



THE UNIVERSITY OF THE THIRD AGE

# CHESHUNT U3A

Charity no. 1150779

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

Today we have **ANDREW WAITE** who will give an illustrated talk entitled '**INTRODUCTION TO GEMSTONES**'. There will be some audience participation.

Our next meeting will be on **23<sup>rd</sup> AUGUST 2018** when the guest speaker will be **ROY SMART** who will be speaking on "**DAVID BEATTY, THE LAST NAVAL HERO**"

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

Visit our web site [www.u3asites.org.uk/cheshunt](http://www.u3asites.org.uk/cheshunt) for more information of events and groups. Peter HARRIS maintains this site. *This programme/newsletter is available on the website about three days before the monthly meeting.*

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

### Visitors

A Temporary Membership Fee of £2 is charged to visitors, and a dated receipt will be given. This confers all the advantages of Cheshunt U3A membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

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](http://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**

August - Spanish

September - Family History

October - Music in The Afternoon

### **MUSICIANS UNITED**

Well who would have believed they can play in tune and together, what a performance. Rumour has it that Simon Cowell is interested in them as a new boy band!!!!!!

### **DATES FOR YOUR DIARY**

Saturday January 19th 2019. New Year Disco. The British Legion, Crossbrook Street. More details later in the year. Due to the extremely cold weather that we experienced last Christmas, and how cold it was in the school hall that evening. I was unable to find a suitable hall at a reasonable cost to hold a Christmas Disco this year. Our summer celebration a few weeks ago was viewed as a success by the people that gave me feedback, so I decided that we would go there again in the New Year.

### **IS THIS ON YOUR BUCKET LIST?**

White Water Rafting.....only 24hrs left to book!

Waltham Abbey U3A are hosting this event, and have invited members from Cheshunt to join in!

**Friday 3<sup>rd</sup> August 2 pm £38 pp** Full instruction and guidance by qualified raft guides. This is a thrilling experience for those who are comfortable in water and looking for something different! All equipment supplied.

Pam Phillips is the contact, and she has to get nine people in each raft. If interested please contact Pam without delay she has to have final numbers by tomorrow 27th July. **Pam Phillips** 07932 038159

### **CHESHUNT U3A GROUPS**

AFTERNOON TEA with QUIZ

Mary 01992 426341

Our next quiz will be on Tuesday August 21<sup>st</sup> at 2pm at The Masonic Hall, Cheshunt. Please register your interest at my table.

ALMOST LOOSE WOMEN  
POWELL 01707889189.

Carol FARREN 01992 629028/ Ann

We meet on the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am – 12pm. Our next sessions are August 9<sup>th</sup>, September 13<sup>th</sup>, November 8<sup>th</sup> and December 13<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 this group is now full.

### ALMOST LOOSE WOMEN GROUP 2

We will meet on the first Thursday of every month at The Red Cow pub, Windmill Lane, 10am to 12pm. August 2nd, September 6th, no session October, November 1<sup>st</sup> and December 13th. There is now a waiting list in operation.

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

*In July, 9 of our group visited the British Library for the “James Cook - The Voyages” exhibition. It was excellent and we all felt we learned a lot about the Age of Enlightenment we didn’t know. We then enjoyed a good lunch so a good day was had by all. There will be no visit during August.*

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

Tuesday 25th September 2018

#### **Beside the Seaside**

There is nothing better than the great British seaside resorts and the south coast has plenty of these to offer. Your day will begin in the Victorian resort of Bexhill-on-Sea where you will enjoy a cup of tea or coffee in the elegant, Modernist Pavilion which sits on the promenade. After lunch your guide will take you to Eastbourne, ‘Sunniest Place in Britain. Morning Tea at Bexhill-on-Sea, Admire the Views at Beachy Head Lunch at The New Wilmington Hotel then visit Sunny Eastbourne. All inclusive £43 p.p Pick up our coach outside Tesco’s Cheshunt Pond 8.15am

Monday 26th November 2018

#### **Christmas Broadway Party**

There’s no business like show business” so join us for the 2018 Christmas season on stage in ‘Christmas on Broadway’. Talented entertainers will trip the light fantastic to bring you an afternoon of well loved musical numbers that will have you tapping your feet, singing along and twirling around the dance floor. Start your day with coffee and mince pies at your table. Your talented entertainers will then bring you some show-stopping numbers plus you will be having a delicious three course set festive lunch.

