



# CESHUNT u3a

Registered Charity No. 1150779

## MEETING THURSDAY 22<sup>nd</sup> FEBRUARY 2024

**This month's** meeting will be on **Thursday 22<sup>nd</sup> February 2024** with guest speaker Andy Strange on '*RAF 'Special Duties' service and special ops*'. The part they played in allied support of the resistance organisations during WWII.

**Next month's** meeting will be on **Thursday 28<sup>th</sup> March 2024** when the speaker will be Tim Perkins on "*Midshires Search and Rescue*".



Black-Headed Gull in Flight

Photograph by Phillip Thornton/Bird Watching Group



## 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 **31<sup>st</sup> 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.

# **\* IMPORTANT \***

PLEASE READ THE FOLLOWING REGARDING

## **ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2024**

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

Membership will still run from 1<sup>st</sup> April 2024 - 31<sup>st</sup> March 2025.

Renewals will be accepted as follows:

Thursday 29<sup>th</sup> February      1:00pm - 4:00pm      Bar Area - Laura Trott

Wednesday 6<sup>th</sup> March      1:00pm - 4:00pm      Bar Area - Laura Trott

Thursday 28<sup>th</sup> March      1:30pm - 2:30pm      Main U3A Meeting

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

**If you currently pay by standing order it will be necessary to increase the amount payable directly with your bank.**

**Our annual membership fee will be £15.00 per person from 1<sup>st</sup> April 2024.**

*If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine the total membership fee will be £19.00 per year to cover postage costs.*

\* **Membership Application forms and Standing Order forms** can be found on [www.u3asites.org.uk/cheshunt](http://www.u3asites.org.uk/cheshunt) 'Welcome' page then click on '**RENEWAL FORM FOR 2024-25**'. Please return the form at one of the above dates, or scan and email to the membership secretary on [Cheshuntu3amembership@gmail.com](mailto:Cheshuntu3amembership@gmail.com).

## GROUP LEADERS

### PROGRAMME / NEWSLETTER ENTRIES

**March's Programme / Newsletter Copy is required by  
Close Of Play on Tuesday 19<sup>th</sup> March 2024.**

**Please email copy to:  
*cheshuntu3aprogram@hotmail.com***

### New Groups

Following four weeks of Friday meetings, we seem to have made headway in getting some of these groups underway. Thanks to all those who turned up and gave their input. **Bird Watching, Gardening , Pet Lovers Support group**, are indeed going ahead. **Scrabble and perhaps Backgammon** may well start off combining with the Cheshunt Library. **IT** are making enquiries as to how they can proceed. **Cooking for One** is still in the pot, but hopefully will get going!

Please check in this programme and indeed at tables today for updates. I would just like to thank Lynn from Tesco for enabling us to use their community room.

Regards Stewart Wagstaff



**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.**

# Cheshunt u3a Groups 2024

## **NEW MEMBERS' GROUP**

Jan 01992 624868  
Carole 01707 552361

Our aim is to aid new members find, through the various special interest groups, interesting, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the U3A. Please visit us at our table for more information.

## **AFTERNOON TEA & QUIZ** Mary Hanney 01992 426341

We had a large number of members for our February quiz and well done to the Magnificent Seven for scoring the most points on the day. I will try harder myself at the April quiz to make sure I don't hand out all the answers to the table round instead of the questions. Hope you all went home with a smile on your face.

Our next Quiz is on **Tuesday 9<sup>th</sup> April at 2:00pm** at the Halsey Masonic Hall, Cheshunt, cost £1.50. Tea/Coffee £1.50 paid to the Masonic Hall.

## **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.

## **BIRDWATCHING GROUP** Brian Fitzjohn 07709 455991

The group meets on the **second Monday of the month** to watch birds in the fresh air. The first outing was on 12<sup>th</sup> February to the Lea Valley Wildlife Discovery Centre at Fishers Green, to see the last of the winter visitors. There were six members in our group and we counted 38 species.

## **BOLIVIA** Peter Harris 01992 429297 [peterharris30@live.co.uk](mailto:peterharris30@live.co.uk)

Dates for Bolivia **26<sup>th</sup> February, 11<sup>th</sup> and 25<sup>th</sup> 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.

Due to work being carried at St. Clements school all February and March dates will be at Rosedale Bowls Club, Andrews Lane, Cheshunt, EN7 6TB. For those who do not have Satnav, at the Goffs Oak roundabout turn into Rosedale Way, go straight across at the next roundabout and then take the next left into Andrews Lane. Then take the third turning into Cheshunt Rugby Club then turn left down the hill to the Bowls Club.

**BRITISH SIGN LANGUAGE GROUP**      Jacquie Fry 07745 264787

No Sign Language Course arranged just yet.

