



THE UNIVERSITY OF THE THIRD AGE

CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 24th JANUARY 2019
1.30pm LAURA TROTT CENTRE.

Today we have **MICK CASSON**, a very popular and humorous speaker who will be addressing us under the title of **BUTTONS, BADGES and BOX BROWNIES**

Today is also our Annual General Meeting. Voting will take place re the yearly accounts which are available today: and any nominations for the Committee roles. We are always looking for new Committee members, are you willing to step up and give your time and enthusiasm? **Please be seated by 2pm for the start of the AGM.** Please study the accounts and if you have any questions regarding these and/or any other U3a subject, ask them at today's meeting.

Our next monthly meeting will be on **21st FEBRUARY 2019** when the guest speaker will be **ANDY SMITH**, a singer/songwriter and multi-instrumentalist who will be speaking and performing under the title of **"LIFE IN THE MUSIC"**

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 mauve), 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.

Cheshunt U3A requires a certain amount of private information from members to allow it to operate effectively. Our Privacy Policy can be viewed on our website www.u3asites.org.uk/cheshunt. Alternatively you can obtain a printed copy by contacting the Membership Secretary (contact details on the back of this programme).

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

MEETERS AND GREETERS ROTA

February - Exploring London Group 3

March - Spanish

April - Walking Football

DATES FOR YOUR DIARY

WHAT TO DO IN A MEDICAL EMERGENCY!

This is not a first aid course.

For 22yrs I served on front line Ambulance work for, initially, the Hertfordshire Ambulance Service which eventually become 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 several demonstrations which have proved to be popular and have been asked to offer more, demonstrating what I would do in an emergency; recognizing an emergency; and communicating with the ambulance service. So the main topics are Cardiac emergency, Strokes, unconscious patients and tips on doing effective CPR.

There is no charge except for £1 towards tea and coffee.

To this end I will be doing another 2hr demonstration on Monday **4th February** 10-12 at the YHA Windmill Lane. Parking is on site.

There are 20 places available. If interested please see me on the Information Table or contact me Stewart Wagstaff 01992 624706.

GROUP SHARING

If you would like to join any of these Groups, contact the person named.

ANTIQUES & COLLECTABLES (Lea Valley) Chris Murphy 01992 446190 Kate Gorman 01992 465032

ASTRONOMY (Broxbourne) David Sharp 01992 422622

BALLROOM/SEQUENCE DANCING (Broxbourne) Stan Chatterton 01992 414290

BOARD GAMES (Waltham Abbey) Helen Wilson 01992 712765

CREATIVE WRITING & POETRY (Broxbourne) Jean Hack 01992 426255

DISCUSSION & DEBATING (Waltham Abbey) Richard Clayton 01992 768794

DRAMA (Waltham Abbey) Elaine Pritchard 01992 768446

FRENCH INTERMEDIATE (Ware) Pam Shields scribbling4bread@gmail.com

GARDENING 2 (Broxbourne) Suzanne Fitch 01992 444257

GERMAN FOR BEGINNERS (Waltham Abbey) Helen Wilson 01992 712765

GUITAR FOR BEGINNERS/IMPROVERS (Buntingford) Bill Hooper 01763 273123
HEALTH & RELAXATION (Broxbourne) Val Foley 01992 304830
HERITAGE GROUP (Broxbourne) Geoff Ansell 01992 444928
LATIN (Hertford) Anthony Holbourne 01992 300663
MERRY MEN (Waltham Abbey) Bernie Leverett 01992 763938
PILATES (Buntingford) Rosemary Poulton 01763 271598
STAMP COLLECTING (Broxbourne) Michael Facey 01992 468833
SUNDAY LUNCH (Waltham Abbey) Terry Hoye 07944 239235

CHESHUNT U3A GROUPS

NEW MEMBERS' GROUP Carole Batter 01707 879773 Pat Dixon 01992 766832

If you have joined Cheshunt U3A in the last three months or have just joined today, please come along to the New Members' Group.

We meet at the Fountains Cafe, Old Pond, Cheshunt at 11am on the first Monday in the month.

