



THE UNIVERSITY OF THE THIRD AGE

**CHESHUNT U3A**  
Charity no. 1150779

MEETING THURSDAY 23<sup>rd</sup> June 2022

Today's speaker will be **Gaye Illsley** who will be speaking on the subject of Lasting power of attorney's LPA's.

**Next month's meeting will be on Thursday 28<sup>th</sup> July.** The speaker will be **Paul Barwick** who will be giving a talk entitled '**The Legend of the Mouse**', a story of an inspirational WW2 spy Nancy Wake.

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 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.

**Following an accident at a meeting, we would remind members to be very careful if carrying hot drinks.**

**IMPORTANT PLEASE READ THE FOLLOWING REGARDING  
RENEWING YOUR MEMBERSHIP.**

**Cheshunt u3a Membership** The membership year started on April 1st 2022.

Our annual membership fee remains unaltered at £12 per person or £8.50 if you pay your main membership to another U3A .

We will need your membership number of the relevant U3A, if choosing the latter amount.

*If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine there is an additional charge of £3 per year to cover postage costs.*

*The membership fee will be **£15 and £11.50 respectively.***

**In line with most other organisations in this current climate, we will no longer be handling cash.**

The preferred method of payment will be an annual standing order payment or a credit card payment.

**Membership Application forms and Standing order forms** can be found on the website

[www.u3asites.org.uk/cheshunt](http://www.u3asites.org.uk/cheshunt) - **Welcome page** and click on the link **Membership**. Please return the form to a monthly meeting, or scan and email to the membership secretary.

Cheshuntu3amembership@gmail.com

If you have renewed and not received your new card these, can be collected at the main meeting.

**The new membership cards have a red strip, any one with an old membership card will be non members after June1st.**

## Cheshunt U3A Groups

**NEW MEMBERS' GROUP** Jan 01992 624868 Carole 01707 879773

Nothing planned this month.

**ALMOST LOOSE WOMEN** Carol Farren 01992629028 Ann Powell  
01707889189.

Meetings on second Thursday of month. Unfortunately, the group is full and we are unable to accept any more members at present.

**AFTERNOON QUIZ and TEA** Mary Hanney 01992 426341  
Next quiz Tuesday July 26...Halsey Masonic Hall. Cheshunt. Time 2pm

**ART APPRECIATION** Clarice Pillar 0208 804 0900

I am sad to say I am temporarily suspending the Art Appreciation group, due to health reasons I can't organise anything at the moment. I am hoping I can get the group going again, so please be patient with me.

**BADMINTON/TABLE TENNIS** Stewart WAGSTAFF 07594475051

The group meets every Monday evening 7.15 to 9.15pm. The Venue is Goffs Churchgate Academy, College Road. The group is now full, if interested please contact.

**BOOK CLUB Reading for Pleasure** Carol HILL 01992 302722

The group met on Monday 13th June to talk about The Wisdom of Sally Red Shoes, by Ruth Hogan. Nearly everyone loved the book and a lengthy discussion took place as many emotions and memories were opened up. As usual, we drifted from the themes developed in the book to other reminiscences.

It was a lovely morning, made even better by the weather, Vicky's garden and pizza al fresco.

Next month we shall be discussing Still Life by Sarah Winman.

**BOLIVIA** Peter HARRIS 01992429297 [peterharris30@live.co.uk](mailto:peterharris30@live.co.uk)

Dates for Bolivia 4<sup>th</sup> and 18<sup>th</sup> July at 2pm. New members always welcome for a light-hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon. We are now back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

**BRITISH SIGN LANGUAGE GROUPS** Jacqui Fry 07745264787

Basic 6 x 45mins week sessions, to begin again in September, watch this space.

**CANASTA/CRIB** Alan SMITH 07775690119

Canasta/Crib dates are 27<sup>th</sup> June, 5<sup>th</sup> and 19<sup>th</sup> July at 2pm. Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

**CARD MAKING** Barbara Hones. 01992 410160

This month we made Glitz cards .. and added miniature flowers.. Men's cards are on next month's Agenda. Barbara Hones. Group full.

