



THE UNIVERSITY OF THE THIRD AGE

Merry Christmas



CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 21st DECEMBER 2017

1.30pm LAURA TROTT CENTRE.

Today we have booked “ANDANTE” a musical duo to entertain us with songs and music. We have a FREE raffle with high value prizes (£10 x £50 M & S vouchers) and FREE coffee/tea and mince pies. Admission is restricted to members with NEW PEACH coloured membership cards, so renew your membership now.

At 1.30pm our “Singing for Pleasure” Group will perform a few Carols before the meeting/entertainment.

Our next meeting will be on **25th January 2018** when the guest speaker will be **FRAN SANDHAM** who will be speaking under the title of “**DR LIVINGSTON I PRESUME**” Fran has spoken to us before about Africa and no doubt will be his usual entertaining self.

This is also the date of our Annual General Meeting. Voting will take place re the yearly accounts which are available today and the nominations for the Committee roles. Nomination forms are also available today and on the website.

Chairmans Christmas Message

The Committee and I wish all our members a Merry Christmas and a Happy New Year and hope you enjoy the Festive Season, whatever you do and wherever you go.

Our U3A has continued to thrive during the past year and we look forward to seeing you all in 2018, a year that will no doubt provide us with challenges and decisions to make, but be rest assured we are ready to meet them and, as always, act in the best interests of Cheshunt U3A.

Monthly meetings will usually be held on the 4th 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 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 the usual group attendance fee.

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

PARKING PERMITS FOR U3A MAIN MEETINGS

The parking permits for the New Year period starting December 2017 are being issued for those who have not yet applied for them. **PLEASE**

ENSURE YOU DISPLAY YOUR PERMIT CLEARLY so the Enforcement Officers know you are in the U3A meeting. New membership card needed to get your permit. See Membership Secretary.

Membership Renewal 2017/18

This is a reminder that our membership year started on 1st November 2017. The membership cards this year are PEACH coloured. If you have yet to renew your membership, you can pick up a form from the membership desk or download the form from the website.

CHAIRMANS ANNUAL REPORT

CESHUNT U3A ANNUAL REPORT NOVEMBER 2016 - OCTOBER 2017

The seventh year in the life of our U3A undoubtedly saw the greatest change that we have had to manage in that time. That is, of course, the closure of Wolsey Hall that had been our home since the inaugural meeting and the subsequent transition to our new meeting place here at the Laura Trott Leisure Centre.

There is no point in revisiting the campaign that we fought to keep Wolsey Hall open as a Community Centre, apart from thanking everyone for their support and help during that time especially the Committee and particularly our Vice Chair Steve Gollop, with whom I attended Council and other meetings as well as drinking many cups of coffee as we all planned for the present and the future.

That planning was instrumental in ensuring that our move to Laura Trott went as well as it did and the membership are to be congratulated for wholly embracing such a change which is a characteristic not often attributed to our generation!

Thanks are also due to the Management and Staff here at Laura Trott who not only helped to ensure a seamless move but have also reacted quickly and effectively to any changes we have requested in correcting any minor teething problems, mainly concerning seating, tables and the sound system.

The positives far outweigh any negatives and we now enjoy free permit parking on meeting days as well as an introductory concession for those members wishing to use the fitness facilities and, importantly, the space for us to expand.

That benefit has allowed our membership to grow to 682 during the past year and we have already added 65 new members from November 1st. Our attendance figures for main meetings show that we have outgrown the capacity that applied at Wolsey Hall.

We have again enjoyed a variety of guest speakers who have informed and entertained us on various subjects including Thames Tugboats, Himalayan Trains, Life behind Bars, Amy Johnson, Policing and Catching Smugglers. It was also pleasing to welcome back Mick Casson after his recovery, who gave us his talk on the History of Time in his own inimitable style. We look forward to welcoming him back again in the future.

Many of the speakers have remarked afterwards that they found our U3A to be well organised, vibrant, spirited, and enthusiastic and that is a credit to us all. Thanks to the Committee, RUGs and volunteer members who combine to create that spirit and ensure that our meetings run smoothly.

