



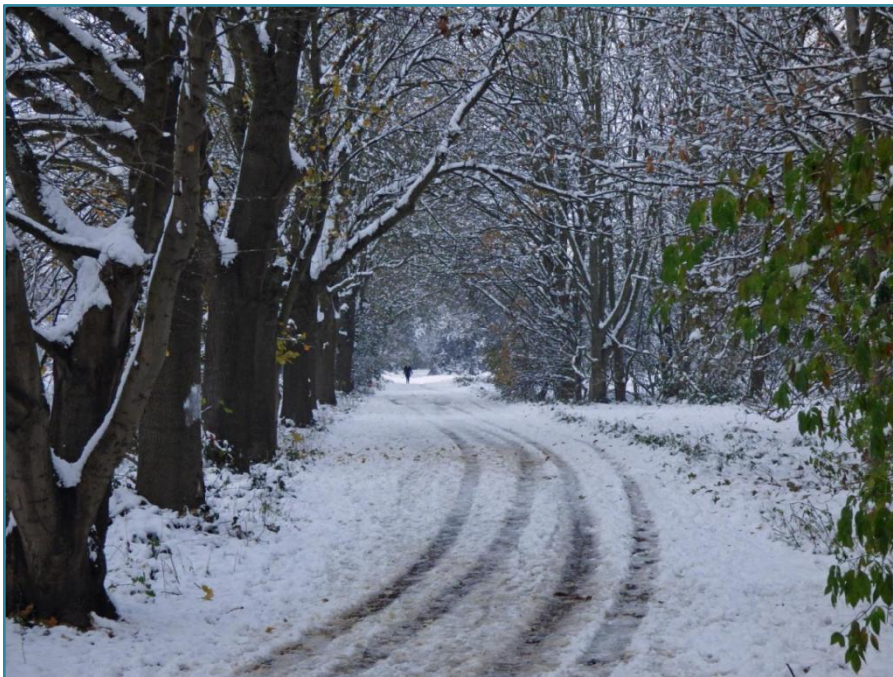
CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 25th JANUARY 2024

This month's meeting will be on **Thursday 25th January 2024** with guest speaker Mike Barbakoff on '*The First Enigma Codebreakers*'. Mike is a volunteer guide for the Bletchley Park Trust, Turing-Welchman Bombe Trust and the National Museum of Computing.

Next month's meeting will be on **22nd February 2024** when the speaker will be Andy Strange on '*Special Duties, Service & Special Ops*'.



Photograph by Stewart Walter

A very happy New Year 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.

*** 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 1st April 2024 - 31st March 2025.

Renewals will be accepted as follows:

<u>Thursday 22nd February</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Thursday 29th February</u>	<u>1:00pm - 4:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Wednesday 6th March</u>	<u>1:00pm - 4:00pm</u>	<u>Bar Area - Laura Trott</u>
<u>Thursday 28th March</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>

Payment by standing order is preferred or 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 1st 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 '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.



New Groups



Happy New Year to you all.

We had 18 proposed groups suggested last year and from those, following the November meeting, we had 11 groups with 5 or more members saying they were interested in a particular group.

The **Local History** and **Lets Dance** groups already have proposed leaders, so they will be contacting prospective members separately.

The list of the other groups and members interested are... **Gardening 14, Bird watching 10, Art Appreciation 9, Scrabble 9, Pet Lovers 8, Cooking for One 8, Backgammon 7, IT Sessions 6** and lastly **Pickle Ball 5**.

I have a contact for Pickle Ball at Laura Trott regarding this and hopefully those members might be able to join in initially.

For the time being those groups which did not have 5 or more interested, we will take no further action but will re-visit at some point.

*We need to now try and move things forward. To this end we are planning to hold short meetings for the individual groups. We plan to hold these at the **Tesco Community Room** at the **Brookfield** centre, which we can have free of charge. Each meeting should not take any longer than one hour, hopefully!*

The only day and time available is **Friday 9:30 - 12:00**. I have booked four sessions i.e. 4 weeks! Hopefully, those interested in a particular group will make every effort to attend.

The various proposed groups will be contacted with a date and time. Each day there will be two groups meeting, one at **9:30 - 10:40** and **10:50 - 12:00**. Interested members will be contacted by their registered email from our data base. We will try phone numbers if no email is registered. This process may well take a few weeks, so please bear with us.

Regards, Stewart Wagstaff

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

February's Programme / Newsletter Copy is required by Close Of Play on Tuesday 13th February 2024. Please email copy to: *cheshuntu3aprogram@hotmail.com*



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.



Volunteers Required

The Really Useful Group (RUG) need more volunteers to assist with the Refreshments Table at the Monthly Meetings. If you think you can occasionally spare some time to assist the Team please make contact at the Refreshments Table or at the Information Table.

Thank you



Cheshunt u3a Groups 2024

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

Next Quiz **Tuesday 6th February at 1:00 pm**, venue Halsey Masonic Hall Cheshunt. Cost £1.50. Tea/Coffee £1.50 paid to 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.

