



THE UNIVERSITY OF THE THIRD AGE

# CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY 24<sup>th</sup> MAY 2018  
1.30pm LAURA TROTT CENTRE.

Today we have **Laurence SUMMERS** who will be speaking on “**HISTORY OF THE VICTORIAN ERA**”. Besides speaking, Laurence is a professional guide with a long list of walks.

Our next meeting will be on 28<sup>th</sup> JUNE 2018 when the guest speaker will be **GLEN OWEN** from the **INSTITUTION OF CIVIL ENGINEERS** who will present an illustrated talk on the **LARGEST, MOST COMPLEX ENGINEERING WORKS AROUND THE WORLD**. He will explain how and why such works are built, some of the challenges that had to be overcome and how those schemes have transformed peoples' lives.

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**

June - Watercolours

July – Cycling

August - Spanish

### **DATE FOR YOUR DIARY**

Summer Celebration for 2018 will again be held at The British Legion, Crossbrook Street on Saturday June 2<sup>nd</sup>. The disco will be provided by Kens Disco who come well recommended. Cost of Tickets will be £12 to include either Fish/Chicken and Chips from Seaways Fish Bar. **TICKETS NOW ON SALE** Mary 01992 426341.

**MUSICIANS UNITED** – despite saying they would not play in public, our musical group **LIED**. See their inaugural public performance at our next meeting on 28<sup>th</sup> June. Come prepared with earplugs!!!!!!

### **NEW GROUPS**

#### **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.

#### **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 19<sup>th</sup> March at 2pm at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 11<sup>th</sup> June and Monday 25<sup>th</sup> June 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

### EXPLORING LONDON 5

Virginia Bernard: 07891 610945

Our first trip will be on Tuesday 29th May to the Guildhall, the Roman Amphitheatre and the Guildhall Art Gallery. If you are interested, do come and see me at the next meeting.

Our next planning meeting will be on Tuesday, 12th June at St. Clements Church Hall. 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.

Trips planned for the next few months are:

Hampstead Village Walk and Kenwood House

Little Venice canal boat trip

Street Art Tour of the East End

### 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.

### CHESHUNT U3A GROUPS

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

This month the Art Appreciation group visited the Queens Gallery to see the Charles 11 exhibition, it was excellent .In June, Mick Coe is taking the group to the Guild Hall art gallery where they can visit the De Morgan's revolutionised ceramic design exhibition.

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

Thursday 19th July The Chocolate Lady of Suffolk

Price includes coach, guide, morning coffee, entrance to Chocolate Lady, afternoon cream tea and gratuity £45. Find yourself immersed in chocolate box scenery as you take a trip around Suffolk villages and countryside. Finish the day with a visit to the Chocolate Lady.

We will make a stop at Melford or Lavenham where you can purchase a sandwich or something to eat, not too much as you will be having a cream tea. The Chocolate Lady has been creating delicious delights for over 28 years and is a regular on local radio and television. You will have a demonstration of chocolate making before indulging in afternoon tea. Afterwards you will have the chance to purchase a memento of your visit. Leaving approximately 4.30p.m.

AFTERNOON TEA with QUIZ

Mary 01992 426341

Well done to all members that took part in our April Quiz, which was won by the Dim Bows. Our next quiz is on Tuesday May 29th at 2pm at Halsey 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

*12 of the group visited Amwell Nature Reserve on Monday 14th April 2018 on a sunny day and we saw 29 species of birds. The highlight of the day was seeing the Common tern.*

Next Visit:

Visit to London Wetland Centre on Monday 11<sup>th</sup> June 2018. Meet at Cheshunt station at 9.30 am to catch the 9.43 am train to Tottenham Hale then tube to Finsbury Park (Victoria Line) then tube to Hammersmith (Piccadilly Line), then 285 bus to the Centre or 33,72, 209, bus alight at the Red Lion, This is a full day so please bring a packed lunch

Future visits:

Visit to Woodbury Downs on Monday 9<sup>th</sup> July 2018

Visit to London Parks on Monday 13<sup>th</sup> August 2018

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

BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

See Carol for more information.

## 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 4<sup>th</sup> June and 18<sup>th</sup> June Time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds is necessary.