After our settling in period we are again welcoming other voluntary organisations to our meetings, including Grow Cheshunt, the Lower Lea Valley Health Federation and the Crime Safety Panel with others invited for this year. We also continued to work with the wider community through our e-Buddy group, who improve their computer skills with the help of Students at Herts Regional College on a one-to-one basis.

We reached a total of 48 interest groups during the year with 4 new ones, namely Chess for Beginners, Photography, Garden Visits and 'So you always wanted to play a musical instrument' that has grown from two members to twelve in a few months. In addition there are plans to start a 'Walking Football' group in January 2018.

All groups have a section in our monthly programme and on our website with contact details, notice of forthcoming interests and activities together with a report on recent events that always provides an interesting and informative read.

To briefly summarise, our Exploring London Groups visited numerous museums, Palaces and other places of interest including the British Library and The Old Bailey. The Away Days Group visited the Poppy Factory and Henley-on-Thames whilst the Bird Watchers enjoyed trips to various wetlands and nature reserves. Our intrepid cyclists pedalled around the Exe Valley and Dartmoor during their trip to Exeter. The Theatre Group was entertained by shows including Funny Girl, Dream Girls, 42nd Street and an American in Paris, with our Tap Dancers putting on their own performance at the Spotlight as part of the BArts charity evening. The Social History Group visited the Mary Rose museum in Portsmouth and put on a film show from the U3A archive entitled 'Nostalgic Britain' which was a first for our U3A. The group leader Carole Batter, together with Steve Gollop, organised the afternoon and thanks are due to both, especially Carole who is standing down having taken the group as far as she can.

None of our groups could be run without the time and commitment of our Group Leaders, some of whom run more than one group as well as serving on the Committee. Our thanks go to them for making Cheshunt U3A what it is.

We were represented by Toni Walsh, our Business Secretary, at the National AGM and we also attended local and regional network meetings to ensure that we are up date with the latest ideas and developments within the wider organisation.

We continue to maintain and improve our profile within the Local Community by attending forums, meetings, charity evenings and events such as the 'Health and Well Being Day' held at Cheshunt Library.

In closing I would like to thank all our Committee for their time, input and support during the three years that I have been Chairman. They all have their individual roles and we have worked together very much as a team, in a friendly atmosphere with mutual respect and a unity of purpose. We always act in the best interest of Cheshunt U3A, within the framework of the Third Age Trust whilst retaining our operational independence. I must pay further tribute to our Vice Chair Steve Gollop, with whom I worked closely and who made my job easier by taking on specific tasks. I hope the next Chairman has such a person that will support them in the same way.

I am sure that our U3A will continue to thrive and grow as long as members are prepared to come forward for future committee roles as they become vacant or by joining RUGs to help at main meetings. Also, it may be that our hard working Group Leaders would appreciate the offer of assistance in planning and managing their activities.

Finally I would also like to thank our members for the kind and supportive comments I have received from them over the years, particularly during our period of change, and for the words of constructive advice that have proved useful in the early days at our new home. That willingness to contribute will help to ensure the future of our U3A.

NEW GROUPS

EXPLORING LONDON

We are looking for someone to run a new Explore London group. Currently the four existing groups operate at full capacity and some have members on waiting lists. With the increasing number of new people joining Cheshunt U3A, the demand for this activity will only grow.

The current Explore London group leaders are happy to provide support to anyone setting up the new group and to help it get off the ground.

If anyone is interested and wants to find out more about the role, please contact: Steve Gollop 01992 629209

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.

WALKING FOOTBALL

Stewart 01992 624706

The group has now started playing at the Laura Trott Centre every Friday 3pm to about 4.30pm. We have 20 members of which we have about 14 turning up at any one time. For the moment we do not want to add to numbers but I am starting a waiting list, as we may well expand the group in 2018. For most, starting to kick a ball again is producing plenty of aches and pains. If interested, please get in touch.

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. Details below. It could be good fun or very painful. Find our desk and have a chat with us.

