



THE UNIVERSITY OF THE THIRD AGE

# CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 26<sup>th</sup> APRIL 2018  
1.30pm LAURA TROTT CENTRE.

Today we have **BRAD ASHTON** whose talk will be “**THE JOB OF A LAUGHTIME**”. Brad is a Television Comedy Writer who has written for many stars such as Tommy Cooper, Dick Emery etc.

Our next meeting will be on 24<sup>th</sup> MAY 2018 when the guest speaker will be **Laurence SUMMERS** who will be speaking on “**HISTORY OF THE VICTORIAN ERA**”. Besides speaking, Laurence is a professional guide with a long list of walks. See his webpage for more details.

Monthly meetings will usually be held on the 4<sup>th</sup> Thursday of each Month at 1.30pm at the LAURA TROTT CENTRE. **Please note that the doors to LAURA TROTT will not be opened until 1.30pm and the main Meeting will commence in the Hall by 2.30pm.**

Visit our web site [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.*

When you attend the monthly meetings, you should bring your membership card (this year the colour is peach), along to book yourself in at the respective desk. You should also take it to any group meetings. The group leaders will want to keep their own records.

### Visitors

A Temporary Membership Fee of £2 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.

Members' information held by Cheshunt U3A will not be disclosed to any third party

## **MEETERS AND GREETERS ROTA**

May - Book Club

June - Watercolours

July - Cycling

### **DATE FOR YOUR DIARY**

Summer Celebration for 2018 will again be held at The British Legion, Crossbrook Street on Saturday June 2<sup>nd</sup>. The disco will be provided by Kens Disco who come well recommended. Cost of Tickets will be £12 to include either Fish/Chicken and Chips from Seaways Fish Bar. TICKETS NOW ON SALE Mary 01992 426341.

### **NEW GROUPS**

#### **BALLROOM DANCING**

A Ware Group who meet at Wodson Park Ware on Fridays 2 - 3.30pm. Contact Pat Fisher 01920 464463 for information. A warm welcome to all Cheshunt members.

#### **CANASTA/CRIBBAGE**

Cheshunt U3A currently run a Cribbage group on Tuesdays however they are reaching maximum numbers so with the interest there has been shown we thought we could start another group. Also many members have asked if we have Canasta Group. Well we do run a Bolivia Group, a card game which is a derivation of Canasta but with the interest shown we thought we could combine the two card games and have one formal group which hopefully will satisfy all parties.

The inaugural meeting took place on Monday 19<sup>th</sup> March at 2pm at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 30<sup>th</sup> April and Monday 14<sup>th</sup> May at 2pm. We have averaged so far about 16 members per session. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits.

If you are interested please contact me Peter HARRIS on 01992 429297 or email me at [peterharris1@sky.com](mailto:peterharris1@sky.com)

#### **EXPLORING LONDON 5**

Virginia Bernard: 07891 610945

Come and explore everything the great City of London has to offer. Our first planning meeting will be on Tuesday 8<sup>th</sup> May, 11:00 a.m. at St Clements Church Hall, Cheshunt Wash, Turnford, EN8 0LU. Our first trip

is planned for the 29th May to The Guildhall and/or The Guildhall Art Gallery. Do stop by the Exploring London 5 table at the next monthly meeting for a chat and to sign up to the group. Look forward to meeting you. Virginia Bernard Mob: 07891 610945 email: [bernard691@gmail.com](mailto:bernard691@gmail.com)

### WALKING FOOTBALL

John DURRANT 01992 629215

The astro turf pitch at the Laura Trott Centre is the venue. We meet on Fridays 3pm to 5pm and the cost is £3 per head. Parking Charges are refundable and we can use the changing rooms if required. Rules are simple and the aim is for the games to be social. If interested please make contact by phone or at the monthly meetings.

