



CHESHUNT u3a

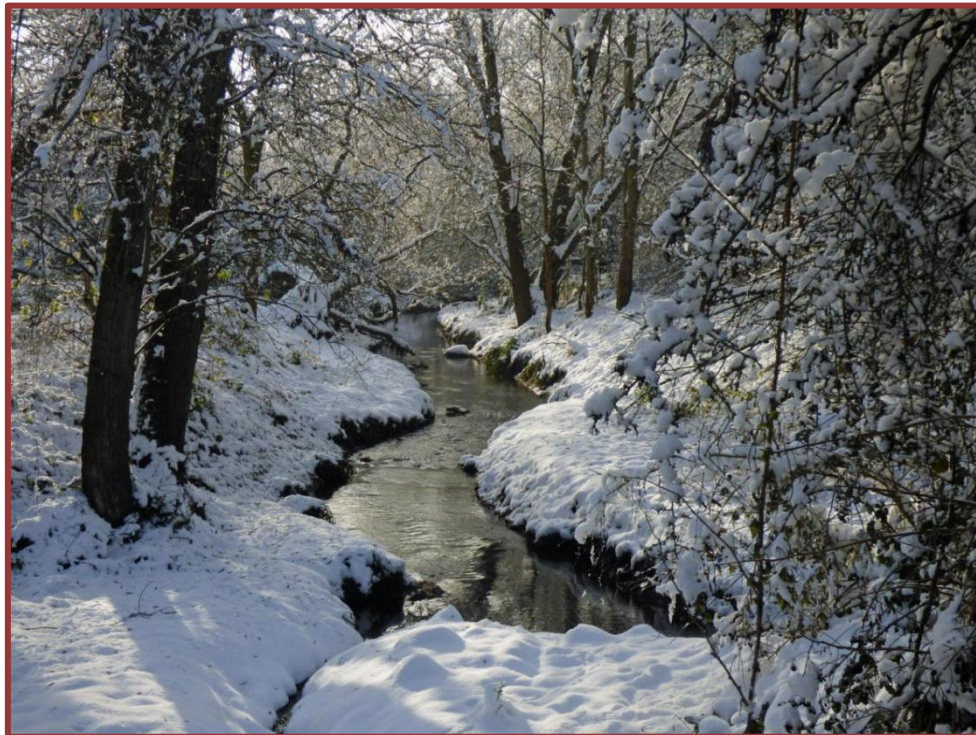
Registered Charity No. 1150779

MEETING THURSDAY 14th DECEMBER 2023

This Month's meeting will be our Christmas Meeting, with entertainment by **Mike Marandi** from The Variety Collective.

*****This is strictly Members only*****

Next month's meeting will be on **Thursday 25th January 2024** with Mike Barbakoff as the speaker on '*The First Enigma Codebreakers*'.



Photograph by Stewart Walter / Photographic Group

**SEASON'S GREETINGS
TO ALL OUR MEMBERS**



U3A MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the registration desk. Please also take it to any group meetings, as the group leaders will want to keep their own records. 2023-2024 cards have a light blue stripe.

Monthly meetings will usually be held on the fourth Thursday of each month at 1:30pm at the LAURA TROTT CENTRE. Please note the Hall doors to the u3a Meeting will not open until 1:30pm. The main Meeting will commence in the Hall by 2:30pm.

VISITORS

A Temporary Membership Fee of £2.00 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.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS

The **current parking permits** for the u3a monthly meetings are valid until **31st March 2024**. New permits are available for collection at the New Members Table **today** and at the regular monthly meetings, excluding the December meeting. It will now be necessary to **add your Vehicle Registration Number** in the space labelled 'Permit Number'.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:15pm** during the main monthly meeting.



SAFETY NOTICE

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

Welcome to our DECEMBER Meeting

Thursday 14th December 2023

Timetable

Today is our Christmas Meeting and Party with Mike Marandi and our very own band The A-Train

- * Doors open at 1:30 pm
- * Sign in, collect your free raffle ticket and enjoy a free tea or coffee, mince pie & cake too.
- * The A-Train from doors open - 1:50 pm
- * Mike Marandi, from the Variety Collective, will be entertaining us from 2:00 pm - 2:45 pm
- * Raffle - 10 x £50 Vouchers, Hamper Donated by Tesco
- * Mike Marandi - from 3:00 pm - 3:45 pm Close.