**CYCLE GROUP** Stewart Wagstaff 07594475051

The group rides every Wednesday, at present there are six separate groups of various abilities meeting at various locations. Please make contact if interested.

**CRIBBAGE** Jenny Christian 01992 306859.

Unfortunately, this group is full at the moment. Crib group held at 32 Mylne Close Tuesdays 2-4. No charge.

**CURRY CLUB** Mary Hanney 01992 426341

See me at my table for details of next meal.

### **DAY TRIPS BY COACH**

Heather Douglas 07984 791184

The May trip was to the Cotswolds where we had a very enjoyable day with fine weather. The next trip is on Monday 18 July to the Norfolk Broads for a boat trip followed by afternoon tea at Wroxham Barns. Early start 8.30. The £40 payment is due by the June meeting. There is a short waiting list for this trip at the moment. The past experience is that people drop out last minute so sign up if you wish to come

### **EXERCISE GROUP KEEPING FIT** Mary Hanney 01992 426341

Every Thursday. Laura Trott Sports Centre. registration 9.30am class will commence at 9.40am. cost £3. These sessions are run by fully qualified instructors, whose aim is to see that we have an enjoyable time, whilst trying to stay fit.

### **EXPLORING LONDON 1**

Eileen FUNNELL 01992 422475

On the Jubilee Friday one of our members, Jean, kindly invited us to tea in her lovely garden. The weather was good and we really enjoyed the afternoon, with cakes made by some ladies in the group.

Future visits:

Wednesday 13<sup>th</sup> July - Cophall

Wednesday 24<sup>th</sup> June - Afternoon tea at Pearces Farm Shop

Our next planning meeting has been delayed by a week in view of the Jubilee weekend. We will meet on Friday 1<sup>st</sup> July at the usual time of 10.15 at Cheshunt Free Church.

## **EXPLORING LONDON 2** Rosemary TRUNDELL 01992 621155

In May we had a walk round the Olympic Park in Stratford, ably led by Chris Nevard, in the tenth anniversary year since the London Olympic Games. It is now a wonderful open space in East London with lots of mature planting free to be enjoyed by all. We went into the Velodrome and tried to imagine cycling round it's steep sides. We also saw the construction site where V & A East is being built. Eventually it will be a cultural hub as well as a sporting venue.

Our June outing was a Discovery Tour of the London Transport Museum Depot at Acton. Most of us had previously visited the London Transport Museum in Covent Garden, but the Depot was an absolute revelation! We were split into two groups and led round the depot by very knowledgeable volunteer guides. There are buses going back to the earliest horse drawn versions and up to and including the Routemaster and the more recent one-man operated buses. Also trams, trolley buses and of course underground trains as well as a section on the famous Underground Map and station signage. It was a great day out and well worth the rather lengthy journey.

Our forthcoming trips are as follows:-

Monday 11th July - Visit to the Garden Museum in Lambeth

Wednesday 3rd August - Walk along Thames Path from Canary Wharf to Island Gardens 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 July.

### **EXPLORING LONDON 3**

STEVE GOLLOP 01992 629209

**June 21<sup>st</sup> - Superbloom at the Tower of London** – due to the industrial action taking place on this day we have cancelled our trip to both the Skygarden and the Tower of London. As Superbloom continues until the middle of September we may try to rearrange at a later date.

**July 19<sup>th</sup> – tour of Crossness Pumping Station** – this trip is still being organised

**August 16<sup>th</sup> – Thames River Boat Trip** from Westminster Pier to Greenwich and return, cost £18.50. More details on our table.

**September 19<sup>th</sup> – Tour of the Theatre Royal Drury Lane** cost £18.50. There is a maximum of 20 for this tour so we will have a waiting list once that number is reached.

**October – Bank of England – to be arranged.**

Please remember to pay your £10 hall rental fee.

Next planning meeting – Wednesday 6<sup>th</sup> July, 11.15am at Cheshunt Free Church, 27 High St. Cheshunt.