We now have twelve members playing Saxophones, piano, guitar and ukulele. Always more welcome, particularly looking for a drummer so please come along and enjoy the fun. We will be meeting at 10am at the above location on **Monday 8th January. From this date we will be meeting EVERY MONDAY**

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. See Diane for details of future visits. There is currently a waiting list to join this group.

AWAY DAYS - Rose Lovelidge 01992 626697 - Mob; 07973313416
email rose.cheshuntu3a@gmail.com

Wednesday 21st March. Our first trip of 2018 will be, **COLLEGES of CAMBRIDGE**. Meet your guide on your journey into this wonderful town. There is more to Cambridge than just the colleges; there are also a wealth of museums, art galleries, shops and places to take morning tea. Your guide will be happy to take you on a gentle guided stroll of the city. Enjoy a two course lunch with tea and coffee just on the outskirts of Cambridge. All inclusive coach etc £43.00

AFTERNOON TEA with QUIZ

Mary 01992 426341

Next Quiz will be held on Tuesday February 6th at 2pm at The Halsey Masonic Hall, Cheshunt. *Our quiz earlier this month was well attended by 66 members with some even entering into the Christmas spirit early with jumpers and sparkly ties being worn, which was not out of place in the beautifully decorated Masonic Hall. The quiz was won by the "Has Beens" and well done to all other members that took part.*

BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

We have had another successful year, and are now playing in the newly upgraded facilities at Goffs Churchgate Academy. We celebrated our Christmas with 32 members and partners at the Prince Of Wales P/H.

BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/

Antony POPE 07949 739116

Next Visit:

Fishers Green on Monday 8th January 2018. Meet at Cheshunt station at 10.00 am. Then walk to Fishers Green or meet in Hooks Marsh Car Park at 10.45 am.

Future visits:

Visit to Rainham Marshes Monday 12th February 2018

Visit to Walthamstow Wetlands Monday 12th March 2018

Visit to Collage Lakes on Monday 9th April 2018

BOOK CLUB Reading for Pleasure Carol HILL 01992 302722

The Group wish all of our members a happy Christmas and prosperous New Year.

BOOKWORMS Barbara HONES 01992 410160

A light hearted group where each month, books are chosen by a member. These are borrowed from the library. We as a group very much enjoy our book reading. BOOKWORMS group meetings are held 2pm- 4 pm on the 4th Tuesday in the month. The group is now full.

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 8th January and 22nd January. Time 2pm. (Please park in Hillview).The venue has wheelchair access and will accommodate vehicles in the grounds if necessary.

CHESHUNT and WARE CYCLE GROUP Stewart 01992 624706

The group held its Christmas lunch at the Galley Hall P/H two weeks ago. When we first started the group in 2010 our first Christmas meal was attended by 12 members, this year we had 51! Why not consider giving cycling a go in 2018.

CHESS GROUP

Rodney Dixon 01992 766832

The meeting was cancelled due to illness. However our next meeting will be at 10am Wednesday 10th January. If you would like to come along please 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

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

Nothing planned for January.

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. We will return in the New Year on Thursday January 4th.

EXPLORING LONDON 1

Eileen FUNNELL 01992 422475

Weds 31st January National Army Museum

Mon 12th February Orchid Festival at Kew Gardens

Next Planning Meeting Friday 12th January. *Please note 2nd Friday of the month for January meeting.*

The Group recently enjoyed our Christmas lunch at Turnford College. The food was very good, served by the students. I thank all the members of the Group for their

continued support throughout the year, and wish you all a very Happy Christmas and a Healthy New Year.

EXPLORING LONDON 2 Rosemary TRUNDELL 01992 621155

Our forthcoming trips are as follows:-

Tuesday 16th January - Wesley's House & Honourable Artillery Company.

Wednesday 21st February - London Transport Museum.