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Thursday 14th December 2023 parking permits

Your Cheshunt u3a Windmill Lane Parking Permit is valid for use today. No parking permit? Just enter your car registration on the screen located in the lobby at the Laura Trott main Reception Desk.

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*****This is strictly Members only*****. You must produce a current membership card to enter. You will not be able to join at today's meeting. There will be no Membership or Group Tables.

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

December's Programme / Newsletter Copy is required by Close Of Play on Tuesday 16th January 2024.

Please email copy to:

cheshuntu3aprogram@hotmail.com



NEW YEAR - NEW GROUPS

For the last two months efforts have been made to contact all members through our database. However, many members were not reached owing to no recorded email or incorrect email recorded. If this applies to you, please contact our membership secretary with your current email address at

cheshuntu3amembership@gmail.com

At the November meeting many of you put your names down against some of the potential new groups. This has been a challenge, trying to decipher names and phone numbers. Some didn't even put their surnames down! The next stage is to try and get the various names interested in a particular group to see if we can progress this on to a functioning group. Hopefully we can move to this next stage in the New Year.



Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

Welcome to any new, or recent, members. Should you need assistance in selecting an interest group, please come to the New Members' table for a chat.

AFTERNOON TEA & QUIZ Mary Hanney 01992 426341

Our next quiz will be held on **Tuesday 19th December** at the Halsey Masonic Hall Cheshunt at **2:00pm**. Cost will be £1.50 and tea or coffee, paid directly to the Masonic Hall costs £1.50. As this is so near Christmas your best Christmas Hats or Jumpers can be worn.

Well done to all members who took part in our November quiz and well done to Peter and Rodney's team. Please register your interest at my table.

ALMOST LOOSE WOMEN

Carol Farren 01992 629028
Ann Powell 01707 889189

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

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BOOK CLUB Reading for Pleasure Carol Hill 01992 302722

This month we met to discuss *Where the Crawdads Sing* by Delia Owens. Unusually for us, we all seemed to enjoy this one. It was beautifully written with some lovely (if a little lengthy) descriptions of the marshlands and the wildlife of the area - especially the birds. It was a very interesting story with a good murder mystery to puzzle over. Recommended if anyone hasn't already read it.

Next month we shall be discussing *The Chain* by Adrian McKinty.

❖ **BOLIVIA** Peter Harris 01992 429297 peterharris30@live.co.uk

Dates for Bolivia **18th December and 15th January at 2:00pm**. 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 based at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

No Sign Language Course arranged just yet.

❖ **CANASTA/CRIB** Sylvia Lyons 07851 055346

Canasta/Crib date is **8th January at 2:00pm**.

We are based at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

The number in the group has fallen, but we are not taking on new members owing to poor health. Happy Christmas to all.

🚌 **COACH TRIPS** Heather Douglas 07984 791184



Rochester Dickensian weekend / Photograph by Heather Douglas

We had two Xmas trips. The first, in November, included a three-course meal with entertainment at the Hertfordshire Country Club. Everyone had a fab time. The second, in December, was a visit to Rochester to the Xmas Market and Dickensian weekend.


New for 2024 is a five day coach holiday. Details at the January meeting as they are still being finalised, but probably mid July. I am trying to secure as many single rooms as possible, but will still be limited. So consider sharing a twin with a friend. I can only allocate places for single rooms in person, at the meeting. Deposits will be required by the February meeting and the balance by May. All dates to be confirmed.

CRIBBAGE Jenny Christian 01992 306859

Unfortunately, this group is full at the moment. Cribbage group held at 32 Mylne Close. **Tuesdays 2:00pm to 4:00pm**. No charge.

 **CURRY CLUB** Mary Hanney 01992 426341

See me for details regarding the next meal.

 **CYCLE GROUP** Stewart Wagstaff 07594 475051

We now turn out around 40 riders every Wednesday morning! The riders have a mix of electric and conventional bikes. At present there are six separate groups of various abilities meeting at various locations. Most groups aim to stay off-road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. If interested please get in touch.

 **EXERCISE GROUP KEEPING FIT** Mary Hanney 01992 42634

Every Thursday Laura Trott Sports Centre. Registration **9:30am** class will commence at **9:40am**, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

Please note there will be no class on **Thursday 28th December** and **Thursday 4th January 2024**. Class will re-commence **Thursday 11th January 2024**.