### **EXPLORING LONDON GROUP 4**

STEVE SELL 01992 443012 or 07572 078511

Unfortunately, the planning meeting for July has now been cancelled. The next meeting will on Wednesday 10<sup>th</sup> August 2022 from 11.00am at St. Clements Church Hall. Limited parking in front of the Church.

In May we travelled by train to Stratford and transferred to Stratford International station by DLR (Docklands Light Railway). We caught the Southeastern High Speed train and thirty minutes later we arrived in Rochester.

A guided tour was provided by Steve and combined texts from both a historical transcript and a Dickens literary guide downloaded from

the internet. We toured the lovely High Street, which once formed the main A2 road from the Kent coast to London and was part of Watling Street in Roman times. Now fortunately the High Street is much quieter because the traffic uses an alternative road outside the main thoroughfare.

From the High Street we walked along the esplanade alongside the Medway River and around first the castle, then the Cathedral. We then walked across the green area known as the Vines because the monks used this area as their vineyard when a monastery existed prior to dissolution. From here we found Restoration House where Charles II stayed on his return to England before being crowned in 1660. It was used by Dickens and called Satis House in Great Expectations. We ended at Dickens' Chalet, which once stood in the grounds of his house in nearby Higham.

Future events:

Wednesday 13<sup>th</sup> July – Coach trip to Bletchley Park. NOW FULL – RESERVES ONLY.

Tuesday 23<sup>rd</sup> August - train to Brighton.

### **EXPLORING LONDON 5**

John DURRANT 01992 629215

We met our knowledgeable and friendly guide Paula, who was waiting beside a statue of two child refugees from the Nazi programs in Liverpool Street Station, which was the main place of arrival and the meeting point for children and their eventual foster families. We then admired a second Kindertransport commemorative statue called the Arrival outside the station in Hope Square. Four children stand proud and poised, with their luggage beside them. It was a sober reminder of the recent history of a busy London mainline station.

Who knew that a Victorian Turkish Bathhouse stands surrounded by tall office buildings 5 minutes walk from this station? Built in Victorian times to provide bathing facilities to the local community,



and opened in 1895, it had marble floors, sunken baths, mosaics, stained glass and glistening gold fittings. Passing the old Nat West Tower, Austin Friars was the site of an Augustinian Friary in the City of London between 1260 and its dissolution in 1538. Covering 5.5 acres, it became the home of the Dutch Church, and the Dutch language is still used for services held there.

The Merchant Taylors' Company began as an association of working tailors. It received its first royal charter in 1327 and is the only ancient Livery Company to remain on its original site.

The Royal Exchange was Britain's first specialist commercial building and was officially opened on 23 January 1571 by Queen Elizabeth 1, who awarded the building its royal title and a licence to sell alcohol and valuable goods. Only the exchange of goods took place until the 17th century. Stockbrokers were not allowed into the Royal Exchange because of their rude manners, hence they had to operate from other establishments in the vicinity, such as the newly established coffee houses. The golden Gresham Grasshopper is the Royal Exchange's weathervane and was the crest of the founder, Sir Thomas Gresham.

Progressing down Popes Head Alley, we reached Lombard Street which is where modern banking began. Goldsmiths would hang out signs to attract business, forerunners of the modern logo. A few Edwardian replicas of these signs remain.

Following the narrow alley Bengal Court, we entered St Michael's Alley, where, in 1652 the first coffee house in London was opened. Set within a warren of medieval streets, it was opened by an importer of goods from Turkey that included coffee. Coffee houses opened to allow the wealthy to try this new and exotic drink.

There has been an inn on the site of the George and Vulture since 1142. It was said to be a meeting place of the notorious Hell-Fire Club and is now a revered City chop house.

