



CESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd February 2023



IT'S TIME TO RENEW YOUR
CESHUNT U3A MEMBERSHIP
FOR APRIL 2023 - 2024 *



* Please see **Page 3** for dates & details

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SPEAKERS

Today's talk will be given by **Andrew Baker**, 'Reliving our own story'. A portrait of a society unrecognisable from the bankrupt and exhausted Britain of 1945. Andrew is an acclaimed cruise ship lecturer, having a particular interest in social, cultural and political changes since WW1.

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Next month's meeting will be held on **Thursday 23rd March**. The speaker will be **Gary Matthews** on "**Gardens of Easton Lodge**", where he is a volunteer. The fascinating story of the historic Easton Lodge Estate from the late fifteen hundreds to the present day.

Meeters and Greeters this month are from **Almost Loose Women**.

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.**

MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the respective desk. Please also take it to any group meetings, as the group leaders will want to keep their own records.

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'.

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

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

REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:30pm** 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.

*** IMPORTANT ***

PLEASE READ THE FOLLOWING REGARDING

ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2023

To make renewal of your membership a little easier we are offering several opportunities for you to do so.

Membership will still run from 1st April 2023 - 31st March 2024.

Renewals will be accepted as follows:

<u>Thursday 23rd February</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Wednesday 8th March</u>	<u>1:00pm - 4:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 9th March</u>	<u>1:00pm - 4:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 23rd March</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>

Payment by standing order is preferred or card payment accepted when your Renewal Form* is completed. **Your New Card will be available for collection from the main meeting in April onwards, not when you pay.** Alternatively, if you provide a Stamped Self-Addressed envelope it will be posted to you.

Our annual membership fee remains unaltered at **£12.00 per person or £8.50** if you pay your main membership to another u3a. We will need your membership number for the relevant u3a, if choosing the latter amount.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine there is an additional charge of £3.50 per year to cover postage costs.

*The membership fees will then be **£15.50 and £12.00 respectively.***

* **Membership Application forms and Standing Order forms** can be found on www.u3asites.org.uk/cheshunt 'Welcome' page then click on '**RENEWAL FORM FOR 2023 -24**'. Please return the form at one of the above dates, or scan and email to the membership secretary on Cheshuntu3amembership@gmail.com.

GROUP LEADERS - PROGRAMME / NEWSLETTER ENTRIES

March's Programme / Newsletter Copy is required by Close Of Play on Tuesday 14th March 2023. Please email copy to cheshuntu3aprogram@hotmail.com

CESHUNT u3a Committee and AGM

As I hope most of you are already aware, our Cheshunt u3a is run on a voluntary basis by members, for the members. It is members who give their time to lead or assist with groups and also to serve on the committee. Our **AGM** will be held at the **April** meeting when a new committee will be elected.

Some of the current committee have served for several years and are considering standing down. New blood and ideas are always welcome, so if you want to give something back to **your u3a** and help the continued successful running then why not consider joining the committee?

If interested please contact any of the committee members either at the monthly meeting or on the numbers given in this programme. We would be happy to explain the various roles and give you advice and information to make a decision ahead of the AGM. **Remember, without your help there is no Cheshunt u3a.**

Stewart Walter (Vice Chairman)

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CESHUNT u3a Website

For years we have been using the u3a 'Sitebuilder' format to display all the events we run. We now feel it is time for a much-needed change, using an up to date Website Builder. We have a few sites in mind, but would value input from any of our members who may have a good working knowledge of site building. If you are interested, please give me a ring on **07941 551102** or email me at peterharris1@sky.com.

Peter Harris (Webmaster)

Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

Hopefully, when looking at your Cheshunt u3a **February** programme, you will find a group to interest you. Should you require more information we will be in the **Laura Trott Café** at **10:30am** on **Monday 27th February** for a Coffee and a chat.

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Our quiz in January was well attend by over 70 members, well done to The A Team who scored an amazing 101 points out of 115 points available.

