



# CHESHUNT u3a

Registered Charity No. 1150779

## MEETING THURSDAY 24<sup>th</sup> August 2023

**This month's** speaker will be **James Higgs** "In the Footsteps of a Wedding Toastmaster". James will relate some of his early experiences and also a behind-the-scenes insight to some of the leading hotels and venues he has worked at.

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**Next month's** meeting will be held on Thursday 28<sup>th</sup> September and the speaker will be **Dr. Helen Fry** on "Women in Intelligence in World War 1 and World War 2". A writer and historian, Dr Fry has also been involved in television documentaries.



### U3A MEMBERSHIP CARDS



**When attending the monthly meetings, please bring your membership card along to book yourself in at the registration desk. Please also take it to any group meetings, as the group leaders will want to keep their own records. 2023-2024 cards have a light blue stripe.**

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.**



**Meeters and Greeters** this month are from the **Photographic Group**

## Cheshunt U3A Day

On **Wednesday 20<sup>th</sup> September** we will be outside Tesco Brookfield Centre between **10:30am to 4:00pm**.

We will be showcasing what our Cheshunt Branch has to offer, guiding visitors through the many activities and hobbies, as well as featuring our U3A Band throughout the day. On hand will be members of the committee and other volunteers to answer any questions visitors may have, as well as suggestions for new events.

### 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 **31<sup>st</sup> 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.

## **VOLUNTEERS NEEDED**

**Rob Scott has been our Cheshunt u3a treasurer since its formation 13 years ago. We now need somebody to shadow Rob in this role, with a view to taking over when Rob decides to step down. This is a key role for our u3a and without a treasurer we will not be able to function and Cheshunt u3a will close, to the detriment of its nearly 700 members!**

**If you have some accounting experience and feel you could take on this role then please contact one of the committee members. The job is not too onerous or time-consuming, but it is vital that we have somebody step forward and provide cover for Rob.**

**YOUR u3a NEEDS YOU - NOW!!!**

### **Basic Mobile Phone / PC Session**

Is there anyone out there who knows their iPhone from their Android? Would you be prepared to hold a session with a few members to explain the basics of phone and computer technology? Some of our members would appreciate some help and don't have a 7 year old grandchild to show them what to do. Remember, the u3a is all about sharing experiences and helping each other, so if you can step in then please contact any member of the committee.

## GROUP LEADERS

### PROGRAMME / NEWSLETTER ENTRIES

September's Programme / Newsletter Copy is required by Close Of Play on Tuesday 19<sup>th</sup> September 2023.

Please email copy to:

*cheshuntu3aprogram@hotmail.com*



Splash your **cash**



on our popular **Raffle**

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



### Meeters and Greeters Rota 2023



September - Book Club

October - Music in the Afternoon

November - Exploring London 5



### CESHUNT 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](mailto:peterharris1@sky.com).  
Peter Harris (Webmaster)

# 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 selecting an interest group, come to the New Member table for a chat.

## **AFTERNOON TEA & QUIZ**

Mary Hanney 01992 426341

Next Quiz **Tuesday 19<sup>th</sup> September**, at Halsey Masonic Hall, Cheshunt. Cost £1.50. **Time 2:00pm**. Cost of Tea/Coffee £1.50 paid to the Masonic Hall.

## **ALMOST LOOSE WOMEN**

Carol Farren 01992 629028  
Ann Powell 01707 889189

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

## **ART APPRECIATION**

Clarice Pillar 0208 804 0900

There are no visits planned for the moment, I shall contact the group and put the information in the program when we start up again. My apologies for the lack of visits this year, but I hope to do better.

## **BADMINTON/TABLE TENNIS** Stewart Wagstaff 07594 475051

**The group returns on Monday 4<sup>th</sup> September 2023.**

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

Another enjoyable meeting took place this month (only one member couldn't make it, due to grandparenting duties) The book we were discussing was *Three Things about Elsie* by Joanna Cannon. Sadly, it was a thumbs down for the book - yet another group of old ladies in a retirement complex, with a bit of a mystery going on to keep them going. Quite a few authors seem happy to jump on this band

wagon. We did find some humour in it, but not much else. Not all had quite finished the book (and at least one of us gave up part way through) but the majority felt the dignity of the elderly is not upheld when they are portrayed in this way.

Next month we will be discussing *Songbirds* by Christy Lefteri and *Cranford* by Elizabeth Gaskell. Fingers crossed for a better reading experience.

❖ **BOLIVIA** Peter Harris 01992 429297 [peterharris30@live.co.uk](mailto:peterharris30@live.co.uk)

Dates for Bolivia **11<sup>th</sup> and 21<sup>st</sup> September 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

No Sign Language Course arranged just yet.

