



THE UNIVERSITY OF THE THIRD AGE

CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 22nd MARCH 2018
1.30pm LAURA TROTT CENTRE.

Today we have **TOM MASON** a young photographer. His talk is entitled “**THE BEAR NECESSITIES**” and takes us behind the scenes on his photography trip to Finland to photograph brown bears, showcasing his images and close encounters!!

Our next meeting will be on **26th APRIL 2018** when the guest speaker will be **BRAD ASHTON** whose talk will be “**THE JOB OF A LAUGHTIME**”. Brad is a Television Comedy Writer who has written for many stars such as Tommy Cooper, Dick Emery etc. See more about him on his webpages.

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

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

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

Visitors

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

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

MEETERS AND GREETERS ROTA

April - Photography

May - Book Club

June - Watercolours

WHAT TO DO IN A MEDICAL EMERGENCY!

This is not a first aid course.

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

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

I have already done demonstrations to our Cycling and Badminton group, which proved to be popular and have been asked to offer to others, demonstrating what I would do in an emergency, how to recognize an emergency, and how to communicate with the ambulance service. So the main topics are Cardiac emergency, Strokes, unconscious patients and tips on doing effective CPR. To this end I will be doing another 2hr demonstration on **Monday April 9th 2pm to 4pm at the YHA Windmill Lane**. There are 20 places available. If interested please see me on the information table or contact me; Stewart Wagstaff 01992 624706.

DATE FOR YOUR DIARY

Summer Celebration for 2018 will again be held at The British Legion, Crossbrook Street on Saturday June 2nd. The disco will be provided by Kens Disco who come well recommended. Cost of Tickets will be £12 to include either Fish/Chicken and Chips from Seaways Fish Bar. Tickets on sale at the April Meeting. Please register your interest at my table. Mary 01992 426341.

NEW GROUPS

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.

The inaugural meeting took place on Monday 19th March at 2pm at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 2nd April and Monday 16th April at 2pm. 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 Peter HARRIS on 01992 429297 or email me at peterharris1@sky.com

EXPLORING LONDON 5

Virginia Bernard Mob: 07891 610945

Come and explore all the great city of London has to offer. We will have a planning meeting once a month to decide where to go and what to see so do bring all your ideas with you. Please stop by the Exploring London 5 table at the next general meeting for a chat and to sign up to the group. Look forward to meeting you. email: bernard691@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.

WALKING FOOTBALL

Stewart 01992 624706

The group is now up and running..... sorry walking! Doncaster Rovers supporters always very welcome.....

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

MUSICIANS UNITED

Peter HARRIS 01992 429297

Along with Budd Leech we have started a new group for Musicians. We are seeking members who have, in the past or still play a musical instrument. Our aim is to see if we can run some form of musical sessions. No intention of playing to others, just for fun. We have booked St. Clements Church, out of the way of prying ears, and we meet on Monday

mornings. It could be good fun or very painful. Find our desk at the monthly meeting and have a chat with us.

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

CHESHUNT U3A GROUPS

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

The Art Appreciation group visits art galleries, museums or churches to view various aspects of art. In March we will re visit one of our annual favourites, 2 Temple Place, with its very impressive interior and excellent exhibitions. This year the exhibition is on the history of jazz

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

AFTERNOON TEA with QUIZ Mary 01992 426341
Our next quiz will be held on Tuesday April 17th. Masonic Hall Cheshunt. Please register your interest at my table.

BADMINTON/TABLE TENNIS Jan WAGSTAFF 01992 624706
We meet every Monday from 7pm-9pm at GOFFS CHURCHGATE ACADEMY (formerly Cheshunt School). All abilities are welcome and we provide equipment. A small charge per head per night is required to pay for the hall. The facility is now somewhat improved with new line markings and polished floor! Please contact for further details.

BIRD WATCHING WALKS Derek WEBSTER 07712 675105/
Antony POPE 07949 739116

9 of the group visited Walthamstow Wetlands on Monday 12th March 2018 on a wet rainy day and we saw 34 species of birds. The highlight of the day was seeing the Willow Warbler.

