



# CHESHUNT u3a

Registered Charity No. 1150779

## MEETING THURSDAY 27<sup>th</sup> July 2023

**This month's** meeting will be held on 27<sup>th</sup> July 2023 and the speaker will be **Paul Barwick** on "The Life and Crimes of Agent Zigzag" - the Eddie Chapman Story. Paul is a retired police officer, tour guide and public speaker/presenter.

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**Next month's** speaker will be **James Higgs** on "In the Footsteps of a Wedding Toastmaster". James will relate some of his early experiences and also a behind the scenes insight of some of the leading hotels and venues he has worked at.

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Members of the Cycling Group in Norfolk



## 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.**

**Meeters and Greeters** this month are from the **Model-making Group**



### 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.

### **P** 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'.



### SAFETY NOTICE

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



## **REFRESHMENTS TABLE**

Jean Wardrop, who has managed the refreshment table at our u3a meetings for many years, is now stepping down for personal reasons and new volunteers to help with the running are needed.

The role is not too demanding, and we understand you may not want to commit to attend every month, but without new helpers we may have to stop providing refreshments. This would be a great shame because the chance to chat over a cup of tea or coffee is something we all enjoy. **Please remember the u3a is an organisation run *by* the members *for* the members, so if you can help please approach one of the committee who will explain what is required.**

### **Basic Mobile Phone / PC Session**

Is there anyone out there who knows their iPhone from their Android? Would you be prepared to hold a session with a few members to explain the basics of phone and computer technology? Some of our members would appreciate some help and don't have a 7 year old grandchild to show them what to do. Remember, the u3a is all about sharing experiences and helping each other, so if you can step in then please contact any member of the committee.

### **Alzheimer's Research UK Fundraising Events**

Having held a number of fundraising events I am pleased to report £268.90 has been raised for the cause. Thank you to everyone who contributed towards this sum.

**June Bunton**

## GROUP LEADERS

### PROGRAMME / NEWSLETTER ENTRIES

August's Programme / Newsletter Copy is required by Close Of Play on Tuesday 15<sup>th</sup> August 2023. Please email copy to: [cheshuntu3aprogram@hotmail.com](mailto:cheshuntu3aprogram@hotmail.com)



Splash your **cash**



on our popular **Raffle**

*Prize kindly donated by TESCO.* Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn or they will be redrawn.

### Meeters and Greeters Rota 2023

August - Photography

September - Book Club

### CHESHUNT u3a Website Administration

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 interested, please give me a ring on **07941 551102** or email me at [peterharris1@sky.com](mailto:peterharris1@sky.com).  
Peter Harris (Webmaster)

# Cheshunt u3a Groups 2023

## **NEW MEMBERS' GROUP**

Jan 01992 624868  
Carole 01707 552361

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

## **AFTERNOON TEA & QUIZ**

Mary Hanney 01992 426341

Nothing planned for August.

## **ALMOST LOOSE WOMEN**

Carol Farren 01992 629028  
Ann Powell 01707 889189

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

## **ART APPRECIATION**

Clarice Pillar 0208 804 0900

There are no visits planned for the moment, I shall contact the group and put the information in the program when we start up again. My apologies for the lack of visits this year, but I hope to do better.

## **BADMINTON/TABLE TENNIS**

Stewart Wagstaff 07594 475051

**The group is now on its summer break, we return Monday 4<sup>th</sup> September 2023.**

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

We met on a lovely July morning at Vicky's place (Carol is our usual gracious hostess) We had a good discussion about *A Man Called Ove* - we all agreed that we had enjoyed reading it and reminded ourselves of many snippets that had been enjoyable.

We were less enthusiastic about the other book we read last month - *Where Angels Fear to Tread*. The majority of us did not find

this an enjoyable read, partially because there were so many unhappy outcomes for most of the characters. A lovely lunch rounded off a very pleasant morning.

Next month we shall be discussing *Three Things About Elsie* by Joanna Cannon.

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

Dates for Bolivia **31<sup>st</sup> July, 14<sup>th</sup> and 28<sup>th</sup> August 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 EN80LU, opposite Hillview Gardens.

