



THE UNIVERSITY OF THE THIRD AGE

# CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 22<sup>nd</sup> FEBRUARY 2018  
1.30pm LAURA TROTT CENTRE.

Today we have **PATRICK BARKHAM**, a natural history speaker and writer for The Guardian. He will be speaking on **“HOW WE SAVED BRITAINS BEAUTIFUL COASTS FROM DEVELOPMENT AND DESTRUCTION”**

Our next meeting will be on **22<sup>nd</sup> MARCH 2018** when the guest speaker will be **TOM MASON** a young photographer. His talk is entitled **“THE BEAR NECESSITIES”** and takes us behind the scenes on his photography trip to Finland to photograph brown bears, showcasing his images and close encounters!!

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 the usual group attendance fee.

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

## **MEETERS AND GREETERS ROTA**

March - Cribbage

April - Photography

May - Book Club

### **WHAT TO DO IN A MEDICAL EMERGENCY!**

This is not a first aid course.

For 22yrs I served on front line Ambulance work for the Hertfordshire Ambulance Service then renamed the East of England Ambulance and Paramedic Service.

I served as a Paramedic for 17 yrs dealing with whatever medical emergencies came my way from Maternities to Death and resuscitation.

I have already done demonstrations to our Cycling and Badminton group, which proved to be popular and have been asked to offer to others, demonstrating what I would do in an emergency, how to recognize an emergency, and how to communicate with the ambulance service. So the main topics are Cardiac emergency, Strokes, unconscious patients and tips on doing effective CPR. To this end I will be doing another 2hr demonstration on **Monday March 5th 10-12 at the YHA Windmill Lane.**

There are 20 places available. If interested please see me on the information table or contact me; Stewart Wagstaff 01992 624706.

### **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 on sale at April Meeting. Please register your interest at my table.

### **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 is now up and running..... sorry walking! Doncaster Rovers supporters always very welcome.....

The astro turf pitch at Laura Trott is the venue, and we meet Fridays 3pm to 5pm and the cost is £3 per head/session. Parking Charges are refunded and we can use the changing rooms if required. Rules are simple, and the aim anyway is to keep it social!! If interested get in touch, or see me on the information table.

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.**

**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 February our group had a visit to the Welcome collection in Euston; we had a short guided tour and then had plenty of time to wander round the Medicine Man gallery.* 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)

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

*Our quiz this month had a record number of 79 members attending. We tried something a little different with some rounds having multiple choices to help with the answers. Well done to The Lets Get Quizzical team who came in as winners. Thank you to all that attended.*  
Our next quiz will be held on Tuesday April 17th. 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

*9 of the group visited Rainham Marshes on Monday 12th February 2018 on a sunny but cloudy day and we saw 42 species of birds. The highlight of the day was seeing the Marsh Harrier and Avocet.*

Next Visit:

Walthamstow Wetlands on Monday 12th March 2018. Meet at Cheshunt Station at 9.30 am. to catch the 9.43 am train to Tottenham Hale and then walk down Ferry Lane to the Wetland Centre. This is a full day so please bring a packed lunch. Future Visits:

College Lakes on Monday 9<sup>th</sup> April 2018

Amwell Nature Reserve on Monday 14<sup>th</sup> May 2018

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

BOOK CLUB Reading for Pleasure Carol HILL 01992 302722  
Please contact Carol for details of the Group.

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 and I hope there will be more for us to go to as a group. We are however full at the moment.

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 26th February and 12<sup>th</sup> and 26<sup>th</sup> March. 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)

### 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 currently planned.

### 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

March – to be advised

Weds 18<sup>th</sup> April – Foreman Salmon Smokehouse – Stratford.

Next Planning Meeting – Friday 2<sup>nd</sup> March at 1015 at Cheshunt Free Church.