❖ **CANASTA/CRIB** Sylvia Lyons 07851 055346

Canasta/Crib dates are **4<sup>th</sup> and 18<sup>th</sup> September 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

Please note the Ely trip is on **Tuesday 10<sup>th</sup> October**, not the 17<sup>th</sup> as was in the July brochure. The trip is currently full with a short waiting list. Payment for Ely and Ramsgate on **Thursday 7<sup>th</sup> September** is due by the August meeting. There are still some seats on the Ramsgate trip. I will be taking names for our Xmas trip which is on **Tuesday 21<sup>st</sup> November** at the August meeting. Full details will be available at my table. There is plenty of room for everyone as I can take 100 members.

**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

Please see me for date of next meal.

 **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** Eileen Funnell 01992 422475

On a very nice day (one of the few) in July several members of the group visited the Physic Garden and had a most interesting guided tour.

We very recently had our Summer afternoon tea at Leafy Oak Nursery. After a few parking problems, they were having their car park enlarged, we settled in the conservatory for a very substantial tea, which was thoroughly enjoyed by everyone. The 'doggie bags' provided were very acceptable. Several members had not been there before so explored the nursery before we left.

**Wednesday 13<sup>th</sup> September** - Guided Tour of Drury Lane Theatre.  
**October** - To be advised.

Next Planning Meeting **Friday 1<sup>st</sup> September at 10:15am** at Cheshunt Free Church.

 **EXPLORING LONDON 2** Rosemary Trundell 01992 621155

Our July trip was a guided walk around Central Hackney. This was of particular interest to some of our group who grew up in or near Hackney.

We started our walk at St Augustine's Tower, which is the oldest building in Hackney, dating back to the 13th Century and all that remains of the parish church which was demolished in 1798. This was replaced by a Georgian church which was eventually

completed in 1813 and for a while the bells were rung in the old bell tower until the new bell tower was completed.

Another notable building on our walk is Sutton House built in 1535 by Sir Ralph Sadler, adopted son of Thomas Cromwell, who became Principal Secretary of State to Henry VIII. During the Victorian era, with the coming of the railway in 1850, many of the old buildings were replaced by streets of terraced housing.

In August we decided to stay local and visited the Royal Gunpowder Mills at Waltham Abbey. When we arrived we were taken round the site on a tractor trailer ride and our excellent guide explained what all the various buildings were used for. We were also lucky to see some of the abundant wildlife living on the site.

After coffee/tea and biscuits we were free to look round the exhibits and view a film about the history of gunpowder and also have a ride on the narrow gauge railway. The Royal Gunpowder Mills were in operation for over 300 years. Over the centuries the factory grew, adopting new technologies and expanding its workforce to meet the increasing demand for explosives and propellants. After the 2nd World War the establishment reopened as a top secret research establishment before finally closing in 1991.

Our forthcoming trips are as follows:-

**Wednesday 20<sup>th</sup> September** - Coach trip to Eltham Palace with EL4

**Monday 16<sup>th</sup> October** - Guided tour of the Royal Hospital Chelsea

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next planning meeting will be on **Friday 15<sup>th</sup> September at 11:00am.**

### **EXPLORING LONDON 3** Steve Gollop 01992 629209

For our July trip the group decided to have a summer lunch, we were very fortunate as on one of the few sunny days in July we met for a very enjoyable lunch at Three Lakes Restaurant at Westmill Farm.

The restaurant is situated overlooking the lake and rolling countryside, which provides a lovely outlook while eating the excellent food. Some of the group stayed on to enjoy the scenery and good weather in the outside seating area.

In August we booked a guided tour of Bruce Castle Museum. This 16th century manor house in Tottenham was originally owned by William Compton, a close friend of Henry VIII whose position in court was 'groom of the bed chamber'. In the early 19th century Roland Hill opened a school in the building and was joint headmaster, later leaving teaching to work for the Post Office, and



inventing the Penny Black postage. The lovely weather allowed some of the group to venture onto the roof to see the view of local landmarks including Ally Pally and the Spurs ground.

Our forthcoming trips are:

**Tuesday 26<sup>th</sup> September** – Thames River Cruise – evening cruise including light refreshments.

Next planning meeting is on **Wednesday 6<sup>th</sup> September, 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 13<sup>th</sup> September 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In June we visited Armourers Hall near Moorgate. Our guide Peter Bateman had been clerk up until last year. We started in the Gold Drawing Room where, after refreshments and biscuits, Peter first gave a talk on the history of Livery Companies in general. He then concentrated on the past and present activities of the Armourers and Brasiers as well as the history of armour and its role in medieval warfare.