Our next quiz is on **Tuesday 7th March** at **2:00pm** at Halsey Masonic Hall.

ALMOST LOOSE WOMEN

Carol Farren 01992 629028
Ann Powell 01707 889189

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

ART APPRECIATION

Clarice Pillar 0208 804 0900

I am starting up our group in March and hoping to find some interesting visits for us. On **Wednesday 8th March** we are going to the Museum of the Home in Whitechapel. It has been refurbished and it will be interesting to see the changes. I shall meet the group at the usual time in Liverpool Street. Looking forward to it.

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 TT 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

We've been reading a variety of books this month, so we all had something different to talk about. Once again, a good selection was

added to our list for a monthly group read (if we are lucky enough to be able to get sufficient copies from the library).

We also reflected on the books we read and discussed during 2022. Whilst we didn't all agree about all of them, the top 3 scored more highly than any of the others. The firm favourite was *The Giver of Stars* by JoJo Moyes, followed by *Still Life* by Sarah Winman and then *Mrs England* by Stacey Halls.

We will be tackling 2 books to discuss at our next meeting - *Cold Comfort Farm* by Stella Gibbons and *The Guest List* by Lucy Foley.

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

Dates for Bolivia **27th February, 13th and 27th March 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 now back at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

Sorry no sign language publications until after March.

CANASTA/CRIB Sylvia Lyons 07851 055346

Canasta/Crib dates are **6th and 20th March at 2:00pm.**

Back at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

Group meets **first Tuesday** in the month and the cost is £1.50. There are 7 of us and we are now full.



COACH TRIPS

Heather Douglas 07984 791184

The February trip to Milton Keynes on **21st February** is full. The next trip will be to Winchester in April and will be available for booking at the February meeting.

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

A very enjoyable meal was had at the Mai Thai in February. We will definitely have a return visit later in the year.

Please see me at my table for details of our curry night in March.

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. Cheers Stewart

EXERCISE GROUP KEEPING FIT

Mary Hanney 01992 426341

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.

EXPLORING LONDON 1

Eileen Funnell 01992 422475

At our last Planning Meeting we had a very interesting presentation from Louise of the Fire and Rescue Service, advising us on keeping our homes safe. Some of our members have had a visit from the Fire Brigade to check on appliances, etc.

At present we have nothing planned but hope to get trips arranged at the next Planning Meeting on **Friday 3rd March, 10:15am** at Cheshunt Free Church.'

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

We recently enjoyed a visit to the V&A Museum, which is always a treat. Most of us joined two of their excellent free tours. The first was on designing the V&A and we learnt something of the history of the museum through the architects, designers, artists and directors who created it. The other tour was on fashion and we discovered some of the fascinating garments and fashion related objects which help shape the museum's collection.

Our forthcoming trips are as follows:-

Monday 6th March - Guided tour of Mercers' Hall

Tuesday 25th April - Guided tour of Bruce Castle Museum

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next planning meeting will be on **Friday 17th March at 11:00am.**

EXPLORING LONDON 3

Steve Gollop 01992 629209

The January trip was a guided tour of The Theatre Royal Drury Lane. This excellent tour was conducted by two actors who were very entertaining, even re-enacting a fight between King George III and the Prince of Wales, following the King's disapproval of the Prince's behaviour. This resulted in separate entrances to the theatre and boxes for the King and the Prince, with the seats in the auditorium being marked with either a crown for the King or three feathers for the Prince of Wales.

The theatre has a long history, having been on this site for hundreds of years, expanding to become the large building it is today. Now owned by Andrew Lloyd Webber it has recently undergone a refurbishment, re-opening in the summer of 2021.

Our February visit was to Merchant Taylor's Hall, one of the City of London's 12 Great Livery Companies. Merchant Taylors, once the regulator and trade body of tailoring and related industries, now does a lot of charitable and educational work, founding many schools.