 **EXPLORING LONDON 1** Eileen Funnell 01992 422475

Almost the whole group went on 27th November to Kingsmead for our Christmas lunch. We had pre-ordered our choices from a fairly extensive menu, ranging from turkey, chicken, beef, sea bass. Everyone enjoyed their meal and stayed for a good chat afterwards. Next Planning Meeting – Cheshunt Free Church. **Friday 5th January 2024, at 10:30am**.

Very best wishes to all for a very Happy Christmas and healthy 2024. Thank you all for your support during 2023.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

We recently enjoyed an alternative Christmas lunch at Laila's. No sign of a turkey or Christmas pudding which made a pleasant change.

Our forthcoming trips are as follows:-

Wednesday 24th January - The City Wall at Vine Street and Sky Garden.

Thursday 15th February - Dickens Museum

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **15th December** and our first meeting of the new year will be on **19th January**, both at **11:00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

On 21st November Exploring London Group 3, joined by other members of the U3A, went by coach to Winchester for the Christmas market. The market stalls housed in wooden chalets and situated in the historic cathedral grounds offered an array of gifts from cheese and pickles and mulled wines to knitted scarves, hats and mittens.

Winchester is a medieval city with a long history and many historical places of interest, known for its cathedral with a Norman crypt and the Winchester Bible, The Great Hall is a surviving aisled hall of the 13th century and contains a round table of King Arthur's mythology. We returned to the coach for the return journey to Cheshunt at 4pm after an enjoyable day out.

A Merry Xmas to everyone in Exploring London 3, and thank you for supporting our trips this year.

Future trips:

Tuesday 16th January 2024 – Docklands Museum - £7.50p. Please contact Judith Peel if you have not registered to attend.

Monday 5th February 2024 – Houses of Parliament – This tour is restricted to 25 members. The list is now full but if you want to be added to the reserve list please contact Steve Gollop.

Our next planning meeting is Wednesday **3rd January** at Cheshunt Free Church, 27 High St. Cheshunt. Start time is **11:15am**.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 17th January 2024 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

Future events:

Friday 15th December – Group Christmas Evening Dinner at Bulls Head 7:00pm

Wednesday 10th January 2024 – British Museum highlight tour.

In November we enjoyed a guided tour of the Royal Opera House. We were taken behind the scenes and back-stage. Our excellent guide first explained some of the history of the Royal Opera House. We learnt that the current theatre is the third one on the Covent Garden site following a history of fires.

The theatre presents operas, ballets, and orchestral events. We witnessed a ballet rehearsal, and explored costume, props, and lighting spaces. Group members were amazed by the weight of costumes we were allowed to touch, and we sat in the auditorium and enjoyed a short extract from the opera Cavalleria Rusticana that was being rehearsed.

Fortunately we were all given headsets for the tour; the backstages were very busy and at times it would have been difficult to hear our guide without the headsets.

EXPLORING LONDON 5 John Durrant 07515 971162



EL5 at the Vintners' Hall / Photograph by John Durrant

On a crisp and bright late November morning a large group met at Cheshunt Station to visit the Worshipful Company of Vintners.

The Vintners' Company, with its first Charter in 1363, is one of the Twelve Great Livery Companies of the City of London. Wool and wine were the two prominent trades of the Middle Ages. In medieval

London the Livery Companies, including the Vintners, exercised immense power in economic, social, political and religious spheres. Through their first charter in 1363, the Vintners presided over the wine trade.

The Great Fire of London, in 1666, destroyed not only the Hall but also many of its other properties, and great financial loss resulted. The present Livery Hall was built in 1671 and still retains late-seventeenth-century carvings by Grinling Gibbons. The magnificent Courtroom was rebuilt after the Great Fire and is one of the most continuously used rooms in the City of London.

The Vintners' Company's ancient right to own swans dates back over 900 years and the annual event of 'Swan Upping' takes place in the third week of July. Originally this was a way of allocating ownership of swans, a prized bird eaten at many feasts. Today Swan Upping is about counting and checking the health of the birds as well as educating people about the importance of Swan Upping and swan conservation.

After a very enjoyable and entertaining tour we retired to a local hostelry to enjoy a meal and accompanying beverages, including wine!

Future visits:

Tuesday 16th January - Laila Restaurant

Our next planning meeting is on **Tuesday 9th January 2024** at **10:00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 01992 631826

Please note our small and friendly family history group meet on the **third Monday of the month** [but not if it falls on a Bank Holiday!]