### CHESHUNT U3A GROUPS

ART APPRECIATION Diane POPE 01992 632829/Clarice PILLAR 0208 804 0900

The Art Appreciation group visits art galleries, museums or churches to view various aspects of art. In March we will re visit one of our annual favourites, 2 Temple Place, with its very impressive interior and excellent exhibitions. This year the exhibition is on the history of jazz

AWAY DAYS - Rose Lovelidge 01992 630899 - Mob; 07973313416 email [rose.cheshuntu3a@gmail.com](mailto:rose.cheshuntu3a@gmail.com)

Thursday 19th July The Chocolate Lady of Suffolk

Price includes coach, guide, morning coffee, entrance to Chocolate Lady, afternoon cream tea and gratuity £45. Find yourself immersed in chocolate box scenery as you take a trip around Suffolk villages and countryside. Finish the day with a visit to the Chocolate Lady.

We will make a stop at Melford or Lavenham where you can purchase a sandwich or something to eat, not too much as you will be having a cream tea. The Chocolate Lady has been creating delicious delights for over 28 years and is a regular on local radio and television. You will have a demonstration of chocolate making before indulging in afternoon tea. Afterwards you will have the chance to purchase a memento of your visit. Leaving approximately 4.30p.m.

### AFTERNOON TEA with QUIZ

Mary 01992 426341

Well done to all members that took part in our April Quiz, which was won by the Dim Bows. Our next quiz is on Tuesday May 29th at 2pm at Halsey Masonic Hall, Cheshunt. Please register your interest at my table.

### BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

We meet every Monday from 7pm-9pm at GOFFS CHURCHGATE ACADEMY (formerly Cheshunt School). All abilities are welcome and we provide equipment. A small charge per head per night is required to pay for the hall. The facility is now somewhat improved with new line markings and polished floor! Please contact for further details.

### BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/

Antony POPE 07949 739116

*12 of the group visited Collage Lakes Nature Reserve on Monday 9th April 2018 on a wet rainy day and we saw 39 species of birds*

*The highlight of the day was seeing the Little ringer plover and Redshank.*

Future visits:

Amwell Nature Reserve on Monday 14<sup>th</sup> May 2018. Meet at Cheshunt Station at 9.45 am to catch the 10.09 to St Margarets Station. Then walk down Amwell Lane to the Reserve. This is a full day so please bring a packed lunch.

London Wetland Centre on Monday 11<sup>th</sup> June 2018

Woodbury Downs on Monday 9<sup>th</sup> July 2018

London Parks on Monday 13<sup>th</sup> August 2018

### BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

For the April meeting the group read "Brave New World" by Aldous Huxley. Written in the 1930s this describes a future when all children are created artificially, and programmed from before birth to be happy with their place in society; all problems can be solved by taking a wonder drug "soma" and personal relationships are forbidden as "everyone belongs to everyone else". The book provoked keen discussion in the group about the importance of free will, whether the consumer society was a good or bad thing and the purpose of life without any challenges or difficulties to be overcome. Surprisingly easy to read it certainly proved very accurate about some aspects of present day society, but failed to imagine, for example, computers or the effects of the Pill. So thought-provoking indeed that discussion continued over lunch in the pub!

### BOOKWORMS

Barbara HONES 01992 410160

2017 has been most enjoyable. We have had various Authors and Stories. Visits to "Meet the Author" were very interesting. *We are closing the Group and the last meeting will be in May.*

## BOLIVIA/CANASTA

Peter HARRIS 01992429297

Peterharris30@live.co.uk

New members always welcome for a light hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards, easy to learn and a great deal (no pun intended) of fun. The membership is continuing to grow with an average of two members joining each month; however we are still looking to expand. We can guarantee at the end of one session, any newbie will understand and be able to play the game. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon.

We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. Dates for next month are Monday 7<sup>th</sup> May and 21<sup>st</sup> May. Time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds is necessary.