Peter encouraged group members to participate in the discussion and as usual the group did not fail to impress with their knowledge and interest. We learnt that the Hall is believed to be the oldest Livery Hall to exist on the present site in the City of London despite being substantially rebuilt in the 19th Century. Unlike other livery halls it was not damaged by the Blitz.

There were striking portraits of Ann Vavasour and Sir Henry Lee in the Drawing Room. Peter told us how Ann became the lover of Sir Henry Lee, Master of the Royal Armourers under Queen Elizabeth I. She lived a chequered life and despite being Maid of Honour to the Queen for a period she was also imprisoned in the Tower of London and later brought before the High Commission on a charge of bigamy.

The Livery Hall itself was due for major refurbishment the following day so it is likely that if we visit again it will be completely transformed from how we saw it on our visit. Peter explained the contents of the Hall and gave us an insight into the events of the Battle of Agincourt. It seems that Henry V was not the dashing Prince Hal depicted by Shakespeare but a cold, aloof man prone to acts of breathtaking cruelty and arrogance. Despite the defeat of the French at Agincourt Henry was not satisfied until all those taken prisoner were systematically put to death.

The Queen's House is famous today for its extraordinary art collection including works by  
were given studio space by Charles II.

Future events:

**Wednesday 20<sup>th</sup> September** – Coach trip to Eltham Palace with an English Heritage guided tour of the Palace. Now a joint trip with EL2. Other Cheshunt u3a members welcome to join this trip as well – but hurry as final places being determined. Payment required on booking.

**Wednesday 4<sup>th</sup> October** – Visit by high-speed train to Canterbury. Highlight tour then choose to visit the famous cathedral, the ancient Roman discoveries and museum, or a River Stour guided boat trip.

**EXPLORING LONDON 5** John Durrant 07515 971162

On Tuesday 25<sup>th</sup> July we set out on a grey but dry day for two great visits. Relieved that the threatened tube strike had been lifted, we arrived at the National Army Museum for coffee and a visit to the recently refreshed exhibition galleries. These cover the role of the Army from the British Civil War to the modern day. Thoughts and ideas are explored, as well as real stories of real people. The way we think about the Army was also challenged, as well as our relationship with it. A thought provoking place to visit.

Refreshed by lunch, we walked a few minutes down Royal Hospital Road to the Chelsea Physic Garden. Celebrating its 350th anniversary this year and originally set up by the Worshipful Society of Apothecaries, its original purpose was to provide medicinal plants. It is the only Botanic garden collection focused entirely on medicine, herbal and useful plants.

Originally it was an outdoor classroom for training apprentice Apothecaries, who are known as pharmacists today. They were trained to identify different plants and to understand their uses. Today over 4,500 species are crammed into the 4 acre site, helping tell the story of humanity's relationship with plants. Our two Tour Guides were knowledgeable and friendly. Indeed Paula, who has guided us on several Blue Badge Tours, is a volunteer guide at the Garden, and picked out our visit especially. Thank you Paula.

Refreshed by more tea and in some cases cake, we returned to Cheshunt educated, informed and entertained by our day in London. Sir John Reith would be proud! I note that Mick Jagger held his 80<sup>th</sup> Birthday Bash at the Physic Garden last night, so perhaps we should add Cool to the list of its Attributes!

Future visits:

**Monday 25<sup>th</sup> September** - Blue Badge guided walk Legal London

**Tuesday 17<sup>th</sup> October** - The Poppy Factory

Next Planning Meeting on **Tuesday 12<sup>th</sup> September 2023** at **10:00am** in 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 18<sup>th</sup> September 2023** 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.

**GARDEN VISITS** Pat Dixon 01992 766832

As I am no longer running this group I would like to say thank you to all those people who have supported the Garden Visits group over the years.

**Note:** If anyone wishes to take over the group there is support available.

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

Our holiday to Gunton Hall went well, the weather was extremely kind to us. We enjoyed three excursions during our time away. I think the highlight of those was the trip to Southwold where the sun shone throughout our stay.

Hopefully, further details of our next holiday will be available at the October meeting.

 **LINE DANCING (Broxbourne u3a)** 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 6<sup>th</sup> September:** Landscapes.

**Wednesday 4<sup>th</sup> October:** Vintage Cars



August walk from Hertfordshire Country Club  
Photograph by Steve Gollop

We had a fine turnout of 33 walkers for the August walk led by Frank and some 24 or 25 stayed for lunch.

Our next walk will be on **Tuesday 5<sup>th</sup> September** from The Feathers, 49 Cambridge Road, Wadesmill, Ware. SG12 0TN. It will be a 5.5 mile circular walk and is one that we did a number of years ago.