Next visit:

Collage Lakes on Monday 9th April 2018. Meet at Cheshunt station at 9.30 am. This is a car sharing trip, is a full day so please bring a packed lunch.

Future visits:

Amwell Nature Reserve on Monday 14th May 2018

London Wetland Centre on Monday 11th June 2018

Woodbury Down on Monday 9th July 2018

BOOK CLUB Reading for Pleasure Carol HILL 01992 302722

Leah Fleming is a much loved and prolific author. She was born in Lancashire and emigrated to Yorkshire. This month we read her book "The Postcard". On his deathbed Melissa's father begs her to research the source of a postcard. She embarks on a long and far reaching journey and the reader is drawn into a complex story. Our Reading Group was very critical of this book and we found much to talk about.

For those of you who have young grandchildren (ages 5 to 11) to entertain over the Easter hols, it may give you a couple of hours peace if you take them to the Cheshunt Library on April 10th between 10.30am and 12 where they can learn to make puppets.

BOOKWORMS Barbara HONES 01992 410160

2017 has been most enjoyable. We have had various Authors and Stories. Visits to "Meet the Author" were very interesting and I hope there will be more for us to go to as a group. We are however full at the moment.

BOLIVIA/CANASTA Peter HARRIS 01992429297

Peterharris30@live.co.uk

New members always welcome for a light hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards, easy to learn and a great deal (no pun intended) of fun. The membership is continuing to grow with an average of two members joining each month; however we are still looking to expand. We can guarantee at the end of one session, any newbie will understand and be able to play the game. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon.

We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. Dates for next month are Monday 26th March 9th and 23rd April. Time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds is necessary.

CHESHUNT and WARE CYCLE GROUP Stewart 01992 624706

Our group meets every Wednesday morning at 9.30am at Pindar Car Park near Cheshunt Railway Station, for a prompt 09.45am start. We have two

guided rides every week. The Easy Ride which encourages members to get in the saddle and have a pleasant ride through the Lee Valley Park, at a leisurely pace. The Moderate Ride offers a ride which although still at a leisurely pace, goes a little further in miles with fewer stops. On the 2nd and 4th Wednesday of each month, we offer a Challenging Ride which goes both on and off road covering up to about 25 miles. All rides finish at the same time, noon, for a coffee at the YHA. The Challenging Ride meets at Ware on the 1st and 3rd Wednesday of each month. When there are five Wednesdays in a month, we try to offer a joint ride for all groups lasting into the afternoon.

CHESS GROUP

Rodney Dixon 01992 766832

The Chess Group is still looking for new members. The group is aimed at beginners and intermediate players. You can learn the moves and enjoy your first game. If you would like to learn this wonderful game please see me at my table or give me a ring on the above number.

COMPUTERS - e BUDDY PROJECT

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

If you are interested in attending please contact Steve Gollop 01992 629209 email: stevegcheshuntu3a@gmail.com

CRAFT - CARDS

Betty WARREN 01992 637988

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

CRIBBAGE

Jenny CHRISTIAN 01992 306859

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

Please contact Jenny Christian for more details.

EAT YOUR WAY AROUND THE WORLD

Mary 01992 426341

Nothing currently planned.

EXERCISE GROUP - KEEPING FIT

Mary 01992 426341

Laura Trott Sports Centre, Grundy Park Cheshunt. Every Thursday 9.40am to 10.40am (earlier start to enable follow on class to start at their

allotted time). Cost £3. The sessions are run by qualified instructors, whose aim is to ensure that we have fun whilst trying to get fit. CLASS CURRENTLY FULL.

EXPLORING LONDON 1

Eileen FUNNELL 01992 422475

Weds 28th March

Wallace Collection

Weds 18th April

Forman Smokehouse

Weds 23rd May

Apothecaries Hall

Next Planning Meeting – Friday 6th April 10.15 Cheshunt Free Church.

EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

In February we visited the London Transport Museum in Covent Garden. Although most of us had been before, some years ago, we were impressed by the improvements to the layout of the museum. It tells the story of London's transport system from 1800 to the present day. In addition to the usual poster exhibition, there is currently a temporary display of the work of female poster designers entitled "Poster Girls" featuring some excellent artwork.