Our next meeting will be **Monday 15th January 2024** from **2:00- 4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

Please note there will be no family group meeting in **December**, and the next FH group meeting will be in January.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

The August 2024 holiday to Lakeside, Hayling Island is now fully booked. I do have a waiting list in operation and you may add your names if you wish.

A holiday in April is available in conjunction with the Local National Trust, unfortunately there are only twin/double rooms available. It's at Warner's, Bodelwyddan Castle, North Wales, for 5 days and 4 nights and will cost £490. From **Monday 15th April to Friday 19th April 2024**. If you're interested please see me for further details.

 **LINE DANCING (Broxbourne3a)** Lesley Casson 01992 445938

We meet on **Monday and Friday mornings** at Wormley Community Centre. The group has been running for several years so is not suitable for beginners.

 **MODEL-MAKING** Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2:00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair ground rides and vehicles.

Wednesday 3rd January: What I got from Santa!
Wednesday 7th February: Is the colour right?
Wednesday 6th March: A Question of Scale.

 **MORNING WALKS** Rob Scott 01992 445288

We start 2024 off with a 5 mile walk from The Five Horseshoes, 1 Church Road, Little Berkhamsted, Hertford. SG13 8LY on **Tuesday 2nd January 2024** starting at **10:00am**. It is a walk we did not long after we started the u3a walks, so will be good to revisit it. There are a couple of slippery places and one area that can get rather wet under foot in the winter.

The pub has a large car park and will be open for us order our lunches by 9.30am.

From Cheshunt, head to Broxbourne, left into Bell Lane by Broxbourne School and keep heading west where it becomes White Stubbs Lane. At the T junction, turn right towards Little Berkhamsted.

Call me on 07594 427190 for any problems.

Our December walk which was led by John, Trish and Jenny had 34 members walking in what turned out to be a somewhat muddy experience, but hopefully January's will be better.

 **MUSICIANS UNITED** Peter Harris 01992 42929

We meet weekly on **Mondays at 10:00am**. To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar, rhythm

guitar and percussion. Playing mainly Jazz please come along. The standard varies greatly.

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

🎵 MUSIC IN THE AFTERNOON Peter Harris 01992 429297

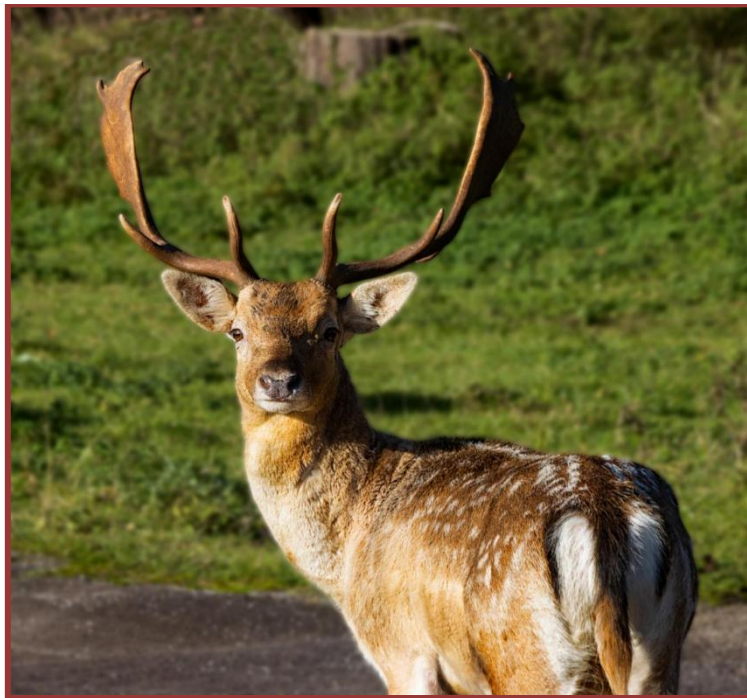
Current dates **5th and 19th January at 2:00pm**. Bring along a CD of YOUR choice. We are now including your VINYL collection L.P'S, 45'S EVEN 78'S Anything goes, pop, classical, jazz even Heavy Metal

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

🍴 OUT TO LUNCH GROUP Mary Hanney 01992 426341

Next Meal **Tuesday 9th January** at Laila, Old Pond, Cheshunt. Two courses will cost £11.50. Please see me for menu choice. Please note a £5 deposit is required at the time of booking.