All inclusive £45 p.p Pick up our coach outside Tesco’s Cheshunt Pond 9.15am

### BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

The group is closed for the summer and will resume on the 3rd September 2018. Interested? 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 to all Cheshunt members.

## BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/

Antony POPE 07949 739116

*8 of the group visited Woodbury Wetland Centre on Monday 9th July 2018 on a sunny day and we saw 22 species of birds. The highlight of the day was seeing the Yellow Legged Gull and the Little egret.*

Next Visit:

Visit to London Parks on Monday 13<sup>th</sup> August 2018. Meet at Cheshunt Station at 9.30 am to catch the 9.43 am train to Tottenham Hale then tube to Green Park (Victoria Line). This is a full day so please bring a packed lunch.

Future visits:

Visit to Tyttenhanger Lakes on Monday 10<sup>th</sup> September 2018

Visit to Two tree Island on Monday 8<sup>th</sup> October 2018

## BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

This month we read *The Sapphire Widow*, by Dinah Jefferies. Louisa Reeve is a beautiful young woman happily married to good looking and charming Eliot who trades in sapphires. The couple live a charmed life in their colonial mansion in Ceylon in 1935. However, Eliot dies suddenly and Louise is left to solve the mystery of her husband's other life and to endure the consequences. This is a well written and highly descriptive novel, but the storyline is very predictable, leaving the reader with few surprises. Sadly our group gave it the thumbs down. However, some of us had read *The Teaplanters Wife* by the same author and assured us that this is well worth reading as are the many other books by Dinah Jefferies.

## 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 30th July and 13<sup>th</sup> August, Time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds if 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 2pm at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 6<sup>th</sup> and 20<sup>th</sup> August at 2pm. We have averaged so far about 16 members per session. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits.

If you are interested please contact me **Allan Smith** on 01707 335409

### CHESHUNT and WARE CYCLE GROUP          Stewart 01992 624706

The past month has been a busy one for the group. Apart from the normal rides we do on Wednesdays, we had a large group of riders go to the New Forest for off road cycling, the trip was organised by John Bunton and was a great success. There is a write up about the trip on the Cheshunt U3A web site, just follow the links. A week after that trip, eleven members of the group went to the Isle of Man for more cycling but also to watch, what is known as the Southern 100 motor cycling racing. This trip was organised by Andy Walzack of Ware U3A, was a great success and enjoyed by all. This is a very sociable group and offers all different levels of cycling. We meet weekly on Wednesday mornings, fancy it? Get in touch.

### CHESS GROUP

Rodney Dixon 01992 766832

The Chess Group is still looking for new members. The group is aimed at beginners and intermediate players. You can learn the moves and enjoy

your first game. If you would like to learn this wonderful game please see me at my table or give me a ring on the above number.

### COMPUTERS - e BUDDY PROJECT

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

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

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

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

### CRAFT - CARDS

Betty WARREN 01992 637988

All are welcome. Dates for this group are every third MONDAY of the month 10.30 a.m and every third WEDNESDAY of the month at 2 p.m.

### CRIBBAGE

Jenny CHRISTIAN 01992 306859

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

### EAT YOUR WAY AROUND THE WORLD

Mary 01992 426341

Please see me for details of our 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

Tuesday 14h August Tour of London Palladium. 0950 train

Next Planning Meeting – Friday 3rd August.

*After a somewhat chaotic start moving tables around, we thoroughly enjoyed a substantial afternoon tea at 3 Lakes. It was too hot to sit outside but we appreciated the views of the lovely Hertfordshire countryside.*

EXPLORING LONDON 2 Rosemary TRUNDELL 01992 621155

*On an extremely hot day in early July we had a most interesting tour of Fulham Palace which is the historic home of the Bishops of London. Since 704 AD the bishops used the property as their country retreat, though there is evidence of much earlier occupation of the site during the Neolithic, Iron Age and Roman periods. There are various architectural styles represented in different parts of the buildings and the 13 acre garden contains many rare species. The last bishop, Bishop Stopford, moved out in 1973, and the site is now managed by Fulham Palace Trust. Although we had a guided tour, the Palace and grounds are free to visit on most days - see their website.*

Our forthcoming trips are as follows:-

Wednesday 15th August - Bill's Rotherhithe II Walk

Wednesday 26th September - Coach trip to Hever Castle and Gardens jointly with Exploring London 3

We meet on the third Friday from 1.00-2.00 pm at Cheshunt Free Church. Our next meeting will be on 17th August.