We meet on the third Friday at the Green Dragon. Our next meeting will be on 19th January

EXPLORING LONDON 3 STEVE GOLLOP 01992 629209

Cheshunt U3A Exploring London Group 3 Christmas Dinner was held at the Atrium Restaurant at East Herts Regional College and 40 members attended. The meal was prepared by year one and year two students on the catering course alongside one chef. The students, in addition to cooking, served all meals and drinks efficiently, were a credit to themselves and the college. All members thoroughly enjoyed their evening and the food, apart from the fact that a few commented that the food (and plates) could have been hotter, which will be passed on to the college. Notwithstanding this, all agreed that the venue and the overall evening was a success and should most certainly be considered for the future.

Next few trips are:

17th January Visit to the London Museum organised by Judith Peel

14th February St Paul's Cathedral organised by Judith Peel

27&28th March Police Museum organised by Bob Barton

Our group holds a planning meeting on the first Wednesday of each month at the Green Dragon pub at 11.15am. Our next planning meeting will be on Wednesday 3rd January chaired by Steve Gollop.

EXPLORING LONDON GROUP 4 Steve SELL 01992 443012
07572 078511

We have a planning meeting every month. The next meeting is on Wednesday 10th January 2018 from 11.00am till 12.30 pm at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

At the end of October we enjoyed a guided tour of the Duke of Wellington's Apsley House, popularly known as Number 1 London because of its prominent position in the heart of the capital at Hyde Park Corner. It is London's only surviving aristocratic town house still in use today. Apsley House was originally designed by Robert Adam for Baron Apsley from whom it takes its name. After our visit to Apsley we had a lovely stroll through the Rose Gardens in nearby Hyde Park. We had lunch in a very busy café by the Serpentine. In the afternoon we returned to Hyde Park Corner and crossed the busy roundabout over to Wellington Arch. Our lively host Clive began by commenting that when he was first asked to take responsibility for tours of the Arch (previously

working at Kenwood House) he thought what on earth can I tell people about an arch for 45 minutes. Like our guide at Apsley we found Clive had really come to love the Arch and he gave us an absorbing tour lasting well over an hour. We then made our way up by stairs or lift to the third and fourth floor exhibition 'Waterloo 1815: The Battle for Peace, which included a pair of Wellington's boots and the sword he carried on the day of the Battle. At the very top we entered the balconies just below the sculpture where there are glorious panoramas over the Royal Parks and central London. It is also possible to see into the gardens of Buckingham Palace.

FAMILY HISTORY

Rena KING rena.barry@sky.com

We meet every third Monday of the month at 2pm at the Green Dragon Pub, Churchgate, Cheshunt Our members are researching ancestors as far away as Ireland, Scotland, all corners of England and of course locally in Hertfordshire. At the meetings we have a computer and years of experience to help solve those unexpected problems and queries. Everyone is most welcome to the meetings; just bring pencil and paper and any documents you wish to discuss. Always get in touch to confirm if meeting is being held, especially over the holiday periods.

GARDEN VISITS

Pat DIXON 01992 766832

The next garden visit will take place from May next year so please look for my table from January 2018 onwards.

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 January 11th, February 8th, March 8th, April 12th, May 10th and June 14th. 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).

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 2nd January and then every two weeks at 11.15am at the Crocodile. Come along and join us. We enjoy lunch's locally as well as days out. The group is expanding with more persons joining, come and join us.

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

MORNING WALKS Rob SCOTT 01992 445288

The first walk of 2018 will be on Tuesday 2nd January and will be a six mile circular walk starting at 10.00am from the Farmers Boy, 1 Brickendon Lane, Brickendon, Hertford SG13 8NU. We will walk via Bourne Orchard, Monks Green and Brambles Wood to the Roman Road Ermine Street, where we will head north along the quaintly named Elbow Lane, before heading West towards Blackfields Farm, Edwards Green Farm and so back to Brickendon. Although we will be on good tracks, don't forget to come equipped for it being January - as it could be a little muddy. If coming from Cheshunt head towards Broxbourne, turning left by the Broxbourne School, up Bell Lane and continue for about three miles to turn right into Pembridge Lane (signed Brickendon Green, Hertford etc). After just over 1/2 mile turn sharp left for Brickendon. If anyone has problems getting to the start, my mobile will be on: **07594427190**.