Our aim is to set up a friendly group where you can meet other new members, find out about Cheshunt U3A, meet group leaders and find out the different special interests groups.

We hope you will join us for a coffee in the Fountain cafe on Monday 4th February at 11 o'clock. Carole Batter and Pat Dixon - Group Leaders.

AFTERNOON TEA with QUIZ Mary 01992 426341

Please see me at my table for details of the next Quiz and register your interest.

ALMOST LOOSE WOMEN Carol FARREN 01992 629028/ Ann POWELL 01707889189.

We meet on the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am – 12pm. Our next session is 14th February. We have a good laugh over a cup of tea or coffee and biscuits. **Gentlemen are more than welcome to join us**, although this group is now full. *On our Christmas session the two groups got together. We had a Tai Kwando instructor and one of his pupils came along and gave us a demonstration and told us how to defend ourselves. We all had a go and hopefully it will give us a little confidence. They were superb. It was very interesting and entertaining. We then had a fantastic buffet to end the year together.*

ALMOST LOOSE WOMEN GROUP 2

We meet on the first Thursday of every month at The Red Cow pub, Windmill Lane, 10am to 12pm. Next session is on 7th February. WE CAN NOW WELCOME NEW MEMBERS.

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

Our new programme will start again in February.

AWAY DAYS - Rose Lovelidge 01992 630899 - Mob; 07973313416
email rose.cheshuntu3a@gmail.com

Thursday 14th March, The Town that didn't Stare.

Meet your guide at Chequer Mead. The Bluebell Railway Museum

Lunch at the Stable Tea Rooms. You will enjoy a two-course lunch with tea and coffee at this picturesque location, with an equally pretty name, Heaven Farm.

Tour of the Town that didn't stare. After your delicious lunch, you will return to East Grinstead. Price £43.

Thursday 12th December Christmas Party.

I've had to book this event early to get dates. We need a deposit of £10 a.s.a.p.

For the 2019 Christmas Season our popular entertainment duo will bring you 'The Christmas Beatles Show Party' at their normal venue in Chigwell. Price £46. Our two talented entertainers will play you a selection of your best loved tunes from the Fab Four era. Just like those lads from Liverpool, we *wanna hold your hand* as you *twist and shout* on the dance floor. For those who wish to dress to impress we would love to see some Sgt Peppers out there, our favourite one will of course win a prize! Don't forget your spending money because, while *money can't buy you love*, it can buy a whole host of treats in the Christmas gift shop.

BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

Due to a thriving membership of this group we have reluctantly decided to close it to new members, and have started a waiting list. We are investigating ways we can expand the group.

The group meets on Monday evening at the Goffs Churchgate Academy 7pm to 9pm. The emphasis is on a social evening of activity and all abilities are welcome. If interested please get in touch.

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 extended to all Cheshunt members.

BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/ Antony

POPE 07949 739116

10 of the group visited Amwell Nature Reserve on Monday 14th December 2018 on a sunny cloudy day and we saw 35 species of birds. The highlight of the day was seeing the Kingfisher and Golden eye

Next visit:

To Fishers Green on Monday 11th February 2019.

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:

Fowlmere Monday 11th March 2019

Rainham Marshes Monday 8th April 2019

Fingringhoe Wick Monday 13th May 2019

Paxton Pits Monday 3rd June 2019

BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

'O what a tangled web we weave when first we practice to deceive' is a phrase that springs to mind when reading *Three Days and a Life* by Pierre Lemaitre. This was our recent choice of reading and this well written book received mixed criticism. We loved it or hated it.

Antoine is a twelve year old boy who is responsible for the disappearance of a six year old child. Here is a story of how an action in childhood can influence your whole life and have an impact on those around you.

This book is a psychological roller coaster and is both captivating and disturbing. Other novels by Lemaitre may well be worth exploring.

Did you know that you can use your library card to borrow up to thirty items from Cheshunt Library (and any Hertfordshire Library). Books come FREE. Who could ask for more?

BOLIVIA/CANASTA Peter HARRIS 01992 429297 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 28th January; 11th and 25th February: time 2pm. (Please park

in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds as necessary.