They are one of the oldest livery companies, going back to the year 1200 and are still on their original site. They survived the Great Fire of London and some extensive bomb damage during the Second World War, all now fully restored. The informative tour, led by the Beadle, took us through many beautiful rooms inside the building. The tour included the medieval kitchen, still in use today - although much modernized now - where lunch was being prepared

to be served in one of those rooms. Unfortunately we could not stay so took our lunch in Wetherspoons on the way home.



Merchant Taylor's Hall - Photo by Brian Peel

Our next trip will be to Sutton House, Hackney, during March, with the date still to be confirmed.

Next planning meeting is **Wednesday 1st March 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.

EXPLORING LONDON 4

Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 8th March 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In January we enjoyed a guided tour of the highlights of the Victoria & Albert Museum, in Kensington. With some 145 galleries, it was so helpful to have our guide, Barry, take us on a journey around a variety of the more significant items in the museum, including the Great Bed of Ware, the Raphael Cartoons and the Ardibil carpet. We visited the huge V&A's cast of Michelangelo's David at the famous cast courts. There we also discovered the cast of Trajan's Column (the original is in Rome) in two parts because it is so tall. Everyone was taken by the fascinating new Jewellery Gallery containing the small but beautiful crown that was designed for Queen Victoria. After the tour we all took lunch in the splendour of the V & A's café.

More recently we enjoyed a guided tour down the Tubes with our excellent guide Fiona. With this year being the 160th anniversary of the London Underground, we first listened to Fiona explain it was decided solutions to London's transport was needed

following traffic chaos when the Great Exhibition took place in Hyde Park in 1851. However the first line from Paddington to Farringdon was built using the cut and cover method and because this involved digging along the existing streets it caused traffic chaos in itself.

We started the tour at Baker Street station, which encapsulates much of that early railway. From there we travelled to Kings Cross and transferred to the deep level tube; much of this was built some 40 years later when tunnelling techniques had moved on (although still essentially hand dug back then). We learnt about the improvements that came about following the Kings Cross fire in 1987 before heading down to Embankment to discover the flood gates installed when the V2 rockets started hitting London at the end of the Second World War. We finished the tour at Westminster Station, which had to be redesigned to accommodate the Jubilee line extension; numerous plans had to be submitted before one was finally accepted due to its proximity to the existing infrastructure and more sensitive areas of the Houses of Parliament.

Future events:

Tuesday 14th March – Highlights tour of the London Docklands Museum. A curator-led tour around the museum with the option of a self-guided visit to the Executions exhibition for an additional charge.

Tuesday 21st March – Visit to London Canal Museum together with ice cream making demonstration

Friday 28th April – Chelsea with a short visit to the National Army Museum followed by an afternoon tour of the Chelsea Physic Garden

EXPLORING LONDON 5

John Durrant 07515 971162

Future visits for 2023:

Thursday 9th March - V&A Museum - Guided Highlights Tour

Wednesday 19th April - Museum of the Home

Friday 12th May - Kensington Palace

Next Planning Meeting will be on **Tuesday 14th March 2023** at **10:00am** at the Beaumont Centre.

FAMILY HISTORY

Rena King 01992 631826

Please note that we meet every **third Monday** of the month (but not on a Bank holiday) and our next meeting is on **Monday 20th March 2023 from 2:00-4:00pm** in the Tesco Community Room, Brookfield Centre Store. All welcome to come along and learn about new and updated information now available for all family historians.

GARDEN VISITS

Pat Dixon 01992 766832

Green Island Gardens on Tuesday 2nd May. Leaving **Cheshunt Pond at 9:00am.** Please collect a booking form from my table.

HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

Norton Grange **13th March 2023.** Due to unforeseen circumstances I now have one Twin/Double room available please see me ASAP if interested.

Further details now available for March Holiday.

Pick ups: Cadmore Lane 8:15am. Outside Lloyds Bank 8:30am. Please advise me of your pick up place and contact details in case of emergency ASAP.