BOOK CLUB Reading for Pleasure Carol Hill 01992 302722

This was our final meeting of the year and we were supposed to be discussing *The Chain* by Adrian McKinty. Unfortunately, all but one of us found the whole piece so awful that we decided to read something from our own reading list instead. One brave soul persevered and read to the end, so she was able to give us a summary of the plot and the outcome: your child has been kidnapped and in order to get them back safely you must now kidnap someone else's child. It all got quite complicated, as our female lead tried to both rescue her child, find out who was behind this awful chain, and break the chain. There was a shoot out at the end, with a surprise reveal of the mastermind behind the whole thing.

Those of us who read something different contributed some good ideas for group reading and discussion in 2024.

At our January meeting we shall each take more ideas from books we have read over the festive period (whilst snuggled up with a mince pie and a glass of sherry, perhaps).

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

Dates for Bolivia **29th January, 12th and 26th February at 2pm.** 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 Jacqui Fry 07745 264787

No Sign Language Course arranged just yet.

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

Canasta/Crib dates are **5th and 19th February at 2:00 pm.** 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.

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

Our coach holiday is confirmed. Trip will be to Weymouth from **Wednesday 29th May to Sunday 2nd June.** Cost is £399 pp with a supplement for a sea view, if taken, of £35 pp . I have a mixture of single, double and twin rooms, some with sea views. Booking at the January meeting in person. Holiday insurance is £28 which will be required if you do not have your own insurance. A non refundable deposit of £50 is required by the end of January plus £28 insurance if required. Balance to be paid by the end of March. Full details will be available from my table at the meeting.

We are offering a trip to Southend Tuesday **26th March** at £15. Bookings at the meeting.

 **CURRY CLUB** Mary Hanney 01992 426341

See me for details regarding the next meal.

 **CYCLE GROUP** Stewart Wagstaff 07594 475051



How many hi-vizes does it take.....? / Photograph by Mary Grove

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.

 **EXPLORING LONDON 1** Eileen Funnell 01992 422475

Future Events:-

Wednesday 31st January at **3:00 p.m.** Afternoon Tea at Deercote Court.

Next Planning Meeting – **Friday 2nd February at 11 a.m.** Please note change of time.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our forthcoming trips are as follows:-

Thursday 15th February - Dickens Museum

Friday 22nd March - Museum of London Docklands Fashion City Exhibition

We meet on the third **Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **16th February at 11:00am**

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our first trip of the New Year took us to the Docklands Museum to see the Fashion City exhibition. On display were exhibits from workshops in the East End through to the glamour of Carnaby Street during the Swinging Sixties. There were stories behind fashion makers who founded retail chains still on the high street today and dressed the rich and famous, including David Bowie, Princess Diana and Mick Jagger.

Next trip:

Parliament Tour – Monday 5th February – this trip is now fully booked. We will be meeting at Cheshunt Station at 9.30am. We will travel to Tottenham Hale and then complete the journey to Westminster by tube.

Our next planning meeting is **7th February – 11:15am** – Cheshunt Free Church, High Street, Cheshunt.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 14th February 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 23rd February – City Churches Guided Tour – Rick Jones takes us inside famous London churches designed by Wren.

In December we visited the National Portrait Gallery which has reopened following a three-year refurbishment that cost over £40 million. Our guide Paula Cooze treated us to a highlight tour of the galleries which contain many historically important and famous people.

Paula explained that portraits of living people were only allowed from 1969. It was interesting to witness the way portraiture had developed over time. The galleries are arranged in time periods and those covering more contemporary people contain many photographic portraits

EXPLORING LONDON 5 John Durrant 07515 971162

On a very wet and blustery December morning a brave group set off for Canterbury. We met at Cheshunt Station at 8am, and travelled to Stratford, walking through Westfield shopping centre where we enjoyed a coffee.

The fast train whisked us to Canterbury where we explored the Christmas market and secured a snack in preparation for a superb two hour tour of the Cathedral. The Pope sent a monk, Augustine, who arrived in 597 AD and set up a monastery in Canterbury and became England's first Archbishop. In 1170, Archbishop Thomas Becket was murdered in the Cathedral and, when miracles were said to take place, the Cathedral became one of Europe's most important pilgrimage sites.

The soaring Nave was built in the 14th Century in Perpendicular Gothic style. After a long running dispute with King Henry II, 4 knights sped to Canterbury and chased Archbishop Thomas Becket into the Cathedral, where he was murdered in the area now known as the Martyrdom.

The well preserved cloisters led to the magnificent Chapter House, an area where the monks assembled daily to discuss the day's activities and to read a Chapter of their Benedictine rule. The peaceful Crypt is the oldest part of the Cathedral, dating back to the 11th Century. The Norman architecture and the brightly coloured wall paintings are of particular note. The Bell Harry Tower boasts a magnificent fan vaulted ceiling with a central roundel housing a trap door, through which the bell was transported. The Quire was rebuilt following a fire in the 12th Century in the Gothic style.