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. We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 4th and 18th February 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 Allan SMITH 01707335409

CESHUNT 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 three 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. The 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 also has some members that meet 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. The date of the next session at Turnford will now be early in the New Year. All sessions are free but we ask for a £2 donation towards the student fund. If you are interested in attending please contact Steve Gollop on 01992 629209 email: 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.

CURRY CLUB

Mary 01992 426341

Please see me at my table for details of next meal.

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.

EXPLORING LONDON 1

Eileen FUNNELL 01992 422475

Future visits to be advised but

Thursday 16th July Vintners Hall.

Next Planning Meeting Friday 1st July Cheshunt Free Church.

On a chilly but sunny day just 6 of us made a return visit to the Freemasons Hall for a guided tour and were still overwhelmed by the beauty of the whole building. The beginnings of freemasonry are recorded as 24th June 1717. The present

beautiful building is the third on the site. There are 3 salons with lovely stained glass windows, one of which is dedicated to all the masons who died in WW1, are rented to TV and film companies and have seen several shootings of James Bond films, fashion shows, etc. The building is also let out for functions to help with the maintenance costs. The Grand Temple is used on very few occasions but there are 20 lodge rooms for lodges to use. Just outside the Grand Temple door is a lovely tile floor with a centre of lapis lazuli. We saw a chair specially built, with 3 steps up to it, for a huge, fat Grand Master. The museum has lots of history of the freemasons, and a Jewel Room with lots of china, glass, silver and clocks. A really most interesting and enjoyable visit.

EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

Our forthcoming trips are as follows:-

Thursday 21st February - Tour of Alexandra Palace Theatre and Heritage Park Walk

Tuesday 5th March - Walk around City Churches Part 2 led by Mick Coe

We meet on the third Friday of the month from 1.00-2.00 pm at Cheshunt Free Church. Our next meeting will be on 15th February.

EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

On 16th January a small group visited Westminster Abbey using multi media guides for a self guided tour of the history of the abbey. The galleries at the east end of the abbey have recently been refurbished and are now an exhibition area called The Queens Diamond Jubilee Galleries. There is an additional charge of £5 to visit the galleries but it is well worth it for the exhibits, the close up view of the stone work and the high level view of the nave.

Our next few trips are:

18th February - Watermans and Lightermans Hall, organiser Judith Peel

20th March- Royal Albert Hall grand tour including coffee (tea) and pastries, organiser Bob Barton

17th April- Chiswick House grand tour, organiser Pam Fineberg

May - Supervised London Walk organisers Pam Brooks & Pam Slater (date to be confirmed)

17th June - Drapers Hall, organiser Bob Barton

Planning meetings are held at 11:15am on the first Wednesday of each month at Cheshunt Free Church (United Reform) 27 High Street, Cheshunt EN8 0BS entrance by side door. The next meeting will be Wednesday 6th February 2019.

EXPLORING LONDON GROUP 4

Steve SELL 01992 443012/

07572 078511

We have a planning meeting on the second Wednesday of the month. The next meeting will be on Wednesday 13th February 2019 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

In December we visited the Postal Museum at Mount Pleasant. Arriving late morning we first spent time in the exhibition and enjoying refreshment in the café. The Postal exhibition tells the history of the mail from its early days. There is currently a temporary exhibit called 'Voices from the Deep'; in this is displayed a selection of over 700 personal letters that have been trapped at the bottom of the Atlantic Ocean in a sunken ship for nearly three quarters of a century. A merchant steam boat the SS Gairsoppa was torpedoed off the coast of Ireland by a German U-Boat in 1941. From soldiers writing to loved ones, to businessmen and missionaries, the letters offer a unique insight into the lives of ordinary people, living in extraordinary circumstances in the Second World War. Before we headed across the road to the Mail Train the museum staff encouraged the group to join the afternoon talk about the mail coach that is on display in the museum. We were glad that we did because the talk was very interesting. Then it was on to the Mail Train; it was a tight squeeze into the little carriages as the original trains were designed to carry mail bags. Because it was December the interactive displays were given a seasonal makeover which was a bonus.