Our forthcoming trips are as follows:-

Tuesday 17th April - Walking Tour of City Churches

Monday 14th May - Tour of Watermen's Hall

We meet on the third Friday from 1.00-2.00pm at Cheshunt Free Church.

Our next meeting will be on 20th April. **Please note change of venue.**

EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

On the 21st February, 17 members of the group visited St. Paul's Cathedral. We were able to purchase the entry tickets at a discounted concession group rate. Once inside everyone was left to look around the Cathedral at their own pace. Excellent audio tour guides are included within the price. It guides you around the Cathedral and explains some of the history of this amazing building and the artefacts on display. You can of course climb the spiral stairs to the Whispering Gallery in the dome and beyond. One of our party made it all the way to the top! The tombs of The Duke of Wellington and Lord Nelson are in the crypt. There is a good cafe and the normal "Exit via the shop" all located in the crypt. It was a good trip which concluded with a lunch at Weatherspoons for those members who wanted to partake.

Next few trips are:

27&28 March Police Museum organised by Bob Barton

11 April Regent's Canal Museum organised by Adrienne Pick
23 May Blue Badge Walk organised by Pam Brooks
20 June Postal Museum organised by Bob Barton
31 July Royal Festival Hall organised by Shirley Newton
August Clarence House organised by Doreen Humm
September Hever Castle and Gardens

Our group holds a planning meeting on the first Wednesday of each month. Please note that as from April 4th, this will be held at the new venue of Cheshunt Free Church (United Reform), 27 High Street, Cheshunt EN8 0BS at the usual time of 11.15am. There is limited parking available and access is by the side door.

EXPLORING LONDON GROUP 4

Steve SELL 01992 443012

07572 078511

We have a planning meeting every month. The next meeting is on Wednesday 18th April 2018 from 11.00am till 12.30 pm at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

In February we visited the Houses of Parliament during the Half-term recess. As 48 members had signed up for this trip a coach was arranged. Fortunately, with it being the school holiday our journey into London was not as long as it usually is by road and we enjoyed time for a stroll across Westminster Bridge and refreshments before going through the security process.

We were separated into two groups for our tour around the Houses of Parliament. Our guides were very lively and full of enthusiasm such that the tours over ran the expected time. As well as exploring the Lords and Commons chambers we admired the elaborately decorated rooms which the Queen passes through at the State Opening of Parliament. We were able to appreciate the history of the building; it's role as a Palace and the seat of Parliament.

Future trips:

Friday 6th April – Crossrail & Charterhouse Guided Tour; fully booked but reserve list in case places are vacated

Wednesday 23rd May – Westminster Abbey Guided Tour – second visit due to popular demand; almost full but a few places remain.

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

Monday 18th June – Strawberry Hill House, Twickenham; House & Landscape Guided Tour
Tuesday 31st July – Old Hampstead Village Guided Walk
Tuesday 18th December – Postal Museum and the Mail Train. A few places left.

FAMILY HISTORY Rena KING rena.barry@sky.com 01992 631826
We meet every third Monday of the month at 2pm. **A new venue will be advised.** Our members are researching ancestors as far away as Ireland, Scotland, all corners of England and of course locally in Hertfordshire. At the meetings we have a computer and years of experience to help solve those unexpected problems and queries. Everyone is most welcome to the meetings; just bring pencil and paper and any documents you wish to discuss. Always get in touch to confirm if meeting is being held, especially over the holiday periods. Next meeting 16th April.

GARDEN VISITS Pat DIXON 01992 766832
I have just a few seats left for the Beth Chatto Garden visit. Please contact me ASAP and I can organise either a bigger coach or a waiting list.
BETH CHATTO GARDEN on Monday 14 May leaving Lloyds Bank, Cheshunt at 9.00am (please note earlier departure time). Cost £36.50 which covers the coach, entrance, garden tour and gratuities.
BAYFORD MUSICAL GARDENS DAY on Sunday 17 June leaving Lloyds Bank, Cheshunt at 11am. Cost £24 which covers coach, entrance to 12 gardens and gratuities.
Please come and see me at my table to collect a booking form or give me a ring. I am on 01992 766832 or pat.dixon1952@gmail.com

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

Our group used to be called “**Laugh your Pains Away**”. We have now decided that we have covered this subject long enough and would like to have a wider area of discussion. We meet the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am-12pm. Our next sessions are April 12th, May 10th and June 14th. We have a good laugh over a cup of tea or coffee and biscuits. **Gentlemen are more than welcome to join us**, although we are now full with a waiting list in operation.