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

The next British Sign Language Course starts **2:00pm - 3:00pm on Tuesday 9<sup>th</sup> May 2023, for 6 weeks**. Cost is four pounds a session.

This is an ideal opportunity to learn basic finger spelling and hand signs to communicate with those of us who are hard of hearing, profoundly deaf or those of us who are just simply curious. The course is set at an easy pace and provides a bit of fun along the way. It is imperative the first session is attended as this will be the basis for the rest of the course. **Contact Jacqui on 07745 264787.**

**CANASTA/CRIB** Sylvia Lyons 07851 055346

Canasta/Crib dates are **7<sup>th</sup> and 21<sup>st</sup> August at 2:00pm**. Back at St. Clements Church, Cheshunt Wash EN80LU, 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 Hastings trip on the **8<sup>th</sup> August** is full with a short waiting list. I will be selling 2 trips at the July meeting, Ramsgate on the **7<sup>th</sup> September** and Ely on the **17<sup>th</sup> October**. Both will require full payment by the August meeting. Full details at the 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

Our next meal will be a return visit to Mai Thai Restaurant Cheshunt on **Thursday 17<sup>th</sup> August at 7:00pm** please see me to register your interest.

## **CYCLE GROUP**

Stewart Wagstaff 07594 475051

Last month we had our annual cycling holiday, this year based at Gunton Hall in Norfolk. Warners Hotels were excellent in tending to our needs, including putting on additional rifle shooting and Archery sessions. A good time was had by all.

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

On 19<sup>th</sup> July 8 of us met at Cheshunt Station with the intention of going to see the wild flowers in the Tower of London Moat and visiting the Physic Garden.

We made our way to the Tower of London, and the flowers were lovely. We then made our way across the road to Wetherspoons for lunch, after which we took a bus to catch another bus to the Physic Garden.

We waited a while for the second bus to Physic Garden but there had been a delay and nothing to say when it would come along. We abandoned the idea of the Physic Garden as we wouldn't have had enough time there, and decided we would walk along the Embankment.

It was a hot day so we got as far as Somerset House where we went for a cuppa. We then decided to come home. We all agreed we'd had a most enjoyable day, lots of laughs, and we 'explored London' on various buses.

**Tuesday 15<sup>th</sup> August** at **2:00 p.m.** Afternoon tea at Leafy Oak Nursery.

**Wednesday 13<sup>th</sup> September** Guided tour of Drury Lane Theatre  
**October**

Sky Garden – tba

Next Planning Meeting – **Friday 4<sup>th</sup> August 10:15a.m** Cheshunt Free Church

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

Our June trip was to Freemasons' Hall, one of the finest Art Deco buildings in London. The first hall on this site was built in 1775 and the present building was constructed between 1927 and 1933.

We met our excellent guide in the Museum of Freemasonry which contains a vast collection of Masonic artworks, ceremonial objects and regalia. Our guide pointed out the symbolism of many of the objects. ( Incidentally the museum can be visited free of charge on most days.)

She then led us through enormous brass doors to the Grand Temple which is quite magnificent and pointed out the various figures depicted and their symbolism. Although its primary purpose is as a meeting place for Freemasons, it is also hired out for other grand events and has on occasion been used as a film set.

Our forthcoming trips are as follows:-

**Wednesday 9<sup>th</sup> August** - Guided tour of the Royal Gunpowder Mills

We meet on the third Friday of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 18<sup>th</sup> August** at **11:00am**.

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

Our forthcoming trips are:

**Tuesday 15<sup>th</sup> August** – Guided Tour Bruce Castle Museum – a one hour guided tour of the Grade 1 listed building. Cost £7 including tea/coffee on arrival. (Note: this tour requires attendees to stand). Register and pay at our table today.

**Tuesday 26<sup>th</sup> September** – Thames River Cruise – evening cruise including light refreshments. Cost £37, please pay at our table today.

Next planning meeting is **Wednesday 2<sup>nd</sup> August, 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.



The next planning meeting will be on **Wednesday 9<sup>th</sup> August 2023** from **11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In June we travelled to Greenwich, enjoying a visit and guided tour of the Painted Hall in the Old Royal Naval College grounds.