## CHESHUNT and WARE CYCLE GROUP

Stewart 01992 624706

Our group meets every Wednesday morning at 9.30am at Pindar Car Park near Cheshunt Railway Station, for a prompt 09.45am start. We have two guided rides every week. The Easy Ride which encourages members to get in the saddle and have a pleasant ride through the Lee Valley Park, at a leisurely pace. The Moderate Ride offers a ride which although still at a leisurely pace, goes a little further in miles with fewer stops. On the 2nd and 4th Wednesday of each month, we offer a Challenging Ride which goes both on and off road covering up to about 25miles. All rides finish at the same time, noon, for a coffee at the YHA. The Challenging Ride meets at Ware on the 1st and 3rd Wednesday of each month. When there are five Wednesdays in a month, we try to offer a joint ride for all groups lasting into the afternoon.

## CHESS GROUP

Rodney Dixon 01992 766832

The Chess Group is still looking for new members. The group is aimed at beginners and intermediate players. You can learn the moves and enjoy your first game. If you would like to learn this wonderful game please see me at my table or give me a ring on the above number.

## COMPUTERS - e BUDDY PROJECT

Working in conjunction with students from Herts Regional College, we organise one to one sessions for members looking to gain a better understanding of their laptop, ipad, smartphone etc.

If you are interested in attending please contact Steve Gollop 01992 629209 email: [stevegcheshuntu3a@gmail.com](mailto:stevegcheshuntu3a@gmail.com)

COUNTRY DANCING Val Foster 01992 627354 and June Brown 01992 301987. A Broxbourne U3A Group.

First and third Thursdays of the month, 2 - 4 pm Bollescroft large room, Hoddesdon. New members from Cheshunt U3A welcome, no previous experience or partners necessary! Please join us for a fun and sociable afternoon.

CRAFT - CARDS Betty WARREN 01992 637988  
All are welcome. Dates for this group are every third MONDAY of the month 10.30 a.m and every third WEDNESDAY of the month at 2 p.m.

CRIBBAGE Jenny CHRISTIAN 01992 306859  
Crib every Tuesday 2-4p.m. at my house in Mylne Close, opposite M&S at Brookfield Farm shopping centre. No charge. The Group is now full.  
Please contact Jenny Christian for more details.

EAT YOUR WAY AROUND THE WORLD Mary 01992 426341  
Next Meal: Thursday May 10th at 7pm De Ja Vu, Cheshunt. Banquet Night £12. This price would normally apply to Fridays Nights only, but due to the Christmas Meal not reaching our expected standard the restaurant has offered to arrange for us to partake of this offer on another evening. Please see me at my table to register.

EXERCISE GROUP - KEEPING FIT Mary 01992 426341  
Laura Trott Sports Centre, Grundy Park Cheshunt. Every Thursday 9.40am to 10.40am (earlier start to enable follow on class to start at their allotted time). Cost £3. The sessions are run by qualified instructors, whose aim is to ensure that we have fun whilst trying to get fit. CLASS CURRENTLY FULL.

EXPLORING LONDON 1 Eileen FUNNELL 01992 422475  
Weds 23<sup>rd</sup> May Apothecaries Hall  
Weds 13th June Hampton Court Palace  
Next Planning Meeting – Friday 4<sup>th</sup> May 10.15 a.m. Cheshunt Free Church  
*On a very wet and cold day we visited the Wallace Collection. Situated in Manchester Square, and built in the late 18th century, it was the main London town house of*

*former owners, Sir Richard and Lady Wallace. It is home to one of Europe's finest collections of art, paintings, armour, porcelain, Limoges enamels; glass and bronzes. Paintings are by artists including Titian and Rembrandt and include The Laughing Cavalier. It employs over 100 staff, over half of whom are in the Gallery and Security teams.*

### EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

*Linda Gollop organised our March guided tour of the Jewish Museum in Camden. We were given a good insight into British Jewish history from 1066 to today. Of particular interest was the gallery of Jewish ceremonial art where we learnt of the various traditions of Judaism from Orthodox to Liberal.*

*Our April outing took the form of a walking tour of a number of the City of London churches. This was organised and led by another member of our group, Mick Coe. We visited 9 churches, most of which were open, starting with St Botolph's without Bishopsgate and finishing at All Hallows by the Tower. Of particular interest were St Margaret Patterns and St Olaves (Pepys' church). We were very impressed with Mick's breadth of knowledge on the subject.*

Our forthcoming trips are as follows:-

Monday 14th May - Tour of Watermen's Hall

Thursday 14th June - Hampton Court by coach.