📷 PHOTOGRAPHY GROUP Rodney Dixon 01992 76683



Photograph by Phillip Thornton / Photography Group

Our usual group meeting took place on Wednesday 8 November and we reviewed various images. Our group went to the Gunpowder Mills on 17th November where we had a very enjoyable day with the weather being on our side.

We were given a very interesting tour of the site on a tractor ride and photographed lots of deer, remnants of the buildings which housed the gunpowder industry and the artillery centre.

Our next meeting will take place on **Wednesday 10th January at 2:00pm** in the Tesco Community Centre. Refreshments are provided courtesy of Tesco.

Do come and see me at the main meeting if you are interested in joining our friendly group of amateur photographers.

 **RUMMIKUB** Peter Harris 01992 429297

Current dates **22nd December, 5th and 19th January at 10:15am.**
We are at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

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.

 **SEW KNIT PATCH & CHAT** dandc@hewkin.com
Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursdays** of the month from **2:00pm to 4:00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet. Someone will always help with a new skill or a pattern you don't understand.

Please park in Hillview Gardens opposite the church. It was generally thought that the 21st was too near Christmas, so the next meeting will be on **4th January 2024**.

 **SHORT MAT BOWLS** Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. £4.00 per session or £3.70 if "Friends of the Spotlight". If interested contact Mary.

 **SHORT WALKS** Andy Smith 07930 356976

A good turnout for our December walk from Ware to Hertford and a nice dry and sunny day to boot!

Our Next walk will be on **Friday 12th January 10:15am for 10:30am** start from Pindar Car Park (through the level crossing at Cheshunt Station and straight on) to the White Water Centre and

back after suitable refreshment. Distance 1 to 1.5 miles each way. Toilets at the WWC.

Happy Christmas to all short walkers and the rest of Cheshunt U3A.

 **SINGING FOR FUN** Janet & Barry 01992 425675

The Singing for Fun group will have its last meeting of the year at the British Legion Club, where we will have a Christmas singalong and then refreshments and dancing.

Starting time is **1:30pm** until **3:30pm**. This is unfortunately limited to Singing for Fun group and friends. The bar will be open.

We resume for the new year on **Monday 8th January at 2:00pm** until **3:30pm** at the United Reform Church in Cheshunt High Street. We would like to wish everyone a very Happy Christmas.

 **SPANISH** Christine Dawson 01992 620888

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

 **THEATRE GROUP** Jackie Yeardye 07939 149997

The group has had a very successful year.

We have seen: *Strictly Ballroom* at the Cliffs Pavillion Southend and *Pretty Woman*, *Grease* and *The Lion King* in the West End.

Unfortunately the theatre withdrew *Ain't Too Proud* which we were all looking forward to.

We are ending the year with our Christmas outing to Hunters Meet which is a four course meal and afternoon entertainment.

Visits for 2024

We are going to see **The King and I**, on the **8th February** (this show is fully booked with a reserve list).

A new trip is being booked for the Spring and details will be available at my table in January.

On **9th June** we are booked to see **ABBA VOYAGE** (this show is fully booked with a reserve list).

Don't forget to bring an emergency contact number with you on **20th December**. Hopefully this will not be needed.

The coach will leave Cheshunt Pond at **11:00am** outside Papa Johns.

Happy Christmas and we look forward to seeing you in the New Year.

WALKING FOOTBALL

John Durrant 07515 971162



WF game in mid-saunter / Photograph by John Durrant

We play at Broxbourne Sports Club. We meet on **Fridays 1:30pm to 3:00pm** and the cost is £4.00 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 07745 264787

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Centre', Inside court at **2:00pm on Wednesdays**. We have a warm up, followed by a few fun drills then play a few games of Netball.

Contact: **Jacqui Fry** - £4.00 per session.

WATERCOLOUR GROUP

Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD

Trudi Marrion 07702 262904

Zumba Gold - **Every Tuesday at 1:00pm**, at the Scout Hut (behind the Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG. £4.00 per session. Group Co-ordinator Trudi Marrion 07702 262904.

Come and join us for a fun filled hour of music and dancing at your own pace. Spaces are available, so if you are interested in joining us or would just like more information about the class please send a text message to Trudi Marrion on the above number quoting your U3A number.

GROUP SHARING

If interested please use contact details:-

Beginners' Spanish	Tony Frankland	07515 368170
Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Reading For Pleasure	Rose White	01992 621436
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

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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 1:00pm 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.