## CHESHUNT and WARE CYCLE GROUP

Stewart 01992 624706

Our group meets every Wednesday morning at 9.30am at Pindar Car Park near Cheshunt Railway Station, for a prompt 09.45am start. We have two guided rides every week. The Easy Ride which encourages members to get in the saddle and have a pleasant ride through the Lee Valley Park, at a leisurely pace. The Moderate Ride offers a ride which although still at a leisurely pace, goes a little further in miles with fewer stops. On the 2nd and 4th Wednesday of each month, we offer a Challenging Ride which goes both on and off road covering up to about 25miles. All rides finish at the same time, noon, for a coffee at the YHA. The Challenging Ride meets at Ware on the 1st and 3rd Wednesday of each month. When there are five Wednesdays in a month, we try to offer a joint ride for all groups lasting into the afternoon.

## CHESS GROUP

Rodney Dixon 01992 766832

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

## COMPUTERS - e BUDDY PROJECT

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

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

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  
*A very pleasant evening was had at the De Ja Vu Cheshunt where we were able to try some different Indian Dishes by the members who attended. Our thanks to the restaurant for the bottle of wine that they donated for our monthly raffle.* 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. CLASS CURRENTLY FULL.

EXPLORING LONDON 1 Eileen FUNNELL 01992 422475  
Weds 13th June- Hampton Court by coach. There are a few places available on this.

Weds 18th July Summer Afternoon Tea at Three Lakes.  
*We made two visits in April to the River Police Museum in Wapping, which we found most interesting. This was the same visit as Group 3 had done and reported on last month.*

Next Planning Meeting – Friday 1st June 10.15 Cheshunt Free Church.

## EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

*Our May trip was a tour of Watermen's Hall, home to the Company of Watermen and Lightermen, which is one of the City Guilds. We had an excellent guide who recounted much of the history and traditions of the Company including the famous Doggetts Coat and Badge race held annually in July.*

Our forthcoming trips are as follows:-

Thursday 14th June - Hampton Court by coach

Monday 2 July - Tour of Fulham Palace

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

Our next meeting will be on 15th June.

## EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

*During April we had 21 members take a guided tour of the London Canal Museum near Kings Cross. The museum is housed in a former ice warehouse built for Carlo Gatti, the famous ice cream maker. As well as recording the history of our canals they also have displays explaining the ice trade and ice cream making during the 19th century. Not sure how, but some of the group recognised the 'penny licks' glasses on display. These were shallow glasses in which the street vendor sold ice cream. Once licked clean they were returned to the vendor for reuse. They were banned in 1899 over concerns about diseases they spread. Quite a varied museum trip was made even more pleasant by moving onto a pub lunch. It was noticeable nobody ordered ice cream.*

Next few trips are:

20 June Postal Museum organised by Bob Barton

31 July Royal Festival Hall organised by Shirley Newton

August Clarence House organised by Doreen Humm

26 September Hever Castle and Gardens 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 6 June at 11.15am) at the new venue of 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 have a planning meeting every month. The next meeting is on Wednesday 13th June 2018 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

*We had two trips in April. By popular demand 15 of us visited the special exhibition of works collected by King Charles I that ran until April at the Royal Academy of Arts. Everyone agreed that this was an excellent exhibition. A couple of days later a group of 24 visited the Charterhouse in Clerkenwell. Our tour was conducted by London Town Tours guide Julie Chandler and it included much on the work carried out in the area to construct Crossrail. The gardens outside the Charterhouse had only recently been restored following major excavations. We learnt about the tunnelling, station design, the trains, the archaeology, and how Crossrail impacted life at Charterhouse. We learnt that the land was originally used as a burial ground for victims of the Black Death, with the Charterhouse – a Carthusian monastery, being built in 1371. Remains of this plague pit were unearthed by the Crossrail works. With the dissolution of the monasteries, the Charterhouse became a mansion for wealthy noblemen and a refuge for royalty. In 1611 Thomas Sutton bought the Charterhouse and it was then used as a home for needy 'brothers' (they were no longer monastic). It has also been used as a school until that moved to Godalming in Surrey. There was graffiti on the pews in the Chapel from those days. The Charterhouse still houses 'brothers' and we decided that we would return in the future for a tour with one of the 'brothers'.*

Future trips:

Thursday 31st May – Old Highgate Village Guided Walking Tour

Wednesday 6th June – Westminster Abbey Guided Tour – second visit –  
NOTE CHANGE OF DATE DUE TO LATE NOTICE CLOSURE OF  
THE ABBEY ON THE ORIGINAL DATE. PLACES NOW  
AVAILABLE ON THIS NEW DATE.