Finally we visited Leadenhall Market which began life as a forum in the centre of Roman London and there has been a market on the site since the 14th Century. Following St Peter's Alley, we admired the rear entrance of The Counting House, which only became a pub in

1998. Nonetheless it operated as a bank for many years. A counting house! . Founded in 1759 it was rebuilt in 1893 as Prescott's Bank and became part of the Nat West network in 1970. Cornhill is London's highest hill and was probably the site of the Roman Basilica. Cornhill later became dominated by a medieval grain market, hence the name.

Future visits:

Monday 4th July - Cambridge tour (including a college)

Tuesday 9<sup>th</sup> August – Meet up/Planning Meeting in Cedars Park  
10.00am

Tuesday 20<sup>th</sup> September – Copped Hall House and Gardens

October – Fishmongers Hall – Date to be arranged

Our next planning meeting will be on Tuesday 12 July at 10.00 at the Beaumont Centre.

**FAMILY HISTORY** Rena KING 01992631826 [rena.barry@sky.com](mailto:rena.barry@sky.com)

Please note we meet every Third Monday of the month (but not on a Bank holiday) and our next meeting is on MONDAY 18<sup>th</sup> JULY from 2-4pm at TESCO'S COMMUNITY ROOM, BROOKFIELD CENTRE STORE.

All welcome to come along and learn about new and update information now available for all family historians.

**GARDEN VISITS**

Pat DIXON 01992 766832

BRESSINGHAM GARDENS Thursday 18 August. Leaving Cheshunt Old Pond at 8.30am. Cost £40 includes coach, garden entry, guided tour, gratuities.

Please see me at my table to collect a booking form and/or make payment.

**HOLIDAY with Cheshunt U3A** Mary Hanney 01992 426341

Could I please ask that you provide me with a contact telephone number in case of any emergency whilst we are away.

Pick up points are: Bus Stop at top of Cadmore Lane.....8.15am

Outside Tesco at Old Pond.....8.30am

PLEASE ADVISE ME AT WHICH PICK UP POINT YOU WILL BE JOINING THE COACH

**LINE DANCING (Broxbourne U3A)** Lesley CASSON 01992 445938

This group is now full and we can't take any new members for the foreseeable future.

**MODEL MAKING**

Jack SNARY 01992 638046

The group meets on the first Wednesday of the month at **2 pm in the Crocodile pub.**

Members interest cover Plastic kits, dolls houses - aircraft - trains - boats - war gaming – fair ground rides and vehicles.

**The July Meeting Subject will be, Steaming along**

**The August Meeting Subject will be Ponds – Lakes & Rivers**

**MORNING WALKS**

Rob SCOTT 01992 445288

July Morning Walk. As Rob is away on his hols I'll be leading the next walk at 10.00AM on Tuesday 5th July from the Crooked Chimney pub at Lemsford AL8 7XE. It has a large car park on the B653.

The circular walk is 6 Miles and pretty flat. The Pub request us to pre-order lunch and post requirements through their letter box on the day. The menu is online but I'll have copies on the day.

Frank Sluter 07704730421

**MUSICIANS UNITED**

Peter Harris 01992 429297

We are back meeting weekly on Mondays at 10am

To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz please come along. The standard varies greatly.

Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

**MUSIC IN THE AFTERNOON** Peter Harris 01992429297 [peterharris30@live.co.uk](mailto:peterharris30@live.co.uk)  
Yes, it is back!! Current dates 8<sup>th</sup> and 22<sup>nd</sup> July at 2pm. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal. Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

**OUT TO LUNCH GROUP** Mary Hanney 01992 426341  
Next lunch Tuesday July 19... Manto's..32 High Road.. Wormley.. time 1pm...2 courses...lunch time menu...cost £13.75. (This includes the service charge).. please see me for menu choices.....£5 deposit required at time of booking

**PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832  
The group met on 8 June where we discussed our next photographic outing to the Barbican on the subject of light and shadow. We also decided that at our next meeting we would bring photographs of street furniture or road signs. Our next meeting will be held at the Crocodile Pub on Wednesday 13 July at 2pm.