There will be three excursions whilst we are away.

Tuesday 14th March - Half Day. To Be Advised.

Wednesday 15th March - Full Day. Osbourne House (for those wishing to visit please note the entrance fee is £19. Free for English Heritage Membership holders) for members not wishing to visit Osbourne House, there is a trip into Cowes.

Thursday 16th March - Half Day. Sandown and Godshill. Please note all excursions are subject to change (i.e. weather conditions).

Gunton Hall **7th August 2023** currently fully booked.

LINE DANCING(Broxbourneu3a)

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 1st March meeting subject will be "The power of wind".

Wednesday 5th April meeting subject will be "Transporting that model".

MORNING WALKS

Rob Scott 01992 445288

Dear Walkers, our next walk will be on **Tuesday 7th March** from the Jolly Fishermen, 8 Station Road, St Margarets, (Stanstead Abbots). SG12 8DH. It will be a 5.5 mile circular walk, initially heading north along the towpath of the Lea Navigation and then crossing to the eastern bank to go along the trackbed of the old Buntingford railway. Incidentally, the dismantled railway originally started from the eastern platform of Stanstead Abbots. We will then head south on the Hertfordshire Way and back to our start.

The young waitress I spoke to wasn't certain whether they would be open at 9:30am to pre-order, but it might be a good idea to try anyway. It's quite a straightforward route from Cheshunt - along the A10 until the Ware south turn off, signed Chelmsford, Harlow A414; down to the Amwell Roundabout, there take the 3rd exit for Stanstead Abbots B181, cross the level crossing and the pub is another 100 yards on the right. Call 075944 27190 for any problems getting to the start.

We had a grand number of 26 members out for the February walk and it was good to see a new face - Bob Burgess.

MUSICIANS UNITED

Peter Harris 01992 429297

We are back meeting weekly on **Mondays at 10:00am**.

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



The A Team - Photograph by Peter Harris

Venue: St. Clements Church, Cheshunt Wash, EN8 0LU, opposite Hillview Gardens.

MUSIC IN THE AFTERNOON

Peter Harris 01992 429297

Yes, it is back!! Current dates **3rd and 17th March at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal

Venue St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Next Meal **Tuesday 21st March** at Leila Restaurant, Old Pond. Time **1:00pm**. Two courses £11.50. Please see me for menu choice. A £5 deposit required at time of booking.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The group met on Wednesday 8th February to do some still life photography. This was very successful with lots of objects brought in by members. Our group meets at the Tesco Brookfield Community Room on the **second Wednesday in every month**. Teas and coffees will be provided courtesy of Tesco. Do see me at my table at the main meeting if you are interested in joining our friendly group of amateur photographers. Our next meeting will be on **Wednesday 8th March at 2:00pm** when we will be reviewing the results of our still life photography.

RUMMIKUB

Peter Harris 01992 429297

Current dates **Friday 3rd and 17th March at 10.15am**.

Back at St. Clements Church, Cheshunt Wash EN8 0LU, 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 NEED NEW MEMBERS TO BE VIABLE!!!

We meet at St. Clements Church Hall on every **first and third Thursdays** of the month from 2:00-4:00pm. So bring along your handiwork, swap patterns and ideas and have a chat and a cup of tea and lots of laughs. (Please park in Hillview Gardens

opposite.) You will always find someone to help you with that tricky knitting pattern or show you how to crochet or lend you anything you have forgotten to bring! Our next meetings will be on **Thursday 2nd and 16th March 2023.**

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 Civic Hall". If interested contact Mary.

SHORT WALKS

Andy Smith 07930 356976

21 Short Walkers met opposite Wormley Free Church for a very pleasant walk along the New River up to Broxbourne School and then through the golf centre and up through Wormley Woods. We arrived at the Golf Centre Cafe/Bar, much to the surprise of the single staff member, but he could not have been more helpful and all were watered and fed as required in a shorter time than we thought possible.