Future trips:

Wednesday 6th February – Science Museum with a tour of the museum highlights

Thursday 14th March Tower Bridge Tour

Thursday 30th April – Roman Britain walk and a tour of the Guildhall.

EXPLORING LONDON 5

John DURRANT 01992 629215

In December six members enjoyed a prearranged Christmas meal at the La Pont De La Tour in Shad Thames. On route it was decided to visit the Tower Bridge Experience where we spent an extremely interesting time walking the high level walkways and the engine room reading many enlightening facts about the history of the bridge including the people behind the engineering, the architecture and the city that built it.

Future trips:

Thursday 31st January - Walking in Walthamstow (includes the old Village, Vestry House Museum and William Morris Gallery)

Monday 18th February - Postal Museum and the Mail Train

Tuesday 19th March – Westminster Abbey

Our next planning meeting will be held on Tuesday 8th February @ 11.00am at St Clements Church Hall, Cheshunt Wash, Turnford EN8 0LP.

FAMILY HISTORY

Rena KING

rena.barry@sky.com

Owing to the holiday season, it is important you email me at **rena.barry@sky.com** for the date of the next meeting. Normally our monthly meetings take place from 2-4pm every **third** Monday of the month and meet at the Community Room inside Tesco's at Brookfield Centre, near the Bakery section. Everyone is welcome to come along and we will do our best to help you with our expertise and the use of a computer. Even if you have no one to ask about **your** family, we can still help you by working backwards in time. All you need to do is turn up and bring with you pencil, paper and any certificates relating to your family you wish to research.

GARDEN VISITS

Pat DIXON 01992 766832

FORTHCOMING VISIT to Pashley Manor Tulip Festival

I am planning a visit to Pashley Manor Tulip Festival on Thursday 2nd May. This very popular festival is now in its 25th year and the grounds have been planted with over 35,000 tulip bulbs. The cost would be £32.50 which covers coach, admission and gratuities.

Please come and see me at my table to collect a booking form or give me a ring.

LINE DANCING (Broxbourne U3A)

Lesley CASSON 01992 445938

We meet twice a week, on Monday and Friday mornings, at Wormley Community Centre, and cover beginners to improvers. Classes are not suitable for absolute beginners so anyone wishing to join would need to have previous line dancing experience. Please contact me for details and advice, either by phone or email (lesleyb10@hotmail.co.uk).

MODEL MAKING

Jack SNARY

01992 638046

1st Wednesday of the month, 2pm, Crocodile Public House.

MORNING WALKS

Rob SCOTT

01992 445288

Our next walk will be at 10am on Tuesday 5th February from The White Lion, 31 High Street, Walkern, Stevenage, SG2 7PA. It will be a 6 mile circular walk, going via St Mary's Church, Walkern Bury Farm, Bassus Green, Walkern Hall, Benington, crossing the River Beane and back through the village of Walkern. St

Mary's Church is the oldest church in Hertfordshire and has a Saxon wall and at the entrance to the chancel there is a once magnificent twelve foot high 15th century oak screen. Beside Walkern Bury Farm is the site of a Ring and Bailey, while at Benington is the remains of a castle (in the grounds of the Lordship) which is famous for snowdrops in the springtime. The River Beane is suffering now from water abstraction and is almost completely dry in several places. At the southern end of Walkern is the now beautiful flour mill with 'CD Pearman 1881' painted on the wall; it was fortunately converted into apartments a few years ago, thus preventing it from collapse. There are several historical plaques around the village, which are well worth reading, but Walkern was the home of Jane Wenham, who in 1712 was the last woman in England to be convicted of witchcraft and condemned to death - although the sentence was not carried out. She subsequently died in 1730 and is buried in an unmarked grave in Hertingfordbury.

If travelling from Cheshunt, take the A10 north to Ware and then turn left on to the A602 (signed Stevenage) for 3.5 miles. Where the road bends left, turn right for Benington which is 3.5 miles further on. Bear right on to Walkern Road at the triangle of roads (by the village green) and after a further 1.5 miles turn right on to another minor road into Walkern. The White Lion is on the right hand side of the road after almost a mile. For any problems on getting to the start please call me on **07594427190**. Gary the landlord says we can park in his car park (if we are stopping for lunch) and he will be open from 9.30am so we can place our lunch order.