We meet on the third Friday from 1.00-2.00pm at Cheshunt Free Church.

**Our next meeting will be on 18th May. We have a few spare seats on the coach to Hampton Court on 14th June. Please come and see me at today's meeting or telephone if you would like to join us.**

### EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

*Our trip for March took us to the Thames River Police Museum located within the confines of Wapping Police Station. Being quite a small venue, we arranged two trips on consecutive days to meet demand. Rob Jeffries, a former police officer, entertained us with stories of criminal activity in Wapping during the 19th century and specifically the policing on the Thames during that time. Today the location is home to the Marine Police Unit. Although one or two members did not complete one of the visits we did check that they had not been detained at Her Majesty's pleasure.*

Next few trips are:

23 May Blue Badge Walk organised by Pam Brooks

20 June Postal Museum organised by Bob Barton

31 July Royal Festival Hall organised by Shirley Newton

August Clarence House organised by Doreen Humm

26 September Hever Castle and Gardens organised by Steve Gollop

October West Lodge Park Hotel lunch and visit to Arboretum organised by Pam Brooks

Our group holds a planning meeting on the first Wednesday of each month. Please note that as from April 4th this will be held at the new venue of Cheshunt Free Church (United Reform), 27 High Street, Cheshunt EN8 0BS at the usual time of 11.15am. There is limited parking available and access is by the side door.

#### EXPLORING LONDON GROUP 4

Steve SELL 01992 443012

07572 078511

We have a planning meeting every month. The next meeting is on Wednesday 9th May 2018 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

*In March we enjoyed a visit to Westminster Abbey. Everyone agreed that our guide Jan Poole was excellent. The Abbey was very busy, and it restricts groups to 30 people, so we have another tour planned for May. We learnt that construction of the present church began during Henry III's reign but that its history goes back to Edward the Confessor and much has been added over time. Jan started in the precincts of the Abbey and explained the significance of Westminster School and Westminster Choir School before moving into the Abbey itself and taking us through the various Coronations and Royal weddings that have taken place there including the most recent of the Duke & Duchess of Cambridge. Until the death of George II most kings and queens were buried in the Abbey and we visited their tombs.*

Future trips:

Wednesday 23rd May – Westminster Abbey Guided Tour – second visit

Thursday 31st May – Old Highgate Village Guided Walking Tour

Monday 18th June – Strawberry Hill House, Twickenham; House & Landscape Guided Tour

Tuesday 31st July – Old Hampstead Village Guided Walk

Friday 3rd August – Trip to Cambridge with a guided tour of the city and University Colleges - revised date!

Monday 10th September – History and Mystery at the Magic Circle

Tuesday 18th December – Postal Museum and the Mail Train. A few places left.

FAMILY HISTORY Rena KING [rena.barry@sky.com](mailto:rena.barry@sky.com) 01992 631826

Please note there are big changes happening with the family history group.....we no longer meet at the Green Dragon Pub which has now closed down. The good news is we have a new venue at the **Community Room at Tesco's Brookfield Centre**. This room is situated to the right hand side of the existing Bakery and clearly marked. **Our next meeting will be Monday 21<sup>st</sup> May at 2pm.** We are very fortunate to have acquired the use of this room and I am sure most people will happily combine the group meeting with a bit of shopping thrown in! Another plus



is that there are no car parking charges and for those not driving, the buses stop there too.