*We recently visited the newly refurbished National Army Museum. We had an introductory talk by Ian, a retired Army Officer, who was so passionate and most*

*informative and interesting. We learned about Humpty Dumpty. Humpty Dumpty was the nickname for a huge gun, situated on a wall in Colchester. When it was fired it smashed to pieces. When all the King's horses and all the King's men arrived, they couldn't put Humpty together again. Also, the Grand Old Duke of York marched his army up the hill at Waterloo to fight the French. When they arrived at the top the French army had disappeared So he marched them down again.*

*We also had a lovely trip to Kew Gardens for the Orchid Festival. They were all from Thailand and were so beautiful. We were surprised at the number of varieties – some didn't look like orchids. It had been an extremely wet and miserable weekend but we were lucky to have a lovely sunny Monday.*

### EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

*Our first outing this year, in January, was to John Wesley's House and Chapel in City Road. We had an excellent guide who gave an insight into John Wesley's life, his outdoor preaching, his co-founding of Methodism with his brother Charles and the building of the chapel. Afterwards we crossed the road to visit the Honourable Artillery Company for a tour of their headquarters and museum, led by another excellent guide. This was arranged by Jean, with some difficulty, as they are rarely open to the public. They do, however, usually have an annual free public open evening on a Tuesday in May from 5.00-8.30 pm.*

Our forthcoming trips are as follows:-

Tuesday 20th March - Jewish Museum

Tuesday 17th April - Walking tour of City Churches

We meet on the third Friday at the Green Dragon from 1.00-2.00pm. Our next meeting will be on 16th March. **Please note that from April we will be meeting at Cheshunt Free Church.**

### EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

Next few trips are:

27&28 March Police Museum organised by Bob Barton

11 April Regent's Canal Museum organised by Adrienne Pick

23<sup>rd</sup> May Blue Badge Walk organised by Pam Brooks.

20th June Postal Museum organised by Bob Barton

July Royal Festival Hall organised by Shirley Newton.

August Clarence House.

September Hever Castle and Gardens.

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 7th March chaired by Bob Barton.

## EXPLORING LONDON GROUP 4

Steve SELL 01992 443012

07572 078511

We have a planning meeting every month. The next meeting is on Wednesday 14th March 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.

*In January we visited the National Gallery with our blue badge guide Jan. She took us on a highlights tour starting with the oldest exhibit the 'Wilton Diptych' which we discovered was painted as a portable altarpiece for the private devotion of King Richard II who ruled England from 1377 to 1399. A diptych is a painting, carving or piece of metalwork on two panels, usually hinged like a book.*

*We then explored the most notable paintings in the collection in the order that they were painted. Most notable amongst these were those by Titian, Bellini, Claude, Rubens, Gainsborough, Monet, Seurat and Cezanne. Particularly interesting is the painting by Hans Holbein the Younger during Henry VIII's reign of the Ambassadors. Jan explained the symbolism in the picture reference to the religious turmoil at the time. The distorted skull in the foreground is notable as a symbol of mortality. When viewed from a point to the right of the picture the distortion is corrected.*

*Of course, there are the notables like the 'Fighting Temeraire' by Turner, the 'Haywain' by Constable and one of many paintings of Sunflowers that Van Gogh did. We finished our tour with a demonstration of pointillism; a technique developed by Seurat, where tiny dots of pure colour placed in close proximity to each other. When viewed from a distance the human eye fuses these into solid colour.*

Future trips:

Tuesday 13th March – Westminster Abbey – this date is fully booked; however, a reserve list has been started for another visit planned for Wednesday 16th May.

Friday 6th April – Crossrail & Charterhouse Guided Tour

Thursday 31st May – Guided Walking Tour of Cambridge going inside Kings College & Queens College

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

## 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. Next meeting 19<sup>th</sup> March.

### GARDEN VISITS

Pat DIXON 01992 766832

Following the great amount of interest shown at last month's meeting, I am now able to take firm bookings for these two trips.

BETH CHATTO GARDEN on Monday 14<sup>th</sup> May leaving Lloyds Bank, Cheshunt at 9.30am. Cost £36.50 which covers coach, entrance, gardener's tour and gratuities.

BAYFORD MUSICAL GARDENS DAY on Sunday 17<sup>th</sup> June leaving Lloyds Bank, Cheshunt at 11am. Cost £24 which covers coach, entrance to 12 gardens and gratuities.