Well, what can we say about December's walk, other than the words from the Flanders and Swann song 'The Hippopotamus' Mud, mud, glorious mud! Let us say it was somewhat claggy; but those who fell were soon pristine again with borrowed trousers and an unusual use of a rather large scarf. Twenty six of us sat down to a fine Christmas meal at the Bull, organised by Marilyn, but I think this walk (around Cottered) will have to be consigned to the summer months in future.

MUSIC IN THE AFTERNOON Peter & Jean HARRIS 01992 429297
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 5th January and 19th January 2018.

OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Nothing planned for January.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The photography group met at St Clements Church Hall on Wednesday 13th December. The meeting started off with looking at prints from a couple of our members and the group gave their comments and asked how the prints were taken and what settings used etc. We set up props for tabletop photography. The group enjoyed taking numerous exposures and exchanging ideas. 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 10th January at 2pm at St Clements Church, 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

See Ann for New Year trips.

RUMMIKUB 01992 429297

Delphine Andrews – 01992 637288 and Jean HARRIS

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 5th January and 19th January 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 4th and 18th January 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 10.30am - 12.30, see you all there at the next meetings.

SHORT WALKS

Bill NEVARD

01992 633959

Next walk is Friday 12th January 2018 Meet at the Car Park next to Broxbourne Old Mill Cafe. 10.15am for 10.30am start. For an easy 2 ½ - 3 mile walk in the Lea Valley. More details at Bills table.

16 of us celebrated ADVENT in Cedars Park on our last walk.

SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE

01992 425675

Come and join us on a Monday Afternoon to sing popular songs. We meet at Cheshunt Free Church from 2 - 3.30. £2.00 per session inclusive of cup of tea/coffee/biscuit. No auditions. Also meet Jim at the Singing for Fun desk at the monthly meetings. Look forward to seeing you.

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 at the Bulls Head is 6th January 2018 at 1pm. If you are not on the list, please ring me to be added or come and speak to me at the Christmas party as there are no tables that day. Hope you all have a great Christmas and I look forward to seeing you in the New Year.

SUNDAY LUNCH GROUP

Adrienne WRIGHT 01992 678265

Sunday lunch group is held on the 3rd Sunday in the month at the Crocodile, the next one will be on Sunday 21st January 2018 at 1pm. We enjoy a sociable get-together, anyone interested please call as we have room for a few more people.

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 01992 308413

“BACK BY POPULAR DEMAND”

BRICK LANE MUSIC HALLS’ ADULT PANTO “ALADDIN AND THE WIDOW MINGE” *Thursday 1st February 2018.* The festivities will commence with a delicious three course lunch with tea or coffee, followed by a hilarious Spectacular show. This is a well-tryed and tested venue and you are guaranteed an afternoon of fun, comedy and song. Presented by Vincent Hayes, with guest stars from around the UK A good pick-me-up to the start of the New Year, Price £58. All tickets sold.

“CRAZY FOR YOU” starring TOM CHAMBERS AND CAROLINE FLACK. On March 22nd at the Milton Keynes Theatre. Price is £37.00. Pickup 11.a.m. from the Old Pond by Lloyds Bank.

WATERCOLOUR GROUP

Sid KING 01992 711617

I am very sorry for anyone who is anticipating joining this group but we currently have a bottom on each of the seats. What is worse for those who may have had aspirations regarding joining the group we also have one lady on the waiting list. I can add to that list if you so desire.

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

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 £19.99 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. **Stuart Clark** Health and Fitness Manager | Broxbourne Sports

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. *We shall return after Christmas on Tuesday 9th January.*

CHESHUNT HORTICULTURAL SOCIETY meets in the Laura Trott Sports Centre Bar Room on the first Thursday evening 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.

THE CHESHUNT U3A COMMITTEE

CHAIRMAN	MALCOLM LUFF	01992 621543
VICE CHAIRMAN	STEVE GOLLOP	01992 629209
TREASURER	ROB SCOTT	01992 445288
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