EXPLORING LONDON 3 STEVE GOLLOP 01992 629209

*Our last trip was a visit to the Postal Museum located close to the Mount Pleasant Mail Centre. All who attended enjoyed viewing the different exhibits recording the history of the post and communications throughout the years. The visit ended with a ride on the underground Mail Rail which passes along original tunnels and stops at station platforms under Mount Pleasant sorting office. Although the trains are rather small the ride was very atmospheric and rounded off an enjoyable day.*

Next few trips are:

31 July Royal Festival Hall organised by Shirley Newton

28 August Enfield Transport Museum followed by lunch at Whitewebbs Toby Carvery. Organised by Pat and Brian Bailey

26 September Hever Castle and Gardens. Cost £29. Only a few places left on the coach. Organised by Steve Gollop.

October TBA

14 November Hendon RAF Museum organised by Norman Reed

Our group holds a planning meeting on the first Wednesday of each month (Wednesday 1 August at 11.15am) at Cheshunt Free Church (United Reform), 27 High Street, Cheshunt EN8 0BS. There is limited parking available and access is by the side door.

## EXPLORING LONDON GROUP 4

Steve SELL 01992 443012

07572 078511

*We normally have a planning meeting on the second Wednesday of the month. There will however be no meeting in August and the next meeting will be on Wednesday 12th September 2018 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.*

*In June we visited Strawberry Hill House. We had a slightly later departure from Cheshunt than usual and then we travelled by the fast train from London Waterloo to Twickenham station. Lunch was at the William Webb Ellis (alleged inventor of rugby) Wetherspoon pub. Then a short 5 minute bus trip to Strawberry Vale.*

*The house and garden at Strawberry Hill benefited from a substantial grant from the Heritage Lottery Fund and support from a number of other organisations, Trusts and Foundations. It won awards for the restoration work carried out ahead of public opening in 2010 after being vacated by the adjoining St. Mary's University College (although the university still owns the site).*

*First, we enjoyed a guided tour of the gardens including the Shell seat, the Lime Grove and the lovely Chapel in the Wood. We were then treated to an afternoon tea with plenty of tea, cakes, scones and cream! Ready then for a guided tour of the house built in the gothic style for Horace Walpole, politician son of the first British Prime Minister Sir Robert Walpole. He was also the author of the first gothic novel, The Castle of Otranto. We were shown around the house by the Trust's Director; his enthusiasm and knowledge were impressive, and the house surpassed everyone's expectations.*

Future trips:

Friday 27th July – Old Hampstead Village Guided Walk

Friday 3rd August – Tour of Cambridge. Travel by coach followed by a full day guided tour of historic city and university. We will tour inside Kings College and Queens College. A couple of places left.

Monday 10th September – History and Mystery Show at the Magic Circle. Group booking made; individual rates only available.

Wednesday 31st October – Tour of historic Windsor. Talk with refreshments about the Restoration of the Castle after the fire followed by tour of the state apartments. Then re-live the wedding with a guided tour of the St. Georges Chapel, the precincts and the Long Walk. Travel by coach. Several places left but be quick!

Friday 16th November – Highlights tour of the British Museum; Rosetta Stone, Egyptian mummies, Parthenon Statues (Elgin Marbles), Sutton Hoo treasure, the Portland Vase, Assyrian Lion Hunts & much more...!

Tuesday 18th December – Postal Museum and the Mail Train. Fully booked, reserve list only.