BINGO AND SCRABBLE

Celia Carne 01992 633241

Every Monday and Wednesday 1:30pm - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Cheshunt Free Church. High Street Cheshunt Every **Tuesday 11:00 to 11:45** Cost £3 per session. Class is run by a fully qualified instructor.

Please Note our last session before Christmas is **Tuesday 19th December**, we will then break for Christmas and the class will re-commence on **Tuesday 9th January 2024**.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no booking required. Free Tea & Coffee.

FITNESS PILATES

Fitness Pilates - Every **Thursday 12:15pm and 1:30pm**. Scout Hut (behind the Beaumont Centre) Rowlandsfield, Cheshunt.

Standing and Seated class. No floor work. Slow controlled movements for mobility and strengthening all areas of the body. Improves balance and coordination and promotes well-being. To book your space or to find out more information, please contact Sandra Batho on 07739 842617.

THE HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628.

We meet on the **third Thursday** of the month, except August and December, at **8:00pm** in Fletcher's Lea, in the grounds of Ware Priory, High Street, Ware, SG12 9AL. We have a monthly speaker and also organise a range of outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00. For further information please contact.

KNIT AND NATTER

Mary Manning 07795 146461

Now **every Tuesday** at the Royal British Legion, Crossbrook Street. From **1:00pm to 3:00pm**. Cost £1.00 including refreshments. **£2.00 from January 2023**.

NEW YEARS EVE DISCO

Mary Hannay 01992 426341

Halsey Masonic Hall, Old Pond, Cheshunt, **Sunday 31st December**. Bar and Disco, tickets £10 each, bring you own food and nibbles. Please see me for further details or contact Sharon email address halseyhall@outlook.com

PARKRUN

Eddie Slaughter 07908 546009

A free run, walk, chat, meet up, opportunity to make new friends. Keep fit for all ages, any shape or gender. **Every Saturday morning** at The Gunpowder Park, Sewardstone Road, **9:00am start**. 5K/3.1 miles at your own pace. For further information please contact Eddie Slaughter on 07908 546009.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10:45am to 11:45am** 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.

TAI CHI

Aaron aaron@avsweb.co.uk

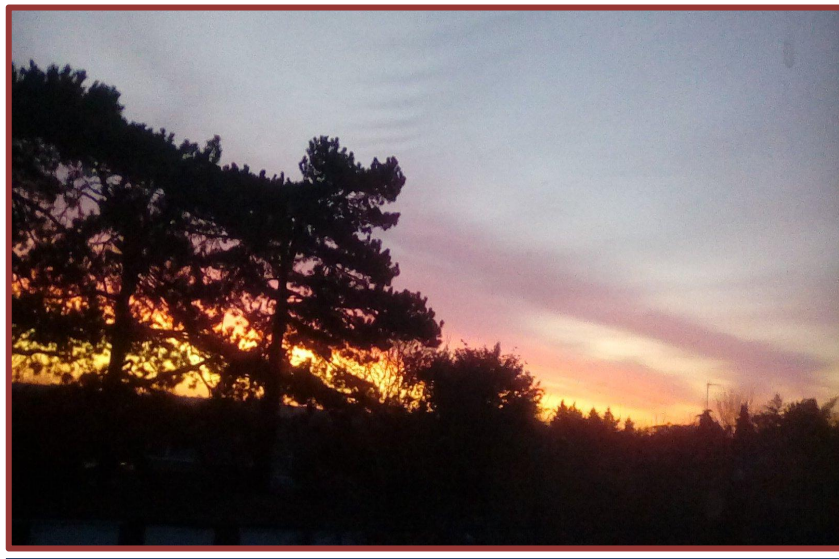
Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2:00pm to 3:00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held every **Wednesday**. **Telephone 07595 041433**

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2:00pm** - adult drop-in sessions - no booking required. Free tea and coffee.



Cheshunt Sunset / Photograph by Barbara Hones

GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds please bring them along to the monthly meeting.

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TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the U3A.

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CHESHUNT U3A WEBSITE

Visit our website on 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.*

OUR PRIVACY POLICY

Cheshunt u3a requires a certain amount of private information from its members to enable effective operation. Our Privacy Policy can be viewed on our website www.u3asites.org.uk/cheshunt. Alternatively you can obtain a printed copy by contacting the Membership Secretary by phone or at a monthly meeting. Members' information held by Cheshunt u3a will not be disclosed to any third party.

THE CHESHUNT u3a COMMITTEE

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE FOLLAND	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	ANDY SMITH	07930 356976
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