Another bit of good news for family historians is that the **General Registrar Office** online at ..... [www.gro.gov.uk/gro/content/certificates](http://www.gro.gov.uk/gro/content/certificates), are extending their pilot scheme of issuing **pdf [portable document format]** copies at the cheaper rate of £6. The Indexes of births 1837-1917 [now show the mothers maiden name] and deaths 1837-1957 [now show the age at death] making it easier to order the right persons certificate, so if you have a few of these to buy now is the time to apply. They will however require the Volume and Page numbers of each individual certificate applied for and free online access to the Indexes of BMD providing this information, can be found at [www.freebmd.org.uk](http://www.freebmd.org.uk). Many are unaware of this very useful free website, ie: the listing of GRO Indexes to all England and Wales births, marriages and deaths, the latest update on 15 March... **BMD indexes currently contains 266,897,565 distinct records (341,875,379 total records)**. With that amount currently available, it is very unlikely the person you are looking for does not appear in the national indexes. So come along to the meeting and have another go at finding your ancestors, there are heaps of websites out there and multiplying year by year!

### GARDEN VISITS

Pat DIXON 01992 766832

**BETH CHATTO GARDEN** on Monday 14th May leaving Lloyds Bank, Cheshunt at 9.00am (please note earlier departure time). Cost £36.50 which covers coach, entrance, gardener's tour and gratuities. I have just one seat left for the Beth Chatto Garden visit. Please contact me ASAP.

**BAYFORD MUSICAL GARDENS DAY** on Sunday 17th June leaving Lloyds Bank, Cheshunt at 11am. Cost £24 which covers coach, gratuities and entrance to 12 gardens. There are a few seats left.

**BARNSDALE GARDENS** on Monday 23rd July. This garden was created by Geoff Hamilton of Gardeners World fame. We would leave Cheshunt at 8.30am to arrive at Barnsdale at 11am and depart at approximately 3.30pm. The cost of £36.50 covers coach, gratuities, entrance and two-hour tour of garden with the head gardener.

Please come and see me at my table to collect a booking form or give me a ring. I am also on 079570305874 or [pat.dixon1952@gmail.com](mailto:pat.dixon1952@gmail.com)

### ALMOST LOOSE WOMEN

Carol FARREN 01992 629028/ Ann

POWELL 01707889189.

Our group used to be called "**Laugh your Pains Away**". We have now decided that we have covered this subject long enough and would like to have a wider area of discussion. We meet the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am-12pm. Our next sessions are

May 10<sup>th</sup> and June 14<sup>th</sup>. We have a good laugh over a cup of tea or coffee and biscuits. **Gentlemen are more than welcome to join us**, although we are now full with a waiting list in operation.

LINE DANCING (Broxbourne U3A) Lesley CASSON 01992 445938

We meet twice a week at Wormley Community Centre. On Mondays we have Improvers from 10.30am to 11.30am, followed by Beginners/Improvers from 11.45am to 12.45pm. On Fridays we have Improvers from 10.00am to 11.00am followed by a tea break, then Beginners from 11.30am to 12.30pm. There are some spaces in all the classes, but anyone wishing to join would need to have previous line dancing experience. Please ring or email Lesley for advice ([lesleyb10@hotmail.co.uk](mailto:lesleyb10@hotmail.co.uk)). **No classes on Monday 30<sup>th</sup> April and Friday 4<sup>th</sup> May.**

MOTO (Members On Their Own) Eve Beckford 01992 425458/Dee James 01992 474437

This group is now being run by Eve Beckford and Dee James. Ring Eve/Dee for future events. Next planning meeting is on Tuesday 8<sup>th</sup> May and then every two weeks at 11.15am at the Crocodile. We have been lunching and visiting the cinema. Come along and join us. We lunch locally as well as having days out. The group is expanding with more persons joining, come and join us.

MODEL MAKING Jack SNARY 01992 638046  
1<sup>st</sup> Wednesday of the month, 2pm, Crocodile Public House.

MORNING WALKS Rob SCOTT 01992 445288

The next Morning Walk will be on Tuesday 8<sup>th</sup> May at 10am from Tewin Lower Green - nearest post code is AL6 0JX, which is for the Memorial Hall. It will be a 5.5 mile circular walk, heading south west and later north east towards Burnham Green, Bull's Green, Tewin Upper Green and so back to Tewin Lower Green. Hopefully the weather and ground conditions will be a lot better than of late.