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

Friday 27th July – Old Hampstead Village Guided Walk

Friday 3rd August – Tour of Cambridge

Monday 10th September – History and Mystery at the Magic Circle

Wednesday 31st October – Tour of Windsor including the castle.

Tuesday 18th December – Postal Museum and the Mail Train. Fully  
booked.

FAMILY HISTORY Rena KING [rena.barry@sky.com](mailto:rena.barry@sky.com) 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 18<sup>th</sup> June 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

*On Monday 14th May, the Garden Visits group visited Beth Chatto Gardens near Colchester. Our day started with a welcome cup of tea/coffee and cake. We were given a guided tour by two very knowledgeable gardeners who gave us some very useful tips and also described the evolution of the garden. Beth Chatto's ethos of "right plant, right place" was very evident in the gravel and water gardens. There was a well stocked nursery to buy plants which are propagated on the premises. The cafe had a good selection of lunches to choose from. Sadly Beth Chatto, who founded and owned the garden, had died on Sunday 13th May.*

Forthcoming visits:

**BAYFORD MUSICAL GARDENS DAY** on Sunday 17th June leaving Lloyds Bank, Cheshunt at 11am. Cost £24 which covers coach, gratuities and entrance to 12 gardens. There are three seats left.

**BARNSDALE GARDENS** on Monday 23rd July. This garden was created by Geoff Hamilton of Gardeners World fame. We would leave Cheshunt at 8.30am to arrive at Barnsdale at 11am and depart at approximately 3.30pm. The cost of £36.50 covers coach, gratuities, entrance and two-hour tour of garden with the head gardener.

Please come and see me at my table to collect a booking form or give me a ring. pat.dixon1952@gmail.com

## ALMOST LOOSE WOMEN

Carol FARREN 01992 629028/ Ann

POWELL 01707889189.

We meet on the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am – 12pm. Our next sessions are June 14<sup>th</sup>, July 10<sup>th</sup>, August 9<sup>th</sup>, September 13<sup>th</sup>, October 25<sup>th</sup>, November 8<sup>th</sup>, December 13<sup>th</sup>.

We have a good laugh over a cup of tea or coffee and biscuits.

**Gentleman are more than welcome to join us**, although this group is now full.

## ALMOST LOOSE WOMEN GROUP 2

Our group has become so successful and full that we are going to start another one. The first session will be Thursday 7th June 10am to 12pm, when we will decide what Thursday of the month will be convenient for future meetings. If you wish to join us to put the world to rights, please either telephone one of us or come to our table at the next meeting.

LINE DANCING (Broxbourne U3A) Lesley CASSON 01992 445938

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

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

This group is now being run by Eve Beckford and Dee James. Ring Eve/Dee for future events. Next planning meeting is on Tuesday 5<sup>th</sup> June and then every two weeks at 11.15am at the Crocodile. We have been lunching and visiting the cinema. Come along and join us. We lunch locally as well as having days out. The group is expanding with more persons joining, come and join us.

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

MORNING WALKS Rob SCOTT 01992 445288

Our next Morning Walk will be on Tuesday 5th June, starting at 10 am from St Mary's Church, Gilston Lane, Gilston CM20 2RT. It will be a circular 6 mile walk, taking in some pleasant scenery in and around Gilston and Hunsdon. There are plans to build between 8500 and 20,000 homes on the Gilston Park Estate in 7 'separate villages' over where we will walk. We will pass over part of the Hunsdon airfield, that was built in the early 1940s and where the majority of operations were for night fighter activity. Aircraft that flew from here were Hurricanes, Spitfires, Beaufighters, Mustangs but mainly Mosquitos. The role of these aircraft was initially to defend southern England against the V1 flying bomb, but in February 1944 the Mosquitos carried out a daring raid on Amien Gaol where many Resistance fighters were being held awaiting execution the following day. When I researched this walk, there were Skylarks around, May blossom, Cow Parsley and Oil Seed Rape to be seen and just back along the minor road is the Plume of Feathers pub, where we can 'wet our whistle' afterwards. A good way to Gilston is to head north on the A10 to