The hotel is expecting us at **9:30am** to pre-order our lunch before setting off at **10:00am** and getting back between **12:30pm** and **12:45pm**.

We will cross the main road (Roman Ermine Street) and head north west along The Bourne, which is a deep dried up water course to meet Lowgate Lane. This, in turn, is another Roman Road from Braughing to St Albans.

We will have our coffee/tea stop at Sacombe Church, which has been used in a number of films, before heading south east, to pass Sacombe House. We will then enter Home Wood before heading over the fields back to the hotel.

The hotel was originally a 17th Century Coaching Inn and was called the Princes Arms in the early 1600s.

Any problems my mobile number is **075944 27190**.

The walk on **3<sup>rd</sup> October** will start from The Star in Standon.

 **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 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 **1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> September 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 on **Tuesday 12<sup>th</sup> September at Laila**, Old Pond, Cheshunt. **Time 1:00pm**, 2 courses £11.50. Please see me for menu choices. A £5 deposit is required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

The group visited Capel Manor on 19<sup>th</sup> July for a photographic outing. There will be an outing to the Henry Moore sculptures at Much Haddam on **Wednesday 23<sup>rd</sup> August**. Our usual group meeting will take place on **Wednesday 13<sup>th</sup> September** at the Tesco Community Centre at **2:00pm** where we will review our images from these photographic outings. Refreshments are provided courtesy of Tesco.

**RUMMIKUB** Peter Harris 01992 429297

Current dates **1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> September at 10:15am**. We are 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](mailto:dandc@hewkin.com)

## **SEW KNIT PATCH & CHAT**

Chris Hewkin 01992 625709

We have welcomed some new members but would still like a few more. We meet at St. Clements Church Hall every **first and third Thursday of the month from 2:00pm to 4:00pm**. So bring along your handiwork, swap patterns and ideas and have a chat and a cup of tea and lots of laughs. (Please park in Hillview Gardens opposite). Members are always ready to help others with a tricky bit of a pattern or a new skill. The meetings next month will be on **7<sup>th</sup> and 21<sup>st</sup> September**.

## **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

Our **8<sup>th</sup> September** Walk will be from Broxbourne to Rye House along the New River. We will meet at the Broxbourne Riverside Cafe (Old Mill Retreat) at **10:30am for a 10:45am start**.

I have made the start time slightly later to allow for free parking in Mill Lane (EN10 7AZ) alongside the Recreation Ground, Broxbourne from **10:30am**. Length 2.5 miles.

Toilets at Broxbourne. Train back from Rye House to Broxbourne or Cheshunt. In the event of a train strike we will go to Dobbs weir and back.



## **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 until 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 this includes a cup of tea with biscuits.

We have become quite popular and are now over 50 members so unfortunately we are unable to take any more new members at the present time. The group is closed in August and will resume on the 4th of September.

 **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

**THE LION KING - Wednesday 6<sup>th</sup> September, 2023**Pick Up - Cheshunt Pond o/s Papa John's at **11:00am**

Please be on time as the coach can only wait for 10 minutes

Please bring an emergency contact number with you - hopefully this will not be needed.

**AIN'T TOO PROUD - Withdrawn**

This show is being withdrawn by the theatre after the 14<sup>th</sup> September. Those people who are due a refund please come to the table at the meeting (7 people).

**HUNTERS MEET - 20<sup>th</sup> December 2023**

Payment for the meal and afternoon entertainment is now due.

Please pay this month or make contact to reserve your place.

This trip is currently full.

**THE KING AND I - 8<sup>th</sup> February 2024**

This show is currently fully booked, there is a reserve list.

**ABBA VOYAGE - Sunday 9<sup>th</sup> June 2024**

Although this show is well ahead - the theatre required payment this month.

If you have not yet paid, please come to the table, to pay or make arrangement for payment. Currently there are 2 places left.

We are trying to make an 'up to date' list of phone numbers. If you are booked on any of the shows, please come to the table to check we have your correct number.

Once again, a reminder that once paid for refunds can only be made if we are able to re-sell the tickets.

 **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

**Starts again on 6<sup>th</sup> September 2023.**

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 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.

**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

*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.

Please note no class Tuesday **29<sup>th</sup> August.**

### **CHESHUNT LIBRARY**

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

### **FITNESS PILATES**

Fitness Pilates - Every **Thursday 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.

### **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 £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](mailto: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.

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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**.*

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## **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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## **CHESHUNT U3A WEBSITE**

Visit our website on [www.u3asites.org.uk/cheshunt](http://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.*

## **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](http://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 DUGDALE	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
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
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258