## EXPLORING LONDON 5

Virginia Bernard: 07891 610945

*This month we took a guided tour of Hampstead Village. One of London's most picturesque neighbourhoods, it has a hodgepodge of cobblestone narrow streets, with picturesque cottages and graceful houses. Its high street is full of boutique shops, restaurants and cafes where you can sit and watch the world go by. Hampstead has long been known as a residence of writers, composers, ballerinas, intellectuals, actors, artists and architects. There are at least 60 English Heritage blue plaques in Hampstead commemorating the many diverse personalities that have lived there. On the border of the village is Hampstead Heath, almost 800 acres of grassy public space with ponds, woodland, a lido and playgrounds. Our tour guide was funny and informative and after the tour, which was on a very hot day, we had a leisurely lunch and quenched our thirst at a lovely little pub in one of the small passageways off the high street.*

Trips planned over the next couple of months are:

Mon, 16 September - Street Art Tour in East London

Mon, 29 October - Apsley House

Our next planning meeting will be on Tuesday, 14 August at St. Clements Church Hall at 11 a.m.. It's not possible to park in the church car park but there is plenty of parking in Lea Valley Park or Hillview Gardens opposite. Do get in touch if you need any further information.

## FAMILY HISTORY

Rena KING 01992 631826

Our new venue at Tesco's Brookfield Centre proved a great hit with all the members who came along. Please note in your diary our next family history meeting will be Monday 17<sup>th</sup> September at 2pm. We usually meet every third Monday of the month and everyone is welcome even if you say you have no information about your family, come along and be surprised at what you can find out about your ancestors. Bring along some paper and pencil too. Please note there will be no August meeting.

## GARDEN VISITS

Pat DIXON 01992 766832

*The Garden Visits went to Bayford Musical Gardens Day on Sunday 17 June. This was part of the open gardens event which takes place throughout England during May and June. We arrived at 11.30am and spent the next five hours wandering around beautiful gardens. There were plenty of refreshments on sale – barbeques, sandwiches, tea and cake, beer and wine etc. The music was from a jazz band, orchestra, steel band and popular music band. This event is very well organised and I would recommend it.*

Forthcoming visit:

## SISSINGHURST CASTLE GARDEN

Monday 17th September. A famous National Trust Garden located in Kent created in the 1930's by Via Sackville-West and Harold Nicolson. Cost is £35.50 (National Trust members £23.50) which covers coach, gratuities and entrance. Please come and see me at my table to collect a booking form or give me a ring. pat.dixon1952@gmail.com

## 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)).

## 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 7th August, starting at 10 am from Much Hadham Village Hall, High Street, Herts SG10 6BP. It will be a 6 mile circular walk (one that we have done before) taking in the wonderful High Street, St Andrews Church, Green Tye, Perry Green and returning through the Henry Moore Foundation land.

Much Hadham, was formerly known as Great Hadham and grew along the valley of the River Ash; the oldest property being the gabled Palace of the Bishops of London, just to the north of the church. The High Street has a wealth of wonderful properties: thatched cottages, grand Georgian stables, Regency shop, Mediaeval inn, Jacobean brickwork and Tudor timber; in fact a photographer's dream. St Andrews Church is another gem, with Henry Moore carved heads on either side of the doorway, an angel musician in the porch roof, much carving in the nave including a lazy soldier smiling in his sleep, an angry housewife with her spindle, a king with a foliate sceptre, a babe in arms and a griffin. It also has Arts and Crafts cross, many unusual kneelers, as well as being peculiar in that it is used by both Anglicans and Catholics. If we have time, there will be plenty to see there.

We will be also be able to see some of Henry Moore's marvelous sculptures in the land surrounding his house and studio as the footpath passes very near to some of them.

*We had 22 walkers out on the July walk and it was good to see another new face - Martin, although I hope he doesn't think I always go wrong on my walks. Unfortunately, the Candlestick where we started from, was closed, so 17 of us drove to the Five Horseshoes in Little Berkhamsted, where we were all treated to a lovely lunch by Marilyn to celebrate her birthday!*

The parking for Much Hadham Village Hall is from Church Lane, but if anyone has a problem getting there, call me on 07594427190.

### MOTO (Members On Their Own)

Dee James 01992 474437

We are an expanding group and we meet on Tuesdays at the Crocodile at 11.15am. We lunch locally, attend the cinema/shows and days out; next meeting is 31<sup>st</sup> July. Gentlemen are welcome to join us.

### 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 27<sup>th</sup> July and 10<sup>th</sup> August 2018 at 2pm.

### MUSICIANS UNITED

Peter HARRIS 01992 429297

Along with Budd Leech we have started a new group for Musicians. We are seeking members who have, in the past or still play a musical instrument. Our aim is to see if we can run some form of musical sessions. No intention of playing to others, just for fun. We have booked St. Clements Church, out of the way of prying ears, and we meet on Monday mornings. It could be good fun or very painful. Find our desk at the monthly meeting and have a chat with us.