We had twenty walkers out on the first walk of the year in what was almost a summers day, with our resident photographer snapping us beside a Henry Moore sculpture. The landlord of the Hoops gave 19 of us a very good lunch at the end of a fine walk.

MOTO (Members On Their Own) Dee James 01992 474437/Marion Clarke
01992 471098

The group meets on Tuesdays @ 11.15am at the Crocodile P H. The emphasis is a social morning of coffee/teas/beverages snacks and Chats. We lunch locally; attend the cinema/shows and days out with other groups.

New members welcome

MUSIC IN THE AFTERNOON Peter & Jean HARRIS 01992 429297
peterharris30@live.co.uk

Running for over three years now we have just played our 2000 track!! Members bring a CD of their choice; some may explain what it means to them.

Occasionally we have themes ie on the anniversary of Buddy Holly death we played several tracks relating to him. Absolutely all types of music have 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 Friday 8th and 22nd February 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

Please see me at my table for details of next meal.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

This was our first meeting of the New Year. We looked at members' images via their SD cards and we gave our constructive opinions. We intend to go out on the 7th February to do some practical photography in London starting off at Borough Market through to London Bridge.

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 13th February 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/ 07971 033181

Shopping trip to Westfield /Stratford. Wednesday 27th March 2019.

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 8th and 22nd February, 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.

SATURDAY LUNCH GROUP Shirley WEBB 01992 424693

The next lunch is at the Bulls Head 2nd February, dinner served at 1pm once every one on list has ordered. If you are not on the list please ring me if you would like to come. I may not be at the table at the next meeting on 24th but I have got someone to cover for me, so please make yourself known and your name can be added to list. Look forward to seeing you all on the 2nd.

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 7th and 21st February 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 lban161@virginmedia.com

Now at the Laura Trott Centre every other Friday, 10.15am for registration for a prompt start session from 10.30am - 12.30. Lionel is on 01992 303986.

SHORT WALKS Bill NEVARD 01992 633959

Our next walk is on Friday 8th February, 10.15 for 10.30am start. Meet at the Hayes Hill Farm Car Park EN9 2EF off the Crooked Mile, Waltham Cross for a circular walk of the Lea Valley Park, to be led by Bob Barton.

On our last walk, 18 of us enjoyed a beautiful winters day walk in the grounds of Forty Hall.

SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE 01992

425675

An informal and friendly group that meets on Monday afternoons 2pm - 3.30pm at Cheshunt Free Church. £2 per session inclusive of tea/coffee/biscuit. There is a warm welcome to all. No meeting on Monday 28th January 2019.

SPANISH

Christine DAWSON 01992 620888

The advanced Spanish group meets in the house of one of our members. We are a small friendly group and would welcome anyone who would be able to help us develop and practice our conversational skills.

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 07947384293

Friday 1st March 2019 – Brick Lane Panto £57. Tickets available. Payment due. Details later for 2019 Theatre visits.

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. 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.

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.*

NEW DVD STALL If you would like to donate to our new DVD stall, please ensure the DVDs are in good condition and in their original boxes.

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.

TOP RAFFLE PRIZES 2 x £50 M & S VOUCHERS

COMMUNITY NEWS

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

Adult Ballet Class

Every Wednesday from 11.00 - 12.00 noon for adults of all ages! An hours class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG . No experience required. Each class is £5.00. Why don't you come along and give it a try? The new term has just started.

The Diabetes Support Group now meets once a month at Tesco, Brookfield Farm in their Community Room. For further information please phone Carol Hill on 01992 302722. This group is for diabetes 2 only.

ROSEDALE BOWLS CLUB

in Andrews Lane, Cheshunt is always looking for new members and a friendly welcome awaits you. If you are interested please contact for details: Malcolm 07771 597053 or Janet 07789 140163

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. 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.

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.

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	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 624868
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215