups meeting before and after our allotted time.

 **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 1st May:	Is it a Boat or is it a Plane?
Wednesday 5th June:	The world of Lilliput.
Wednesday 3rd July:	It's made out of card.

 **MORNING WALKS** Rob Scott 01992 445288

Our next walk (mud free, surely) will be on **Tuesday 7th May**, starting at **10:00am** from The Brown Bear, 14 The Street, Braughing, Ware. SG11 2QF. It will be a circular walk, a little under 5.5 miles and will head west, passing the church, over the River Quin, before heading north along the fields bordering this small river. We will

briefly walk on part of the Hertfordshire Way, before cutting south along the rather quaintly named Hoare's Lane, to return via Braughing Bourne.

Braughing, which lies between the rivers Rib and Quin, is an idyllic village with many listed buildings (among which is the Brown Bear). It is famous for the Braughing sausages, the village wheelbarrow race on 13th July and Old Man's Day on 2nd October; I'll recount the story about Matthew Wall when we go through the church yard.

It had a station until Dr Beeching deemed the Buntingford line to be unprofitable, but the station buildings have been preserved, are now a residential property and will be passed when you drive over the old railway bridge, just before the village. A large Roman settlement of almost 90 acres grew up close by at Wickham Hill, where Ermine street (A10) and Stane Street (A120) meet.

From Cheshunt, head north on the A10, to pass the first large roundabout (A120) and take the 2nd exit at the next roundabout on to the B1368. After about 1 mile, turn right to the village - with the pub on the right hand side. This has agreed to open at 9.30am so that we can pre-order our lunches; if not eating, please park considerately along the Street.

A note for your diaries, June's walk will again be from the Robin Hood and Little John in Tonwell.

MUSICIANS UNITED Peter Harris 01992 429297

We meet **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 EN8 0LU, opposite Hillview Gardens.

MUSIC IN THE AFTERNOON Peter Harris 01992 429297

Current dates are **Friday 10th and 24th May at 2pm.** Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

OUT TO LUNCH GROUP Mary Hanney 01992 426341

For **May** I thought we might try something a little different. The Mai Thai restaurant, which we usually visit of an evening, do have a

lunch time menu. So our next lunch will be on **Tuesday 7th May** at Mai Thai at **1:00pm**. One course £8.95. Two courses £11.95.
Please register your interest at my table.

 **PET LOVERS' GROUP** Valerie Kimber 07307 677875

This group will resume in the summer.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

We held our usual meeting on 10th April where we viewed prints brought in by members and discussed how these were taken and how they could be improved. The standard was very high.

We will be meeting again on **Wednesday 8th May at 2:00pm** at our usual venue in Tesco Brookfield Community Room. The group will bring any prints or 10 images on a stick for discussion. If you want to join our friendly group of amateur photographers, please see me at my table at the main meeting.

 **RUMMIKUB** Peter Harris 01992 429297

Current dates **Friday 10th and 24th May at 10:15am**.

At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **SEW KNIT PATCH & CHAT** dandc@hewkin.com
Chris Hewkin 01992 62570

We **usually** meet at St. Clements Church Hall every **first and third Thursday** of the month from **2:00-4:00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet, someone will always help with a new skill or a pattern you don't understand. Please park in Hillview Gardens opposite the church.

However, in **May** there will only be one meeting, on **Thursday 16th May 2024** (because the hall is used for polling day on **May 2nd**).

 **SHORT MAT BOWLS** Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. £4.20 per session or £3.70 if "Friends of the Spotlight". If interested contact Mary.



SHORT WALKS

Andy Smith 07930 35697

A merry band of short walkers had a very pleasant walk in sunny weather, from Broxbourne to Rye House, along the river Lee navigation - a distance of 3 miles.

The May walk will be a circular one from Rye House station along the New River to St Margarets and then back to Rye House along the Lee navigation. 3 miles in total.

Take the **10:09am** train from Cheshunt station to meet at **10:20am** at Rye House station on **Friday 10th May**. Free parking at the Rye house gatehouse car park.



SINGING FOR FUN

Janet & Barry 01992 425675

We had our annual dinner at Mantos on 25th March at which 38 members attended.

We now have over 50 members of the group with new members still coming along, so we must be doing something right.

We meet on **Mondays at 2:00pm until 3:30pm** at the United Reform Church Cheshunt High Street.

The group has been running since Cheshunt u3a was first started. Since then we have had several leaders, starting with Liz, a music teacher from London. Next were Yvonne and Terry, then came Pat and Jim. Without Jim the group would have closed years ago. Janet and Barry now run the group but the time is coming to start looking for a new leader. Barry has been with the group since the start and will remain until the end of July.



SPANISH

Christine Dawson 01992 620888

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 Yeardy 07939 149997

On 10th April to group enjoyed a lovely 2 course meal and afternoon entertainment on the Teresa Joanne with country and western music and lots of dancing. This trip was very popular.

Abba Voyage - 9th June 2024

This trip is currently fully booked with a reserve list.

Here You Come Again - 21st August - Cliffs Pavillion - Southend

There is 1 place still available for this show.

Officer and a Gentleman - 23rd October - Milton Keynes

There are still some places left for this show.

A Christmas Outing will be announced shortly.

 **WALKING FOOTBALL** John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1:30pm to 3:00pm** 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

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Leisure Centre', Inside court at **2:00pm on Wednesdays**. We have a warm up, followed by a few fun drills then play a few games of Netball.

Contact: **Jacqui Fry** - £4.00 per session.

 **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.

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

COMMUNITY NEWS

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 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 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.** Please note change of times for the next few weeks 12:00 to 12:45. cost £3.00.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no booking required. Free Tea & 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 **2nd Tuesday of the month** (except for January & August). Membership is available, visitors welcome at a charge of £6.

FITNESS PILATES

Sandra Batho 07739 842617

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 842617. Every **Thursday 12:15pm and**

1:30pm. Scout Hut (behind the Beaumont Centre), Rowlandsfield, Cheshunt.

THE HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628.

We meet on the **third Thursday** of the month, except 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 and also organise a range of outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00. For further information please contact.

KNIT AND NATTER

Mary Manning 07795 146461

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

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.

PICKLE BALL

Laura Trott Leisure Centre

We only had 5 people show an interest in pickle ball, so not enough to start a group. However, Matt who runs the Pickle Ball at the Laura Trott Centre is inviting any interested U3A member to go along. Starting at **2:00pm** every **Wednesday**. Book yourself in at reception as usual.

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**

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2:00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds, please bring them along to the monthly meeting.

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.

* * * * *

CHESHUNT U3A WEBSITE

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

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.

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 FOLLAND	07989 655983
SPEAKER SECRETARY	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
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS		
CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	ANDY SMITH	07930 356976
COMMITTEE MEMBER	PETER HARRIS	01992 429297
CO-OPTED MEMBER	BRIAN PEEL	

PROGRAMME PROD

RAY LUCAS

07952 465528