Please come and see me at my table to collect a booking form or give me a ring. I am on 01992 766832 or 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 March 8<sup>th</sup>, April 12<sup>th</sup>, 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)).

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 27<sup>th</sup> February 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 walk will be on Tuesday 6th March from the lay-by just to the west of St John the Baptist Church, Ware Road, Widford, Herts SG12 8RL. It will be a circular walk of about 5.5 miles. We will head south for almost a mile, before turning west for Thistly Wood and the River Ash, crossing the course of the old Buntingford railway line and then the river to arrive in Wareside. We will then head north to pass behind Holy Trinity Church and through Nimney Wood, before bearing east to pass Barrow Farm and re-cross the old railway line and River Ash again.

If travelling from Cheshunt, head north on the A10, but leave it at the A414 junction, to go through Ware. Cross the bridge over the railway and then bear right over the River Lea to turn right on to the B1004 (signed Much Hadham). Continue for about three miles passing through Wareside to Widford, where park in the lay-by on the left hand side just before the church. Any problems, my mobile number is **07594427190**.

*We had 15 walkers out on the February ramble, which proved to be rather cold and windy and after our coffee stop, we encountered the usual rain. But ten of us warmed up over lunch in the White Hart in Puckeridge to round off a good walk.*

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 23rd February and 23<sup>rd</sup> March 2018 at 2pm.

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

Mary 01992 426341

Nothing currently planned.

### PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

*On Saturday 27 January the Photography Group met at St Mary's Church in Cheshunt to take photographs of the interior and exterior of the church for its 600 year anniversary celebrations. We were warmly welcomed by Vicky Clarke, the church organiser, and we were provided with light refreshments. On 14 February we met at our usual venue to choose and mount the photographs in preparation for the church's exhibition on 17/18 March. We chose 20 prints for the exhibition and of these St Mary's Church will choose 12 prints for their 2019 calendar. The photographs will be displayed at the U3A main meeting in March. Any members of Cheshunt U3A who wish to attend the exhibition on 17/18 March at St Mary's Church are very welcome.*

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 14 March 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 Blue Water 28th March 2018, 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 23rd February and 9<sup>th</sup> March and 23<sup>rd</sup> March 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 1st and 15<sup>th</sup> March 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 9<sup>th</sup> March 2018. Meet at St Margarets Railway Station 10.15am for 10.30am start, for an easy 2 ½ mile walk along the Lea Navigation Path to Ware, where we will finish. You can reach St Margarets on the 310 or 410 bus or by train and return from Ware by 310 bus or train. Further details at my table. *On the last walk, 26 of us enjoyed views over Bowyers Water on the way to refreshments at the White Water Centre. Thanks to Linda GOLLOP for covering my table at the last meeting.*

### SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE

01992 425675

*42 members of the group enjoyed their Annual Festive Meal at the Bulls Head Turnford on 29 January 2018.* 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 3rd of March at the Bulls Head Turnford at 1pm. If you are not already signed up can you please ring me or see me at the next U3A meeting. I need to know the numbers attending by 1st of March. Look forward to seeing you all on the 3rd of March.

### 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 17<sup>th</sup> March 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

Wednesday 25<sup>th</sup> April, **“THE PLAN THAT GOES WRONG”** Milton Keynes Theatre. Matinee performance £36 including coach etc.

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

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

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.

#### BARRIES FINANCIAL FORUM

This month my home and contents Insurance was due for renewal. My existing company quoted £250 which was much higher than last year. I went online and got a quote for the same cover at £105. Online my existing company quoted £155, much cheaper than they had quoted me in a letter. I phoned them and received the lame reply that online is always cheaper. Moral is: never automatically renew, always get an online quote. There is no reward for loyalty.

#### 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*

## COMMUNITY ORGANISATIONS

Today we welcome CHESHUNT LIBRARY representatives who have a table where they can promote the service they offer. Next month THE ALZHEIMERS SOCIETY will have a table

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.

## 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.

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
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
ASSISTANT GROUPS CO-ORD		
PROGRAMME PRODUCTION	BARRIE GALE	01992 632094 barriegale@msn.com
ASSISTANT PROG. PROD.	STEWART WAGSTAFF	01992 624706
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
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