The Painted Hall is a true masterpiece, boasting one of the most spectacular Baroque interiors in Europe. The extraordinary ceiling and wall decorations were conceived and executed by British artist Sir James Thornhill.

The epic painting scheme, known as 'Britain's Sistine Chapel', took nineteen years from the start of the commission to its completion in 1726. Thornhill's scheme earned him a knighthood and payment of £6,685.

The grandeur of Thornhill's composition reflects the importance of the new Royal Hospital's main Hall. Originally intended as a grand dining room for the naval pensioners, it soon became a ceremonial space open to paying visitors and reserved for special functions. Perhaps the most significant of which was the lying-in-state of Lord Nelson in January 1806, drawing large crowds to view the hero's body. The exact spot where the coffin lay is marked by a plaque on the floor.

We had been expecting to visit Greenwich with a Blue Badge Guide. However unfortunately she had to cancel at short notice following a family emergency. The plan was to visit the Queen House in the afternoon, so after lunch we crossed the road into Greenwich Park. After enjoying a stroll around an interesting open-air temporary globe art exhibition, we headed for the Queens House. The architect Inigo Jones was Commissioned to design the building in 1616 by King James I's wife, Anne of Denmark – supposedly a gift from the king to apologise for swearing in front of her after she had accidentally killed one of his favourite dogs during a hunt. However, Anne of Denmark never lived to see the house completed, dying in 1619 with only the first floor completed. It was not until 1629, when James's son Charles I gave Greenwich to his wife Henrietta Maria, that work on it resumed and it was completed in 1636.

The house is now primarily used to display the museum's substantial collection of marine paintings and portraits of the seventeenth to twentieth centuries, and for other public and private events. It's connection with great artists goes back to 1673 when two Dutch maritime painters, the Van De Veldes were given studio space by Charles II. We were just in time to join a tour of a special exhibition about these painters.

The Queen's House is famous today for its extraordinary art collection including works by  
were given studio space by Charles II.

Future events:

**Friday 18<sup>th</sup> August** – Thames Day out taking in the O2, Thames Clipper & the Thames Cable Car.

**Wednesday 20<sup>th</sup> September** – Coach trip to Eltham Palace with an English Heritage guided tour of the Palace. Now a joint trip with EL2. Other Cheshunt u3a members welcome to join this trip as well – but hurry as final places being determined. Payment required on booking.

**Wednesday 4<sup>th</sup> October** – Visit by high-speed train to Canterbury. Highlight tour with Steve. Then choose to visit the famous cathedral, the ancient Roman discoveries and museum, or a River Stour guided boat trip.

## **EXPLORING LONDON 5**

**John Durrant 07515 971162**

On a sunny early June morning we met at Cheshunt station for the easy rail journey to Kings Cross, with a short walk to the Canal Museum in Gatti's Ice House. A brief introductory talk outlined the history of the museum, its original use as an ice store, and the role of the wharf in Battlebridge basin just off the Regents Canal.

The canals made the industrial revolution possible, providing transport for raw materials and fuel such as coal, and transporting finished goods made in the new factories. Today many have survived, and we enjoyed a short canal trip through the Islington tunnel and back, admiring the restored industrial architecture which today form up market housing backing the canal.

The two commercial icewells in the floor of the museum reflect the building's role in storing imported Norwegian ice for use by London hotels, fishmongers, dairies, hospitals and the well to do who could afford to keep their milk cool. Built in 1850s and 1860s for Carlo Gatti, the ice arrived from the docks by horse drawn barge. Indeed horses were stabled in the upper floor of the museum, as the ice was delivered by horse drawn carts. Horses provided the power for all Canal barges at the time, and stabling was found along all London towpaths.

The talk covered how locks work, allowing barges to climb and descend hills, whilst conserving water.

Industrialisation on the river Lea formed an interesting section of the museum display, outlining the importance of the canalising to form the Lea navigation.

The history of the Gunpowder Mills and the explosion of a

barge carrying Gunpowder on the canal in Regents Park in 1874 were colourfully explained.

The highlight of the morning was the leisurely trip aboard the narrow boat Long Tom, where coffee and biscuits were served and a brief account of the industries which used to line the canal.

We moved on in traditional style to a local Wetherspoons, after which some explored different local attractions, including Coal Drop yard, Granary Square and the Crick Institute.