Members of the group also visited the Roman Museum, the city Museum and Art Gallery, the numerous shops, the Christmas Lights and of course a hostelry for the traditional Pub lunch and Pint. Despite the early rain, we spent a thoroughly enjoyable day in Canterbury.

Future visits:

Monday 12th February - Theatre Royal Drury Lane tour.

Wednesday 20th March - Hunterian Museum.

Our next planning meeting is on **Tuesday 13th February 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 19th February 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.

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

Regarding the April holiday in conjunction with the Local National Trust, balances are due at the February meeting. Cheques should be made payable to Cheshunt U3A. Please contact me to confirm the price. I will confirm pick up details nearer date of departure.

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 (Broxbourne u3a)** 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 will meet for the first time at Brookfield Tesco Community Room on Monday **5th February at 10:30am**. Please come along to discuss how the group will function and how input from group members will facilitate interesting outings and meetings. We will be at the group table on **Thursday 25th January** and look forward to having a chat with interested people and to take a few names and telephone numbers.

 **LOVE TO DANCE** Jackie Williams jackiewilko@hotmail.com

Plans are moving forward, more info soon.

 **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 7th February: Is the colour right?
Wednesday 6th March: A Question of Scale.
Wednesday 3rd April: That finishing touch.



MORNING WALKS

Rob Scott 01992 445288



Nothing stops the Morning Walkers!

May I wish a Happy New Year to all those walkers who didn't make January's outing, which proved to be the wettest and muddiest walk we have ever been on. 15 of us ventured out and everyone stayed for lunch.

But on to our next walk, which will be on **Tuesday 6th February**, starting at **10:00 am** from the Rose and Crown, Upper Green Road, Tewin, Welwyn. AL6 0LE. The pub will be open for us to pre-order at **9:30 am** and Emma will see that everything runs smoothly while we are there.

Although we have been to Tewin before, I think it would be a good idea to use a satnav to get there if possible. Otherwise you need to get through Hertford and on to the A414, initially heading towards Hatfield. After going under the large railway bridge, go straight across the first mini roundabout and turn right at the second roundabout up Thieves Lane to the junction. There, turn left at another small roundabout on to the B1000 signed to Welwyn. After a little over 1.5 miles (at a left hand bend) turn right for Tewin and the pub is in the centre of the village - by the green.

Any problems give me a call on 075944 27190.

The walk on **5th March** will be from the Star at Standon again.

 **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 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 Ruby Club then turn left down the hill to the Bowls Club.

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

Current dates **7th and 16th 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.

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

Our next meal is at Nonna's Kitchen, Hoddesdon on **Tuesday 13th February at 1:00 pm**. Please see me for menu details and cost. Please note a £5 deposit required at time of booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 76683

Our usual group meeting took place on Wednesday 10th January and we reviewed various images. Our next meeting will take place on **Wednesday 14th February at 2:00pm** at Tesco Community Centre where we will be doing 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 **2nd and 16th February at 10:15 am.**

Due to work being carried out 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.



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 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. The next meetings will be on **1st and 15th February**.

 **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

Sixteen short walkers had a pleasant first walk of the new year from Pindar car park to the White Water Centre and back via the Showground.

Our Next Walk will be on **Friday 9th February** and we will meet at Cheshunt Station at **10:10am** to catch the **10:21** Train to Tottenham Hale for a walk around the Walthamstow Wetlands, a wonderful oasis of countryside in the middle of North London. The Walk will be just under 3 miles on good footpaths and there are toilets and a Cafe at the site.

Should there be a Rail Strike then an alternative walk in the Lee Valley Park will be done.

All our walks are free of charge except for paying your own rail fare if required. Oyster is cheapest if you have one

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

The Singing for fun group had a Christmas singalong at the British Legion Club on the 18th of December, The hall was kindly loaned to us for the afternoon, thanks to Helen and Joe. We sang a few Christmas songs and then had cakes, sausage rolls, etc and a dance or two. The bar was open which made it better

We are taking on 5 new members so are now 56 strong so sadly we cannot take any more at present

 **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

Our first trip this year is **8th February** to see *The King and I* at the Dominion Theatre, London. Coach pick up is at **11:00am** outside Papa Johns at the Old Pond, Cheshunt.

N.B please make sure you bring an emergency contact telephone number with you.

NEW TRIP

Something a little different. *Country and Western Legends* on board the Teresa Joanne. This luxury boat is in dry dock (and therefore does not move) not far from the City Airport where you can see the planes taking off.

10th April 2024 - Enjoy a 2 course meal whilst watching, listening, singing and dancing if you wish. Price is £55 including coach and drivers tip. This coach can accommodate 1 wheelchair and has been supplied at no extra cost. Please come to the table if interested. Payment due late February Meeting.

ABBA VOYAGE on Sunday 9th June 2024 is fully booked and there is currently a reserve list.

 **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 Jacquie 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.

Z 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



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

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.

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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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CESHUNT 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	RAY & VANESSA LUCAS	01992 621258
ASS PROG PROD	STEWART WAGSTAFF	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
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258