LINE DANCING (Broxbourne U3A) Lesley CASSON 01992 445938

We meet twice a week at Wormley Community Centre. On Mondays we have Improvers from 10.30am to 11.30am, followed by Beginners/Improvers from 11.45am to 12.45pm. On Fridays we have Improvers from 10.00am to 11.00am followed by a tea break, then Beginners from 11.30am to 12.30pm. There are some spaces in all the classes, but anyone wishing to join would need to have previous line dancing experience. Please ring or email Lesley for advice (lesleyb10@hotmail.co.uk).

MOTO (Members On Their Own) Eve Beckford 01992 425458/Dee James 01992 474437

This group is now being run by Eve Beckford and Dee James. Ring Eve/Dee for future events. Next planning meeting is on Tuesday 27th March and then every two weeks at 11.15am at the Crocodile. We have been lunching and visiting the cinema. Come along and join us. We lunch locally as well as having days out. The group is expanding with more persons joining, come and join us.

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

MORNING WALKS Rob SCOTT 01992 445288

The next walk will be on **Tuesday 13th April**. It will be a 5.5 mile circular walk, starting at 10am from High Road, Stapleford, Herts. nearest post code SG14 3NA. We will walk on the west side of the A119 passing Sally Rainbow's Dell and going through part of Bramfield Wood and Nicholson's Wood, before heading North East across open fields towards Watkin's Hall Farm. We will then turn South East for Perryswood Farm and Great Gobions Farm and so back to Stapleford. To get to Stapleford, one can go via Hertford (which can be a little congested), to pass Hertford North station on the A119, carry on for about 3 miles, passing through Waterford and after going underneath the bridge carrying the railway, take the first right into Church Lane and *immediate* right, (back on yourself) into a cul-de-sac to park. For any problems, my mobile number is **07594427190**. Sally Rainbow was an 18th century English woman, alleged to be a witch, who lived near the village of Bramfield in a dangerously steep sided hollow. It is said she was friendly with highwaymen - a local villain Clibbons as well as Dick Turpin and stored

their loot for them. Locals were fearful of going to the Dell, in case she put a curse on them as well as their crops and animals.

We had a fantastic number of 23 walkers on the March walk and although a little claggy in places, the weather was good and the company superb!

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

A slight change in title simply to reflect better what we are about. We meet to enjoy all types of music. Members bring a CD of their choice; some may explain what it means to them. Occasionally we have themes i.e. on the anniversary of Buddy Holly death we played several tracks relating to him. Absolutely all types of music has been played, Classical, Jazz, Electronic, 50's & 60's and current. It's always good fun.

We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits. Next Music Appreciation will be on Fridays 23rd March, 6th April and 20th April 2018 at 2pm.

OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Nothing currently planned.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

On Wednesday 14th March the Photography Group met at our usual venue and we welcomed three new members. At this meeting we concentrated on downloading images from camera SD cards onto computers. We also had a brief look at photo editing using Photoshop Elements. Some of the group went to St Mary's Church on Friday to prepare our exhibition of prints for their 600th anniversary celebrations on 17/18 March. These prints will also be on show at the U3A main meeting on 22 March.

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 11 April at 2pm at St Clements Church in Cheshunt Wash. This venue has disabled access and there is parking in Hillview which is opposite St Clements Church. Please give me a ring on the above number.

RETAIL THERAPY

Ann POWELL 01707 889189/ 079710 33181

Shopping trip to Blue Water 28th March 2018, Cambridge 20th June and Peterborough 5th September.

RUMMIKUB

Delphine Andrews – 01992 637288 and Jean HARRIS

01992 429297

Those who have never played this game before quickly get to grips with it and enjoy it immensely. New players will be most welcome including members of other local U3A's. The venue is St. Clements Church, Cheshunt Wash, EN80LU, opposite Hillview Gardens.