**CANASTA/CRIB**      Sylvia Lyons 07851 055346

Canasta/Crib dates are **4<sup>th</sup> and 18<sup>th</sup> March at 2:00pm**. Due to work being carried at St. Clements school, all March dates will be at **Rosedale Bowls Club**, Andrews Lane, Cheshunt, EN7 6TB. For those who do not have Satnav, at the Goffs Oak roundabout turn into Rosedale Way, go straight across at the next roundabout and then take the next left into Andrews Lane. Then take the third turning into Cheshunt Rugby Club then turn left down the hill to the Bowls Club.

**COACH TRIPS**      Heather Douglas 07984 791184

The Southend trip on **Tuesday 26<sup>th</sup> March** costs £15. Payment is due at the February meeting. A few seats are still available.

For the coach holiday to Weymouth on **29<sup>th</sup> May to 2<sup>nd</sup> June**. The balance of payment is due at the March meeting. There are still 2 twin rooms left on this break.

**CURRY CLUB**      Mary Hanney 01992 426341

Our next evening meal is on **Wednesday 6<sup>th</sup> March at 7:00pm** at the Mai Thai Restaurant, High Street, Cheshunt. Please see me to register your interest.



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 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

Last month nearly all the group had a very nice afternoon tea at Deercote Court, thoroughly enjoyed by all.

Next Planning Meeting - **Friday 1<sup>st</sup> March at 10:15am** at Cheshunt Free Church.

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

Our January outing was to a delightful new small museum entitled "The City Wall at Vine Street" which includes a large chunk of the city wall and various artefacts excavated at different levels over the years. Afterwards we went to the "Sky Garden" on top of the "Walkie-Talkie" building and enjoyed the magnificent views of the City and beyond. We were extremely lucky to have a fine sunny day for our visit.

Our forthcoming trips are as follows:-

**Friday 22<sup>nd</sup> March** - Museum of London Docklands Fashion City Exhibition

**Saturday 20<sup>th</sup> April** - Guided tour of the Old Bailey

We meet on the **third Friday of the month** at Cheshunt Free Church. Our next planning meeting will be on **15<sup>th</sup> March at 11:00am**.

## **EXPLORING LONDON 3**      Steve Gollop 01992 629209

This month we organised a guided tour of the Houses of Parliament. As well as seeing Westminster Hall, Central Lobby, St Stephen's Hall and both the House of Commons and the House of Lords we were entertained with stories of the different traditions associated with parliament. Included in these was the reason why, on the State Opening of Parliament, the doors of the House of Commons are slammed closed as Black Rod approaches to summon MPs to the House of Lords to hear the Kings speech.

Next trips:

**Thursday 21<sup>st</sup> March** - Handel & Hendrix Museum - £12.60. Please pay at the table today as tickets must be purchased in advance.

**Wednesday 17<sup>th</sup> April** - Kensington Palace - £17.50. We will collect payment at next planning meeting.

Our next planning meeting is **Wednesday 6<sup>th</sup> March at 11:15am** at Cheshunt Free Church, High Street, Cheshunt.

## **EXPLORING LONDON 4**      Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 13th March 2024** from **11:00am** at St. Clements Church Hall. Please park in Hillview Gardens or Lea Valley Park as school building work will be taking place.



Future events:

**Friday 23<sup>rd</sup> February** – City Churches Guided Tour – Rick Jones takes us inside famous London churches designed by Wren.

**Monday 18<sup>th</sup> March** – Visit and Guided Tour of the Royal Hospital Chelsea. 20 places (2 guides) booked.

**Wednesday 24<sup>th</sup> April** – Highgate Cemetery West side Highlights Tour and admission to the East Side.

In January we visited the British Museum. Our guide started by explaining how the museum developed from the collections of Sir Hans Sloane. We started at King Edward VII's entrance in Montague Place and headed upstairs through to the central Queen Elizabeth II Great Court.

Designed by Norman Foster the Great Court is a two-acre space enclosed by a spectacular glass roof with the world-famous Reading Room in the middle. The redesigned Great Court was opened in December 2000.

Our tour of the museum started at the replica Rossetta Stone in the Enlightenment Gallery where it could be explained properly without the crowds of tourists before we headed over to the Egyptian gallery to examine the original Stone.

After passing through the huge awe-inspiring Assyrian statues and gates we visited the Assyrian lion-hunt reliefs. The Assyrian king is seen offering a series of big cats in a symbolic display of power and manliness.

Our tour continued with treasures such as the Parthenon Sculptures, the Portland Vase, and the Sutton Hoo treasure. We finished at the well-preserved body found in a peat-bog near Manchester in 1984.