Future visits:

**Wednesday 16<sup>th</sup> August** - Ely

**Monday 25<sup>th</sup> September** - Blue Badge Guided Walk 'Legal London'

Next Planning Meeting on **Tuesday 8<sup>th</sup> August 2023** 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 **21<sup>st</sup> August 2023 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.

### **GARDEN VISITS**

Pat Dixon 01992 766832

Future visits:

**RHS Hyde Hall Flower Show** on **Thursday 3<sup>rd</sup> August**. Departs Cheshunt Old Pond at **9:00am**. If you are a RHS member do remember your RHS card.

**Bressingham Gardens** on **Wednesday 18th August**. Cost £34. Departs Cheshunt Old Pond at 8.30am. There are still places available.

Please see me at my table to collect a booking form and/or make payment.

### **HOLIDAY with Cheshunt u3a**

Mary Hanney 01992 426341

**Gunton Hall Monday 7<sup>th</sup> August - Friday 11<sup>th</sup> August 2023** currently fully booked.

Itinerary now available, please see me for your copy and to confirm your pick up point, also to confirm your ICE details.

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

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

**MODEL-MAKING Jack Snary 01992 638046**

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

**Wednesday 2<sup>nd</sup> August:** Down in the Water!

**Wednesday 6<sup>th</sup> September:** Landscapes.

**MORNING WALKS Rob Scott 01992 445288**

Our next walk will be on **Tuesday 1<sup>st</sup> August** starting at **10:00am** from the Hertfordshire Country Club, Broxbournebury Mansion, White Stubbs Lane, Broxbourne. EN10 7PY.

It will be a 5.5 mile circular walk, lead by Frank, so we won't get lost and we know that the distance is no more than 5.5 miles! There is ample parking and the Country Club would like us to pre-order our lunch from their excellent menu before we start our walk - they are open from 6am.

From Cheshunt on the A1170, turn left into Bell Lane just after Broxbourne School, - it becomes White Stubbs Lane just after crossing over the A10 by-pass and the Hertfordshire is next on the right.

Broxbournebury originated as a mediaeval manor owned by the Knights Hospitallers of the Order of St John and after the dissolution of the monasteries, Henry VIII granted the estate to John Cokke. It passed to his son Sir Henry Cokke in 1557 and it was about this time when the house was built. Sir Henry served as High Sheriff and Deputy Lieutenant of Hertfordshire and held an important role in Queen Elizabeth's royal household - continuing into the reign of James I, who was entertained here as he made his way from Scotland to London.

It eventually passed through the Monson and Bosanquet families (the latter making substantial alterations to the mansion) to eventually become a school and residential child care home in the 20th century.

We had a very good turnout of 31 walkers for the July walk from Hunsdon and most stayed for lunch at the Crown. The weather was perfect for walking and there was no mud.

My mobile is **075944 27190** if anyone has any problems getting to the start.

**MUSICIANS UNITED** Peter Harris 01992 42929

We are back meeting weekly on **Mondays at 10:00am**. To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar rhythm guitar, and percussion. Playing mainly Jazz. Please come along. The standard varies greatly.

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

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

Yes, it is back!! Current dates **4<sup>th</sup> and 18<sup>th</sup> August at 2:00pm**. Bring along a CD of YOUR choice.

Anything goes, pop, classical, jazz even Heavy Metal.

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

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

Nothing planned for August.

**PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

We met at Tesco Community Centre on 12<sup>th</sup> July and we reviewed our images from holidays and past outings. This time we used a large TV screen to project the images and this was 100% better than using laptops or projector screens. Many thanks to Stewart Walter for bringing this in.

We are going to Capel Manor on 19<sup>th</sup> July for a photographic outing. Due to holidays, there is **no meeting in August** so our next meeting will be on **Wednesday 13<sup>th</sup> September** at Tesco Community Centre at **2:00pm**. Refreshments are provided courtesy of Tesco.

**RUMMIKUB** Peter Harris 01992 429297

Current dates **4<sup>th</sup> and 18<sup>th</sup> August at 10:15am**. We are back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

## **SAILING**

Teresa Leavy 01438 223860

We sail **every Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently full, but give Teresa a call so she can update you on the latest situation.