**RACKETBALL** Adrian Turnham 01992 413144 Mob 07944 380453.  
This is a potential new group. At the last meeting 10 people showed an interest in this new group. Hopefully it won't be long before taster sessions take place. If you would like to try this sport contact Adrian direct or email on [ayturnham@gmail.com](mailto:ayturnham@gmail.com)

**RUMMIKUB** Peter Harris 01992429297

Current dates 8<sup>th</sup> and 22<sup>nd</sup> July at 10.15am. Back at St. Clements Church, Cheshunt Wash EN8 0LU.

**SAILING**

Teresa LEAVY 01438 223860

We sail every Tuesday at Broxbourne Sailing Club as part of Hertford and District U3A Sailing Group. The group is currently full, but give Teresa a call so she can update you on the latest situation. The sailing group is run via Hertford U3a but draws its members from several local U3a's.

**SATURDAY LUNCH GROUP**

Jim Reid 01992 629997

The group is now being led by Jim Reid, so hopefully the group will continue to flourish.

**SEW KNIT PATCH & CHAT** [dandc@hewkin.com](mailto:dandc@hewkin.com)

Chris Hewkin 01992625709

We meet at St. Clements Church Hall (park in Hillview Gardens opposite) every 1st and 3rd Thursday of the month from 2-4pm. so bring along your handiwork, swap patterns and ideas and have a good chat and a cup of tea.

The July meetings will be on Thursday 7<sup>th</sup> and Thursday 21<sup>st</sup>.

**SHORT MAT BOWLS**

Mary Hanney 01992 426341

Friday 10.30 to 12.30 at Laura Trott Centre, Interested contact Mary

**SHORT WALKS**

Andy Smith 07930 356 976

June's Walk was going to be Cheshunt to Broxbourne but after taking a detour across the Navigation, we ended up with a circular walk around some unknown areas of the park and back to Cheshunt. A nice walk in lovely weather of circa 3.25 miles for the 10 walkers.

July's Walk on the 15th July 2022 will be around Gunpowder park. Meet 10:15 for 10:30 start. Sat Nav Postcode EN9 3GP, for a 2.5 mile circular walk around the Park. Toilets at car park but no refreshments so please bring with you. Car Park is chargeable, payment by Card or Cash.

I will not be at the Next Meeting, but Bob has kindly agreed to man my table for me.

### **SPANISH**

Christine DAWSON 01992

620888 Can you speak Spanish? Are you willing to help our small friendly group practice our conversation skills - or lack of them! If you can help us please contact me. Muchos gracias

### **SINGING FOR FUN** Jim 01992 629997 Janet 01992 425675

The Singing for Fun Group meets on a Monday at 2. 00pm. We sing along to recordings of original artists from the 60s, plus Country, Abba, Carpenters, Beatles and lots more.

We now have 90 songs and counting. Books of lyrics are supplied and we even stop for a cup of tea and a biscuit and all for £2.0. No Singing on Monday 30th May.

### **THEATRE GROUP** Jackie Yeardye's 07939149997 and Doreen Leggett

Having successfully completed our first outing since the pandemic, we are now off to the Cliffs Pavillion, Southend on the 25<sup>th</sup> June to see Lord of the Dance. - 1 ticket still available.

On 14<sup>th</sup> September we are off to see Joseph and the Amazing Technicolour Dreamcoat.

This was showcased at the Queen's Platinum Jubilee.

We will leave Cheshunt at 11.00am (not 10am as previously advertised) and will leave for Milton Keynes to arrive in time for some lunch before the show.

We have managed to get very nice dress circle seats, near the front. There are still some seats available at the moment.

Going forward a Christmas Meal and entertainment is being planned for December.

Further details to be announced next month.

**WALKING FOOTBALL**                      John DURRANT 01992 629215

We play on the Astroturf pitch at the Laura Trott Centre. We meet on Fridays 2 – 4 pm and the cost is £4 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

**WALKING NETBALL**                      Jacqui Fry: 07745264787

We have both men and women in our group and some who have not played netball for 50 years! It is a fun session and available for all ages. If you want something different to get you moving and most of all have fun.