the Great Amwell roundabout, then take the A414 towards Harlow. At the Harlow turn off, continue in the same direction for a further mile to go round a sharp left hand bend as you reach Gilston. Take the next left hand turn, (signed Gilston Church) as the road bears sharp right. You should reach St Mary's Church after a little more than 1.25 miles.

*We only had 14 walkers out on the May walk, but were fortunate to have very sunny weather.*

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 1<sup>st</sup> June and 15<sup>th</sup> June 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

Our next meal is on Monday June 11th at 12.30pm at The Vine, Waltham Cross. 2 courses £9.95. 3 courses £12.45. Please note that this does not include tea/coffee. Please see Mary for menu choices, a £5 deposit is required at time of booking.

### PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

*Our group met on Wednesday 9th May and we welcomed a new member. We went to the local park where we took photographs of trees, birds and nature in all its springtime glory. In the second half of the meeting we discussed the photographs that the members had brought in for constructive criticism. We also managed to load an editing programme (Photoshop Elements) onto the U3A laptop and we hope to make use of this at our future meetings.*

At our next meeting we hope to do some more outdoor photography and also discuss members' photographs. Our group is aimed at all levels of interest and experience and we look forward to welcoming new members to our group which meets on the second Wednesday in the month. The next meeting is on Wednesday 13th June 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 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 1<sup>st</sup> June and 15<sup>th</sup> June 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 7th and 21<sup>st</sup> June 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  
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 8<sup>th</sup> June.

SHORT WALKS Bill NEVARD 01992 633959  
Next walk is Friday 8<sup>th</sup> June 2018 in Epping Forest. Meet at Queen Elizabeth Hunting Lodge ¼ mile east of Chingford Bus Station. 313 bus from Enfield. 10.15am for 10.30am start. Total distance 2 ½ to 3 miles. Further details at my table.

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),

SATURDAY LUNCH GROUP Shirley WEBB 01992 424693  
The next lunch at the Bulls Head Turnford is 2nd of June. We have enlarged our members attending which is fantastic. It is great to see so many together talking and laughing and having a great time. I try to speak to you all at some point but sometimes time runs out. Looking forward to seeing you all on 2nd June.

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

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. Waiting list in operation.

**PLEASE MAKE SURE YOU COLLECT YOUR THEATRE TICKETS FROM PAM ON THE DAY. PAYMENT NOW DUE FOR THE ABOVE SHOW.**

Wednesday 24<sup>th</sup> October, Aylesbury Waterside Theatre, **SUMMER HOLIDAY** starring Ray Quinn = price £38.00. 11 a.m. pick-up at the Old Pond by Lloyds bank.

**ADVANCE NOTICE:** Monday 17<sup>th</sup> December – Hunters Meet £38

Wednesday 13<sup>th</sup> February – Brick Lane Panto £57

Friday 1st March – Brick Lane Panto £57

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*

#### Dementia Healthy Memory Cafe

At the meeting on 28th June representatives from Lea Valley Health Federation will be at our community table promoting the upcoming launch of a new service at Cheshunt Community Hospital helping residents who are affected by dementia and other memory problems.

#### 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](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. 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.

## PILATES

Becky Ashman 07964 631780

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

## CHAIR BASED KEEP FIT

Mary 01992 426341

Cheshunt Free Church, Every Tuesday 11.30am-12.30pm cost £3.00 per session. Taking part in a keep fit class can be fun whatever your age or ability. Each class is designed to help build and develop your strength, balance and flexibility and is designed for people who find an exercise class too energetic. The group will also be run by a fully qualified instructor whose aim is to ensure that you enjoy and have fun whilst trying to improve your level of mobility and fitness.

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

KNIT and NATTER with Shirley Webb (01992 424693)

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

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

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

### THE CHESHUNT U3A COMMITTEE

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