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

## **SEW KNIT PATCH & CHAT**

Chris Hewkin 01992 625709

We have welcomed some new members, but would still like a few more. We meet at St. Clements Church Hall every **first and third Thursday 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) .Members are always ready to help others with a tricky bit of a pattern or a new skill. The meetings next month will be on **3<sup>rd</sup> and 17<sup>th</sup> of August**.

## **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

11 Brave souls walked from Cheshunt Pindar Car Park to Broxbourne (2.9 miles) in the pouring rain on our July Walk and were happy to get a hot coffee at the riverside cafe.

Our next walk will be on **Friday 18<sup>th</sup> August 10:15am for 10:30am**, one week later than usual due to my holidays, We will meet at Huntingdon Close, Wormley (Free to Park) opposite Wormley Free Church.

If coming by the 310 bus, get off at the stop just after Hertford Regional College and walk a further 300 yards towards Broxbourne, Huntingdon Close (Postcode EN10 6DR). The walk will be around 2.5 miles and we will stop at the Golf Centre for coffee / toilets and return to Huntingdon Close.

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 until 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 this includes a cup of

tea with biscuits.

We have become quite popular and are now over 50 members so unfortunately we are unable to take any more new members at the present time. The group is closed in August and will resume on the 4th of September.

## **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

On the 15th June, 46 members went to see Grease. This was a lively and colourful show with lots of lovely dancing routines.

### **THE KING AND I - 8<sup>th</sup> February 2024**

Payment for this show is now well overdue - please pay at this month's meeting, £49.

Anyone who does not pay this month or doesn't make contact, I will be offering their seats to those on the reserve list.

**LION KING- 6<sup>th</sup> September 2023.** This show is fully booked and there is a reserve list. £50.

### **AIN'T TOO PROUD - 9<sup>th</sup> November 2023**

Payment is now due for this show - please see us at our table, £54. This show is also fully subscribed and there is a reserve list.

### **HUNTERS MEET - 20<sup>th</sup> December 2023**

Payment for this is also now due this month or latest next month, £44. This outing is also fully booked.

### **ABBA VOYAGE - 9<sup>th</sup> June 2024**

In order to get a group price for this very popular show we have had to book next June. It is Sunday 9<sup>th</sup> at 1:00pm and is for seated tickets. Price £64 including coach and driver's tip.

There are currently a few places left. Despite the fact this is next year the theatre still has to be paid within a month of the booking so please try to pay when you book. Thankyou.

Please make sure you have an emergency contact number with you when travelling to the theatre, hopefully this will not be needed.

Please be on time as the coach can only wait 10 minutes. Once tickets have been bought, money can only be refunded if we are able to re-sell the tickets.

## **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 **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

## **ZUMBA GOLD**

Trudi Marrion 07702 26290

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

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

## **GROUP SHARING**

*If interested please use contact details:-*

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

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## COMMUNITY NEWS

*The groups listed below are independent and not operated under the u3a banner.*

**Whit Hern Bowls Club,**  
**Whit Hern Park, Cheshunt, EN8 9XB**  
**(Opposite St Mary's Church, Cheshunt)**

Come and try bowls. Every Wednesday from 5pm, meet new friends whilst learning bowls. All welcome, no experience needed, just bring flat soled shoes to play in.

**Contact: 07903 022054**

### **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 11:00am to 11:45am.** Cost £3.00.

Please note no class. **Tuesday 18<sup>th</sup> July. and Tuesday 29<sup>th</sup> August.**

I know these dates are a little early, but it does give people plenty of notice. Everything else stays the same.

I am off on holiday from Monday 15<sup>th</sup> May for one week.

### **CHESHUNT LIBRARY**

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

## **FITNESS PILATES**

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

Standing and Seated class. No floor work. Slow controlled movements for mobility and strengthening all areas of the body. Improves balance and coordination and promotes well-being. To book your space or to find out more information, please contact Sandra Batho on 07739 884617

## **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.

## **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**

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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](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
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 DUGDALE	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	JACQUI FRY	07745 264787
COMMITTEE MEMBER	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	ANDY SMITH	07930 356976
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258