**WATERCOLOUR GROUP**                      Jack SNARY 01992638046

This group has now joined forces with Broxbourne U3A  
The Broxbourne Art Group meets in the Bollescroft Main Hall from 10:00am to 1:00pm, Monday's. (Bollescroft is the building in the car park next to the Spotlight). The cost is £4 per meeting and includes tea, coffee and biscuits - Car parking is free

**ZUMBA GOLD**    Trudi Marrion 07702262904

**Cheshunt Scout Hut, Rowlandsfield. Every Tuesday at 1.00pm for 1 hour. £ 4.00 per week.**

If you are interested in joining the group for a fun filled hour of music and exercise/dancing please text the number above with your U3A no.

**GROUP SHARING** *If interested please use contact details.*

Discussion Ann Sims 01992 465629

Embroidery Margaret Cramphorn 01992 441327

Gardening 1 Geraldine Stone 01992 442609

Jazz appreciation Terry Riddell 01920 463745

Reading For Pleasure Rose White 01992 621436

Shakespeare Group Lee Rayner 01992 456383

Short Mat Bowls Bob Finning 01992 632628

Tai Chi Ann Glover 01992 499808

Golf Steve Shirley 01992 893037

**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. The trades people listed have done work for our members who feel they can recommend them. However we can offer no guarantees and suggest you use lists as guidance only and do your own research.



## **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.

## **Splash your cash on our popular raffle.**

**Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn, or they will be redrawn.**

## **How to get onto CHESHUNT U3A FACEBOOK GROUP**

It's easy to join just open an account with Facebook it's free. Once signed up open Facebook, press menu bottom of screen, press group, enter Cheshunt u3a in search groups top of screen. A message appears ( see results for Cheshunt u3a) press this.

## **COMMUNITY NEWS**

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

**Adult Ballet Class** 01992 622862 (ask for Jayne)

Every Thursday 12.00 noon to 1pm 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.

## **PILATES**

Becky Ashman 07964 631780

We meet every Friday morning, 12 – 1pm at the Cheshunt Football Club, Theobalds Lane, 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 Hanney 01992 426341

Cheshunt Free Church. High Street Cheshunt. Every Tuesday 11am – 11.45am Cost £3.

**KNIT and NATTER**

Mary Manning 07795146461

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

**BINGO AND SCRABBLE**

Celia Carne 01992 633241

Every Monday and Wednesday 1.30pm : Beaumont Centre. Rowlands Fields, Turners Hill, Cheshunt. The Scrabble Group hopes to get going in the near future.

**Whit Hern Bowls Club.**

Christine Sharp. 07903 022054

If you wish to come along and try, in a friendly and relaxed atmosphere, on a Wednesday which is our club night there is no dress code, just wear flat soles shoes.

We will also be holding a Big Bowls Weekend on May 27th. All are welcome.

**TAI CHI**

AARON aaron@avsweb.co.uk

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

**Cheshunt Outdoor Bowls**

Roy Padgham 079136753379

Top of Albury Ride

We will be holding three open fun days on May 1st, 28th and 30th @ 11am - 2pm. All are welcome to come along and try .

### **A request for school readers**

The U3A has received the following request from Victoria Dunlop, head of the scheme, *visit us at [www.schoolreaders.org](http://www.schoolreaders.org) if you are interested in helping.*

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.

### **Could you be interested in helping our U3A ?**

All committee members give their time freely, to make our U3A the success it is. If you feel you could spare some time to help out, please come forward. Perhaps just sitting in at a committee meeting would be a good start. Contact anyone on the committee if you feel you might be interested.

## **THE CHESHUNT U3A COMMITTEE**

CHAIRMAN	STEVE SELL	01992 443012
VICE CHAIRMAN	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE DUGDALE	07989655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
PROGRAMME PROD	STEWART WAGSTAFF	07594475051
ASS PROG. PROD	JOHN DURRANT	01992 629215
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215
SAFEGUARDING	JACQUI FRY	07745 264787
COMMITTEE MEMBER	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	ANDY SMITH	07930356976