From Cheshunt head for Hertford North Station, and immediately turn left on to the B1000 for just over 2 miles, before branching right for Tewin. Please park around the triangular village green. The Rose and Crown pub is within sight for those wanting refreshment afterwards. My mobile for anyone with problems getting to the start is **07594427190**.

For your diaries, the walk in June will revert to the first Tuesday - 5th - and will probably be from Hundsdon.

*There were 16 walkers out for the May walk and although there was quite a bit of ground water lying about, the mud wasn't too bad. There were no fallers this time - just spattered trousers. 10 of us drove to Watton at Stone for a good lunch in the Bull afterwards.*

MUSIC IN THE AFTERNOON Peter & Jean HARRIS 01992 429297  
[peterharris30@live.co.uk](mailto:peterharris30@live.co.uk)

A slight change in title simply to reflect better what we are about. We meet to enjoy all types of music. Members bring a CD of their choice; some may explain what it means to them. Occasionally we have themes i.e. on the anniversary of Buddy Holly death we played several tracks relating to him. Absolutely all types of music has been played, Classical, Jazz, Electronic, 50's & 60's and current. It's always good fun.

We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits. Next Music Appreciation will be on Fridays 4<sup>th</sup> May and 18<sup>th</sup> May 2018 at 2pm.

### MUSICIANS UNITED

Peter HARRIS 01992 429297

Along with Budd Leech we have started a new group for Musicians. We are seeking members who have, in the past or still play a musical instrument. Our aim is to see if we can run some form of musical sessions.

No intention of playing to others, just for fun. We have booked St. Clements Church, out of the way of prying ears, and we meet on Monday mornings. It could be good fun or very painful. Find our desk at the monthly meeting and have a chat with us.

We now have twelve members playing Saxophones, piano, guitar and ukulele. Always more welcome, we are particularly looking for a drummer so please come along and enjoy the fun. **We meet EVERY MONDAY at 10am.**

### OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Next Meal: Monday May 14th at 12.30pm Fishy Delishy, Old Pond, Cheshunt. Cod & Chips £7.50, please note £5 deposit required at time of booking.

### PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

On Wednesday 11th April the photography group met at St Clements Church and the meeting was chaired in my absence by Bernard Broomhead. Members were given laminated cards with 'at a glance' F stop aperture settings, shutter speeds and ISOs which they found helpful. To improve photography skills, members were advised to practice taking various images of different subjects and bring them in for the group to critique and discuss. In May we hope to go out and take some pictures and bring these back to the group for further discussion. Our group is aimed at all levels of interest and experience and we look forward to welcoming new members to our group which meets on the second Wednesday in the month. The next meeting is on Wednesday 9th May at 2pm at St Clements Church in Cheshunt Wash. This venue has disabled access and there is parking in Hillview which is opposite St Clements Church. Please give me a ring on the above number.

### RETAIL THERAPY

Ann POWELL 01707 889189/ 079710 33181

Shopping trip to Cambridge 20th June and Peterborough 5th September.

### RUMMIKUB

Delphine Andrews – 01992 637288 and Jean HARRIS

01992 429297

Those who have never played this game before quickly get to grips with it and enjoy it immensely. New players will be most welcome including members of other local U3A's. The venue is St. Clements Church, Cheshunt Wash, EN80LU, opposite Hillview Gardens. Dates for next month will be on Friday 4<sup>th</sup> May and 18<sup>th</sup> May 2018, at 10.15am. (Please park in Hillview).

### SAILING

Teresa LEAVY

01438 223860

We sail every Tuesday at Broxbourne Sailing Club as part of Hertford and District U3A Sailing Group. Give Teresa a call if you fancy a taster session or joining. The sailing group is run via Hertford U3a but draws its members from several local U3a's.

### SEW KNIT PATCH & CHAT

Sheila BUDD 01992892329

Come & join us in St Clements Church Hall, Turnford, Cheshunt Wash EN8 0LU. The group, under shared leadership, will be meeting on Thursday 3rd and 17<sup>th</sup> May 2018 from 2- 4pm. Bring your own work,

learn a new skill such as crochet or simply join in with the friendly chatter! Expect a warm welcome from all of us.