**EXPLORING LONDON 5** John Durrant 07515 971162

Future visits planned:

**Wednesday 20<sup>th</sup> March** - Hunterian Museum

**Thursday 11<sup>th</sup> April** - "On the Beat in Bloomsbury to Fitzrovia"

**Monday 20<sup>th</sup> May** - St Pancras Historical Hotel Tour (Date to be confirmed)

Our next planning meeting is on **Tuesday 12<sup>th</sup> March 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 18<sup>th</sup> March 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.

 **GARDENING GROUP** Carole Malcolm

I am excited to tell you our gardening group is now up and running.


At the first meeting it was agreed we will apply to become an RHS affiliated society. Although not providing the full range of membership benefits, we will be able to take a group on a trip either to Hyde Hall or Wisley as well as getting access to horticultural advice.

Our next planning meeting will be on **Friday 8<sup>th</sup> March at 10:30am** at Tesco, Brookfield Community room.

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

Payment of £423 now due for April Holiday to Wales. Please make cheques payable to Cheshunt U3A. I will confirm pick up points and times at a later date.

For the August holiday to Hayling Island, the balance will be due at the April meeting. Amount due is £375 per person, cheques to be made payable to *Waltham Abbey Travel*.

 **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.

 **LOCAL HISTORY GROUP** Pat Dixon 01992 766832  
Frank Sluter 07704 730421

The Local History Group met for the first time at Brookfield Tesco Community Room on Monday 5<sup>th</sup> February. There was a very good turnout and we had a vibrant discussion about our interest in history, how the group will function and ideas for discussion topics and visits.

On Friday 9<sup>th</sup> February the group had lunch at the 500-year-old Golden Lion in Hoddesdon and found out about its history and then

went onto the Lowewood Museum to see their exhibition on 'Borough Beats, to view the artefacts on display there and hear from a member of staff about their the background.

We will meet again at Brookfield Tesco Community Room on **Monday 4<sup>th</sup> March at 10.30am** where the topic for discussion will be 'Shops Past and Present in the Cheshunt/Waltham Cross area'.

**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 6<sup>th</sup> March:** A Question of Scale.
- Wednesday 3<sup>rd</sup> April:** That Finishing Touch.
- Wednesday 1<sup>st</sup> May:** Is it a Boat or is it a Plane?

**MORNING WALKS** Rob Scott 01992 445288



Photograph by Steve Gollop

Our next walk is on **Tuesday 5<sup>th</sup> March**, starting at **10:00am** from The Star, 62 High Street, Standon, Ware, SG11 1LB. It will be a circular walk a little over 5 miles and should be reasonably mud free (well not as much mud as on the last two walks).

Don't forget to bring something to drink at our "tea/coffee" stop - jelly babies are always provided courtesy of Malcolm. There are some lovely buildings in the village, as well as the 'Pudding Stone'

close to the pub - which is well worth a look. It will be a walk we have done before and is quite undulating.

The pub will open from 9:30am, so we can pre-order our lunch. From Cheshunt, take the A10 north, passing Hoddesdon and Ware, to the next large roundabout and take the 3rd exit on to the A120 for about 1 mile and just after the traffic lights, turn right in to Standon High Street. The pub is about half a mile on the right hand side. If you aren't stopping for lunch, please park considerately in the High Street.

### **MUSICIANS UNITED** Peter Harris 01992 429297

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.

Due to work being carried at St. Clements school all March dates will be at **Rosedale Bowls Club**, Andrews Lane, Cheshunt, EN7 6TB. For those who do not have Satnav, at the Goffs Oak roundabout turn into Rosedale Way, go straight across at the next roundabout and then take the next left into Andrews Lane. Then take the third turning into Cheshunt Ruby Club then turn left down the hill to the Bowls Club.

### **MUSIC IN THE AFTERNOON** Peter Harris 01992 429297

Current dates **7<sup>th</sup> and 16<sup>th</sup> February 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.

Due to work being carried at St. Clements school all February and March dates will be at **Rosedale Bowls Club**, Andrews Lane, Cheshunt, EN7 6TB. For those who do not have Satnav, at the Goffs Oak roundabout turn into Rosedale Way, go straight across at the next roundabout and then take the next left into Andrews Lane. Then take the third turning into Cheshunt Rugby Club then turn left down the hill to the Bowls Club.

### **PET LOVERS' GROUP** Valerie 07307 677875

The next meeting will be at Cedars Park cafe on **Tuesday 12<sup>th</sup> March at 10:30am**. It is an informal social group and it is not necessary to be a pet owner to join.

We will have a coffee and a walk and discuss how we want the group to evolve.