Dates for next month will be on Friday 23rd March, 6th and 20th April 2018, at 10.15am. (Please park in Hillview).

SAILING

Teresa LEAVY

01438 223860

We sail every Tuesday at Broxbourne Sailing Club as part of Hertford and District U3A Sailing Group. Give Teresa a call if you fancy a taster session or joining. The sailing group is run via Hertford U3a but draws its members from several local U3a's.

SEW KNIT PATCH & CHAT

Sheila BUDD 01992892329

Come & join us in St Clements Church Hall, Turnford, Cheshunt Wash EN8 0LU. The group, under shared leadership, will be meeting on Thursday 5th and 19th April 2018 from 2- 4pm. Bring your own work, learn a new skill such as crochet or simply join in with the friendly chatter! Expect a warm welcome from all of us.

SHORT MAT BOWLS

Lionel BANNISTER

Now at the Laura Trott Centre 10.30am - 12.30, see you all there at the next meetings.

SHORT WALKS

Bill NEVARD

01992 633959

Next walk is Friday 13th April 2018. Meet outside Ware Railway Station 10.15am for 10.30am start, for an easy 3 mile walk along the Lea Valley to Hertford, where we will finish. You can return to Cheshunt by bus or train. Further details at my table.

26 members were on the last walk which we enjoyed very much, with lunch taken in Ware.

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),

SATURDAY LUNCH GROUP

Shirley WEBB 01992 424693

The next lunch is 7th of April at 1pm at Bulls Head Turnford. Thank you to all the people who turned up on 3rd March after the bad weather we had a few days earlier. If you are not on the list already please ring me before 5th April to be added or see me at the next U3A meeting.

SUNDAY LUNCH GROUP

Adrienne WRIGHT 01992 678265

Sunday lunch group is held on the 3rd Sunday in the month at the Crocodile, the next one will be on Sunday 15th April 2018 at 1pm. We enjoy a sociable get-together, anyone interested please call as we have room for a few more people.

TAP DANCING

Diane POPE 01992632829/Maureen WOOLLARD

01992621939

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

THAI CHI

aaron@avsweb.co.uk

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

THEATRE GROUP

Pam CRAWFORD 01992308413

Wednesday 25th April, **“THE PLAN THAT GOES WRONG”** Milton

Keynes Theatre. Matinee performance £36 including coach etc. **ONLY 9 TICKETS LEFT.**

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

Thursday 21st June. “**TINA THE MUSICAL**” at the Aldwych Theatre. Matinee performance. Features the songs of TINA TURNER. £50 all inclusive. More details to follow.

Tickets are now available for **AN OFFICER AND A GENTLEMAN** the musical which will be at the Milton Keynes Theatre on **Wednesday 11th July 2018**. Full price including Coach £47 - Pickup will be at the Old Pond by Lloyds Bank at 11AM

The world premiere of a brand new musical that will simply sweep you off your feet! ‘An Officer and a Gentleman’ is based on the Oscar-winning film starring Richard Gere. Its feel-good soundtrack includes the hit song from the movie ‘Up Where We Belong’ along with many 80s classic anthems including ‘Girls Just Want to Have Fun’, ‘Material Girl’, ‘Don’t Cry Out Loud’ and ‘Alone’.

WATERCOLOUR GROUP

Sid KING 01992 711617

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

BOOKSTALL, PUZZLES .

If you wish to donate books and puzzles to help raise funds please bring them along to the monthly meeting. *Whilst we appreciate the donation of books, we would respectfully ask that you do not donate **hardbacks**, as we have little demand for them and they are becoming increasingly difficult to store.*

TRUSTY TRADER BOOK

This is kept on the information table to view, please do not remove.

We ask members to enter the names of trades’ people they have used and found to be good and reliable. No guarantees’ are implied or offered, please do your research but this might be a good starting point.