### SHORT MAT BOWLS

Lionel BANNISTER

Now at the Laura Trott Centre 10.15am for registration for a prompt start session from 10.30am - 12.30, see you all there at the next meetings.

### SHORT WALKS

Bill NEVARD 01992 633959

Next walk is Friday 11<sup>th</sup> May 2018. Meet at Turnford Brook Car park next to St Clements Church 10.15am for 10.30am start. We will then enjoy an easy walk through the Lea Valley Country Park to the café at the Park Farm for tea and coffee before returning. Total distance 2 ½ to 3 miles. Further details at my table.

*On Friday 13<sup>th</sup> April, 33 of us braved superstition and enjoyed a lovely walk from Ware to Hertford along the riverside path.*

In view of the popularity of this group, is there anybody willing to be a Group Leader of another "short walks" group. Bill and the Committee will give help and advice.

### SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE

01992 425675

This is a very popular group and meets on Monday afternoon 2pm - 3.30pm at Cheshunt Free Church. £2 per session inclusive of tea/coffee/biscuit. A warm welcome to all.

### SPANISH LESSONS

Pam SUMNER 01992 428959

The Advanced class is continuing but would welcome a teacher or anyone fluent in Spanish who would be willing to help to develop the conversation skills. Please contact Pam Sumner (01992 428959) or Christine Dawson (01992 620888),

### SATURDAY LUNCH GROUP

Shirley WEBB 01992 424693

The next lunch is 5<sup>th</sup> of May at 1pm at Bulls Head Turnford. If you are not on the list already please ring me before 3<sup>rd</sup> May to be added or see me at the next U3A meeting. Look forward to seeing you all.

### TAP DANCING

Diane POPE 01992632829/Maureen WOOLLARD

01992621939

*We have moved to a purpose built studio at Cheshunt Sports Club, Albury Ride and will be open to take new members. We meet on Tuesdays,*

Advanced class 10.30am – 11.30am, Improvers class 11.30am – 12.30pm.  
Some experience is needed. See Diane for more information.

### THAI CHI

aaron@avsweb.co.uk

Slow relaxed movements to tone your muscles, feel calm and in harmony with nature. 1 hour class every Wednesday from 2 to 3pm at the Cheshunt Free Church. Come along and try it out for free, £2 per class after that.

### THEATRE GROUP

Pam CRAWFORD 01992308413

Wednesday 16<sup>th</sup> May. “**STRICTLY BALLROOM THE MUSICAL**” at the Piccadilly Theatre, matinee performance. £45.50 including coach etc.

Thursday 21<sup>st</sup> June. “**TINA THE MUSICAL**” at the Aldwych Theatre. Matinee performance. Features the songs of TINA TURNER. £50 all inclusive. More details to follow.

Tickets are now available for **AN OFFICER AND A GENTLEMAN** the musical which will be at the Milton Keynes Theatre on **Wednesday 11th July 2018**. Full price including Coach £47 - Pickup will be at the Old Pond by Lloyds Bank at 11AM

The world premiere of a brand new musical that will simply sweep you off your feet! ‘An Officer and a Gentleman’ is based on the Oscar-winning film starring Richard Gere. Its feel-good soundtrack includes the hit song from the movie ‘Up Where We Belong’ along with many 80s classic anthems including ‘Girls Just Want to Have Fun’, ‘Material Girl’, ‘Don’t Cry Out Loud’ and ‘Alone’.

### WATERCOLOUR GROUP

Sid KING 01992 711617

Hurrah we now have space for more budding artists, come and join this enjoyable group. See me at my table for more details.

### BOOKSTALL, PUZZLES .

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 that you do not donate **hardbacks**, as we have little demand for them and they are becoming increasingly difficult to store.*

### TRUSTY TRADER BOOK

This is kept on the information table to view, please do not remove.

We ask members to enter the names of trades’ people they have used and found to be good and reliable. No guarantees’ are implied or offered, please do your research but this might be a good starting point.