**OUT TO LUNCH GROUP** Mary Hanney 01992 426341

Our next meal will be on **Tuesday 12<sup>th</sup> March at 1:00pm** at the Laila Restaurant, Old Pond, Cheshunt. Please see me for menu choices. A £5 deposit will be required at time of booking.

**PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832



Still Life - and the model's not moving either

Our usual group meeting took place on Wednesday 14<sup>th</sup> February where we practised table top photography. Our next meeting will take place on **Wednesday 13<sup>th</sup> March at 2:00pm** at Brookfield Tesco Community Centre reviewing our images from the table top photography. 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 **1<sup>st</sup> and 15<sup>th</sup> March at 10:15am.**

Due to work being carried at St. Clements school all March dates will be at **Rosedale Bowls Club**, Andrews Lane, Cheshunt, EN7 6TB. For those who do not have Satnav, at the Goffs Oak roundabout turn into Rosedale Way, go straight across at the next roundabout and then take the next left into Andrews Lane. Then take the third turning into Cheshunt Rugby Club then turn left down the hill to the Bowls Club.

**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.



[dandc@hewkin.com](mailto:dandc@hewkin.com)

## **SEW KNIT PATCH & CHAT**

Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursday** of the month from **2:00-4:00pm**. 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. The next meetings will be on **7<sup>th</sup> and 21<sup>st</sup> March**.



## **SHORT MAT BOWLS**

Mary Hanney 01992 426341

**Fridays 10:30am to 12:30pm** at the Laura Trott Centre. £4.20 per session or £3.70 if "Friends of the Spotlight". If interested contact Mary.



## **SHORT WALKS**

Andy Smith 07930 356976

Eleven short walkers had a nice walk around the Walthamstow Wetlands nature reserve. The forecast was not good, but we managed to stay dry and the only actual rain was whilst we were in their cafe!

The next walk will be from Pindar Car Park (over the level crossing at Cheshunt Station and straight on) to Broxbourne where after suitable refreshment we will get the Bus or Train back to Cheshunt. Length will be three miles, toilets at Broxbourne. **Friday 8<sup>th</sup> March 10:15am for 10:30am start**. Parking at Pindar Car Park, pay on return.



## **SINGING FOR FUN**

Janet & Barry 01992 425675

We meet every **Monday at 2:00pm until 3:30pm** at the United Reform Church in Cheshunt High Street. We sing along to music downloaded from the internet, 60s, Country, and music from the shows. All lyrics are supplied and we have around 170 songs. If you have a song you like, we will give it a try.

The fee is £2.00 per session and you will get a cup of tea or coffee and a biscuit.



## **SPANISH**

Christine Dawson 01992 620888

We usually meet **weekly on Wednesday afternoons**. The group has been running for some time now and is not suitable for beginners. If you are interested in joining us please contact me.



## **THEATRE GROUP**

Jackie Yeardye 07939 149997

The Group went to see The King and I at the Dominion Theatre, London on 8<sup>th</sup> February, despite the persistent rain and dreadful traffic.

### **Wednesday 10<sup>th</sup> April - Teresa Joanne**

Payment for this trip MUST be received by the February Meeting as numbers have to be confirmed and paid for by the beginning of March.

If no payment is received and no contact is made, we may have to let your place go to someone on the reserve list - so please make sure payment is made by the February meeting.

This trip is heavily subscribed and there is a reserve list.

### **Sunday 9<sup>th</sup> June - Abba Voyage**

This trip is fully booked with a reserve list.

## **New Shows**

### **Wednesday 21<sup>st</sup> August - Cliffs Pavillion, Southend**

**Here You Come Again** - featuring many Dolly Parton Songs.

New Musical on tour before going to the West End.

Circle Seats Price £53.to include coach and driver's tip.

### **Wednesday 23<sup>rd</sup> October - Milton Keynes Theatre**

**An Officer and a Gentleman**

Will be available to book from May meeting

Circle Seats at £46, includes coach and driver's tip.

Cash Payments need to be in an envelope with the name of the show for which you are paying and the amount on the front.



## **WALKING FOOTBALL**

John Durrant 07515 971162

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 Bollescrott Main Hall from **10:30am to 12:30am, Mondays**. (Bollescrott 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

The class is currently full and I am not able to take new members at the moment for Health & Safety reasons. However if you are interested in joining us when spaces become available, 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.

### **CHESHUNT LIBRARY**

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

### **FITNESS PILATES**

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

### **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.**

## **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.

## **PICKLE BALL**

We only had 5 people show an interest in pickle ball, so not enough to start a group. However, Matt who runs the Pickle Ball at the Laura Trott Centre is inviting any interested U3A member to go along. Starting at **2:00pm** every **Wednesday**. Book yourself in at reception as usual.

## **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](mailto: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.

## **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](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.*

### **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](http://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
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