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

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

Mary 01992 426341

Next meal is on Monday August 6<sup>th</sup> at 12.30pm at The Bull at BROXBOURNE. 2 courses. £9.95, 3 courses £12.45. Please note that £5 deposit required at time of booking, see me at my table for menu choices. *Our visit to taste the new lunch time menu at the Highland Restaurant in July was voted a success and we will make a return visit in September.*

### PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

*Our group met on a hot Wednesday afternoon on the 11 July. Group members brought in their SD cards which were shown on a projected screen. The subject was holiday photography and how to improve it. The group had a lively discussion on this most topical of subjects. We discussed a possible outing for practical low light photography in central London streets. The intention is to travel into London as a group and enjoy an evening out taking photographs. We hope to firm up on this at our next meeting.*

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 8<sup>th</sup> August 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 Peterborough 5<sup>th</sup> 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 27<sup>th</sup> July and 10<sup>th</sup> August 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.

### SATURDAY LUNCH GROUP

Shirley WEBB 01992 424693

The next lunch is at the Bulls Head Turnford on 4th of August at 1pm. If you are not on the list please ring me to sign up or see me at the next meeting on 26th July at the Laura Trott Centre. Look forward to seeing you all.

### 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 2nd and 18th August 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 [iban161@virginmedia.com](mailto:iban161@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 see you all at the next meeting on 3<sup>rd</sup> August.

### SHORT WALKS

Bill NEVARD

01992 633959

Next walk is Friday 10<sup>th</sup> August 2018. A 2 ½ - 3 mile walk in the Lea Valley Park. Meet at Pindar Road Car Park near Cheshunt Station. 10.15am for 10.30am start. *14 of the group enjoyed the Greenwich Meridian line which we bisected in Waltham Abbey.*

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

### SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE

01992 425675

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

### SPANISH LESSONS

Pam SUMNER 01992 428959

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

TAP DANCING Diane POPE 01992632829/Maureen WOOLLARD 01992621939

*We have moved to a purpose built studio at Cheshunt Sports Club, Albury Ride and will be open to take new members. We meet on Tuesdays, Advanced class 10.30am – 11.30am, Improvers class 11.30am – 12.30pm. Some experience is needed. See Diane for more information.*

### THAI CHI

aaron@avsweb.co.uk

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

### THEATRE GROUP

Pam CRAWFORD 01992308413

Wednesday 12<sup>th</sup> September, Richmond Theatre, “SALAD DAYS” One of Britains best loved and sunniest musicals. Fully inclusive price of £30.

**ADVANCE NOTICE:** Monday 17<sup>th</sup> December – Hunters Meet £38, a few tickets left.

Friday 1st March – Brick Lane Panto £57. Tickets available

### WALKING FOOTBALL

John DURRANT 01992 629215

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

### 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.

## COMMUNITY NEWS

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

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.

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

THE LAURA TROTT LEISURE CENTRE has arranged a reduced price membership for all U3A members who wish to join and use the new E-gym studio. Some U3A members have already joined and are seeing the benefit of the new equipment which offers a more peaceful and safer method of exercising for members that may be put off by using the main area in the gym. 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.

### Shakespeare Group Is Still Alive and Well!

The Broxbourne U3A Shakespeare group will shortly be celebrating its *third* birthday! Not bad for what may be considered to be a ‘minority’ interest, with, for many people, the memory of boring English lessons at school. In our informal group sessions, reading and discussing the plays, we have discovered so much that is still relevant today, lots of unsuspected bawdy humour and so many everyday expressions that originated with Shakespeare. Looking at social and theatrical history adds interest, too, as do the occasional DVD clips from outstanding performances, or considering aspects of a scene from a director’s or actor’s point of view. Occasionally, we get together to see the excellent relayed NT and RSC productions and we’ve celebrated the Bard’s birthday in April a couple of times, with lunch in a traditional English pub...In short, we are *enjoying* our studies.

**The group is open to Lea Valley and Cheshunt U3A members and any other branch that has agreed to the sharing arrangement. Designated Friday meetings, 11.00 am to 12.30 pm at Mayhem Theatre Arts, Hoddesdon.**  
leerayner\_arts@hotmail.com

### \*\*\*\*\*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
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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