COMMUNITY NEWS

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

BOGUS OFFICIALS

A Cheshunt resident had a ring at her door at 7pm one evening. The caller was in a High Viz yellow jacket and said he was from the Water Board, there was a leak and her water had to be turned off. Unknown to her, there were two others who entered the house and while she was distracted, they went upstairs and stole her jewelry from her bedroom. **DON'T LET ANYBODY INTO YOUR HOUSE WITHOUT YOU KNOWING WHO THEY ARE.**

CHESHUNT OUTDOOR BOWLS CLUB

New members are always welcome; our next season is from April to September 2018, we meet every Wednesday which is our club night evening starting at around 5 - 5.30 pm for training, roll ups, and a cup of tea or coffee. If this would be of interest to anyone contact Graham Boad 01992 614058 for more information.

OWL MESSAGING. This is an e-mail facility from Herts Police giving very useful information. SIGN UP at 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. As we age, it is now commonly accepted that we begin to lose the strength in our muscles, which can lead to a higher risk of injury, falls and breaks. Aside of the physical health benefits there is also a link between an enhanced level of health and lean muscle mass vs reduced body fat mass and a reduced risk of cardiovascular disease as we age, which is now evident through medical science. The E-gym room offers members the chance to exercise in an environment that is not only comfortable but also allows members to use gym equipment that can be specifically set up to accommodate any previous or existing injuries.

The team at the Laura Trott Leisure Centre have agreed a special U3A membership price of 5 months at £24.95 and will be offering U3A members the chance every few weeks to come in and have a tour of the E-gym in order to see how the equipment works and meet the managers and team. If interested contact the centre on 01992 623345 ext. 2521.

DIABETES - TYPE 2

Joan BORRILL Tel: 01707 888161

"Type-2-Together" meetings are held at **10 am-12 on the last Thursday in each month** at The Beaumont Centre in Turners Hill, Cheshunt. This is a **Peer Support Group** for those living with Diabetes type 2 to share experiences and discuss information and tips in a very relaxed and informal way, learn more about diabetes management and well-being and enjoy the support and friendship of others in the same situation. Please contact the Group Leader, Joan Borrill on the above telephone number for information and the next date.

PILATES

Becky Ashman 07964 631780

We meet every Thursday morning, 10.45 - 12noon at the Cheshunt Club, Albury Ride, Cheshunt. A friendly group with a qualified tutor who will adapt the exercises to your health and capabilities. Please bring an exercise mat or thick towel with you. New members very welcome.

CHAIR BASED KEEP FIT

Mary 01992 426341

Cheshunt Free Church, Every Tuesday 11.30am-12.30pm cost £3.00 per session. Taking part in a keep fit class can be fun whatever your age or ability. Each class is designed to help build and develop your strength, balance and flexibility and is designed for people who find an exercise class too energetic. The group will also be run by a fully qualified instructor whose aim is to ensure that you enjoy and have fun whilst trying to improve your level of mobility and fitness. Please note no class on Tuesday April 3rd, 10th and 17th, instructor on holiday.

CHESHUNT HORTICULTURAL SOCIETY meets on the first Thursday of each month. There are various speakers at the monthly meetings plus they arrange a number of coach outings to gardens throughout the year. New members are welcome: the annual membership is £9. For more information contact Dave Thomas 01992 631286.

KNIT and NATTER with Shirley Webb (01992 424693)

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

SCRABBLE 01992 633241 Every Monday 12.30pm Cost: £2.00, Beaumont Centre. Rowlands Fields, Turners Hill, Cheshunt.

*******TOP RAFFLE PRIZES 2 x £50 M & S VOUCHERS*******

THE CHESHUNT U3A COMMITTEE

CHAIRMAN	STEVE GOLLOP	01992 629209
VICE CHAIRMAN	STEVE SELL	01992 443012
TREASURER	ROB SCOTT	01992 445288
SECRETARY	TONI WALSH	01992 428129
ASSISTANT SECRETARY		
MEMBERSHIP SECRETARY	JANET WALLACE	01992 425675
ASS.MEMBERSHIP SEC	BARRY WALLACE	01992 425675
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
ASSISTANT GROUPS CO-ORD		
PROGRAMME PRODUCTION	BARRIE GALE	01992 632094 barriegale@msn.com
ASSISTANT PROG. PROD.	STEWART WAGSTAFF	01992 624706
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
U3A NETWORK REP	STAN TURNER	01992 306185
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215