## COMMUNITY NEWS

*The groups listed below are independent and not operated under the U3A banner*

### CHESHUNT OUTDOOR BOWLS CLUB

New members are always welcome; our next season is from April to September 2018, we meet every Wednesday which is our club night evening starting at around 5 - 5.30 pm for training, roll ups, and a cup of tea or coffee. If this would be of interest to anyone contact Graham Boad 01992 614058 for more information.

OWL MESSAGING. This is an e-mail facility from Herts Police giving very useful information. SIGN UP at [www.owl.co.uk](http://www.owl.co.uk) it is free and you have no obligation.

THE LAURA TROTT LEISURE CENTRE has arranged a reduced price membership for all U3A members who wish to join and use the new E-gym studio. Some U3A members have already joined and are seeing the benefit of the new equipment which offers a more peaceful and safer method of exercising for members that may be put off by using the main area in the gym. As we age, it is now commonly accepted that we begin to lose the strength in our muscles, which can lead to a higher risk of injury, falls and breaks. Aside of the physical health benefits there is also a link between an enhanced level of health and lean muscle mass vs reduced body fat mass and a reduced risk of cardiovascular disease as we age, which is now evident through medical science. The E-gym room offers members the chance to exercise in an environment that is not only comfortable but also allows members to use gym equipment that can be specifically set up to accommodate any previous or existing injuries.

The team at the Laura Trott Leisure Centre have agreed a special U3A membership price of 5 months at £24.95 and will be offering U3A members the chance every few weeks to come in and have a tour of the E-gym in order to see how the equipment works and meet the managers and team. If interested contact the centre on 01992 623345 ext. 2521.

### DIABETES - TYPE 2

Joan BORRILL Tel: 01707 888161

"Type-2-Together" meetings are held at **10 am-12 on the last Thursday in each month** at The Beaumont Centre in Turners Hill, Cheshunt. This is a **Peer Support Group** for those living with Diabetes type 2 to share experiences and discuss information and tips in a very relaxed and informal way, learn more about diabetes management and well-being and enjoy the support and friendship of others in the same situation. Please contact the Group Leader, Joan Borrill on the above telephone number for information and the next date.

## PILATES

Becky Ashman 07964 631780

We meet every Thursday morning, 10.45 - 12noon at the Cheshunt Club, Albury Ride, 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.

## CHAIR BASED KEEP FIT

Mary 01992 426341

Cheshunt Free Church, Every Tuesday 11.30am-12.30pm cost £3.00 per session. Taking part in a keep fit class can be fun whatever your age or ability. Each class is designed to help build and develop your strength, balance and flexibility and is designed for people who find an exercise class too energetic. The group will also be run by a fully qualified instructor whose aim is to ensure that you enjoy and have fun whilst trying to improve your level of mobility and fitness.

CHESHUNT HORTICULTURAL SOCIETY meets on the first Thursday of each month. There are various speakers at the monthly meetings plus they arrange a number of coach outings to gardens throughout the year. New members are welcome: the annual membership is £9. For more information contact Dave Thomas 01992 631286.

KNIT and NATTER with Shirley Webb (01992 424693)

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

SCRABBLE 01992 633241 Every Monday 12.30pm Cost: £2.00, Beaumont Centre. Rowlands Fields, Turners Hill, Cheshunt.

**\*\*\*\*\*TOP RAFFLE PRIZES 2 x £50 M & S VOUCHERS\*\*\*\*\***

### THE CHESHUNT U3A COMMITTEE

CHAIRMAN	STEVE GOLLOP	01992 629209
VICE CHAIRMAN	STEVE SELL	01992 443012
TREASURER	ROB SCOTT	01992 445288
SECRETARY	TONI WALSH	01992 428129
ASSISTANT SECRETARY		
MEMBERSHIP SECRETARY	JANET WALLACE	01992 425675
ASS.MEMBERSHIP SEC	BARRY WALLACE	01992 425675
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WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
U3A NETWORK REP	STAN TURNER	01992 306185
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215