I am having a knee replacement on the 21st of Feb. which will take me out of the picture for the next 2 walks, but Heather Douglas has kindly offered to lead the walks in my place. You can book at my table with my wife Linda at the next 2 monthly meetings.

Next Walks:-

Friday 10th March 10:15 for 10:30 Start from Pindar Car Park (straight on over the Cheshunt Level Crossing) for a circular walk around 70 acre lake in the Lee Valley Park.

Friday 14th April 10:15 for 10:30 Start at Cedars Park Car Park for a circular walk to Theobald's Estate via the New River.

Gill 01992 463134

SINGING FOR FUN

Janet & Barry 01992 425675

We meet **every Monday** at the United Reform Church in Cheshunt High Street, EN8 0BS, from **2:00pm to 3:30pm.**

We are not a choir we just have a good sing song as singing is good for you. We have all sorts of music including Country, 60s, and music from the shows etc. Fee is £2.00 and you also get a cup of tea with biscuits.

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 is off to the Cliffs Pavillion, Southend on **22nd March** to see Strictly Ballroom. This show is completely booked and there is a long waiting list.

N.B Coach leaves Cheshunt Pond outside Pappa Johns's at 10:30am. This is earlier than our usual time.

Please have an emergency contact number with you on all trips: hopefully this will not be needed.

I am hoping to have details of a new show at my table at the meeting.

WALKING FOOTBALL

John Durrant 07515 971162

We play on the Astroturf pitch at the Laura Trott Centre. We meet on **Fridays 2:00pm to 4:00pm** 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

We have both men and women in our group and some who have not played netball for 50 years! It is a fun session and available for all ages. If you want something different to get you moving and most of all have fun. **Every Wednesday at 2:00pm to 3:00pm.** Sessions are held in the Laura Trott Centre (Sports Hall). Cost £4.00.

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 **10:00am to 1:00pm, Mondays.** (Bollescroft is the building in the car park next to the Spotlight.) The cost is £4.00 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) Rowlandsfield, Cheshunt. £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	01992 465383
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. Rowlands Fields, Turners Hill, Cheshunt. 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 11:00am to 11:45am.** Cost £3.00.

CHESHUNT LIBRARY

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

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.**

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) Rowlandsfield, Cheshunt.

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

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BOOKS AND PUZZLES WANTED

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 you do not donate **hardbacks**.*

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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.*

CHESHUNT u3a FACEBOOK GROUP

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

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.



Snowy Bridge by Peter Childs - Photography Group

~ u3a Click and Save Scheme ~

Have you heard about the "**u3a Click and Save scheme**"? You may have seen reference to it in the u3a monthly newsletter distributed to members by email. This scheme is bona-fide, not a scam and similar to schemes offered by a number of large companies to their employees. It is designed to offer members discounts from a number of retailers. There is a requirement to register separately on-line, which is straightforward. The scheme then allows purchase of company specific gift cards at a discounted rate to be used for future purchases.

Supported companies include supermarkets Asda, Morrisons, Sainsburys and Waitrose (small 2% or 3% savings), fashion brands including Clarks, New Look and M&S, home stores like Currys, Halfords and Wilko and food/drink like Costa, Harvester and Pizza Express.

In order to register just sign up on the u3a Click and Save website: **https://www.u3aclickandsave.co.uk/x_** / in the usual way by entering an email address and creating a password.

Once registered you log on to the site and then click through to the retailer's website. There you can purchase a gift card at the discounted rate (e.g. a £10 gift card paying £9.50) which is then sent out to you through the post. You then use the gift card against purchases instore and in some cases on-line. The cards seem to be one-offs, not re-loadable, which seems to me a bit of a pain, but for anyone considering a large purchase from the likes of Currys, Halfords, Wickes, American Golf or other companies included in the scheme it would certainly be worth considering.

Stewart Walter

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