



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 22nd June 2023

This month's speaker will be **Howard Slater** on "Glen Miller" - the life story of a celebrated popular musician, together with the mystery of how and when he died. A musical interlude of some of his most famous music will be included.

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Next month's meeting will be held on 27th 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.



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 **Badminton/Table Tennis Group**

***** IMPORTANT *****

PLEASE READ THE FOLLOWING REGARDING

U3A MEMBERSHIP RENEWAL

The membership year starts in April each year.

Our annual membership fee remains unaltered at **£12.00 per person or £8.50** if you pay your main membership to another u3a. We will need your membership number for the relevant u3a if choosing the latter amount. **Payment by standing order is preferred, or card payment will be accepted when your Renewal Form* is completed.**

*If you wish to continue to receive a copy of the **THIRD AGE MATTERS** magazine there is an additional charge of **£3.50** per year to cover postage costs. The membership fees will then be **£15.50 and £12.00 respectively.***

*** Membership Application forms / Standing Order forms** are available at the main meetings or alternatively may be found on www.u3asites.org.uk/cheshunt 'Welcome' page then click on '**RENEWAL FORM FOR 2023-24**'. Please return the form on one of the above dates or scan and email to the membership secretary on [**Cheshuntu3amembership@gmail.com**](mailto:Cheshuntu3amembership@gmail.com).

The new membership cards have a light blue strip. Anyone with an old membership card will now be considered a non-member.

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 **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

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.**



SAFETY NOTICE

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

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

July's Programme / Newsletter Copy is required by Close Of Play on Tuesday 18th July 2023. Please email copy to: *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

July - Model Making

August - Photography

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.
Peter Harris (Webmaster)

Alzheimer's Research UK Fundraising Table

I am pleased to say £90.90 was raised at the May U3A meeting from sales and donations.

I love my craft and would like to thank everyone who supported me for this very good cause. I enjoyed meeting and laughing with all the people who came to my table.

June Bunton

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

Our next quiz is **Tuesday 18th July at 2:00pm**, at Halsey Masonic Hall, Cheshunt. Cost £1.50. Tea/Coffee £1.50 paid to the Masonic Hall.

ALMOST LOOSE WOMEN

Carol Farren 01992 629028
Ann Powell 01707 889189

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

ART APPRECIATION

Clarice Pillar 0208 804 0900

Last week a small group of us headed out to the Guildhall Art Gallery. The gallery is in a beautiful position in London and is a true delight. It is small enough to not be overwhelming, with more than enough to interest. The gallery also houses the Roman Amphitheatre, which gives a flavour of the history of the area. We finished up with a good lunch and a good day was had by all.

This month we are off to Greenwich to the Queen's house.

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

No meeting this month.

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

Dates for Bolivia **3rd , 17th and 31st July 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 9th 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 **10th and 24th July 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

A lovely day was had by all at Sandringham on Friday 9th June and the weather was glorious too. The next trip is on **Tuesday 8th August** to Hastings. Payment is due by the June meeting. There are still a few seats available.

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 curry night will be **Thursday 22nd June at 7:00pm** at Raj Vogue, Cheshunt. Please see me to register your interest.

CYCLE GROUP

Stewart Wagstaff 07594 475051

While you are reading this the Tour de Norfolk and Suffolk cycling holiday is taking place! We have 30 riders from the group on the trip. This is the 12th year of cycling holidays for our group. This year we are based at Warner Leisure, Gunton Hall and riding out every day exploring the local coastline and countryside.

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

EXERCISE GROUP KEEPING FIT

Mary Hanney 01992 426341

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

EXPLORING LONDON 1

Eileen Funnell 01992 422475

Unfortunately, we cannot get booked for Drury Lane tour in July, so we will arrange something else.

August - Afternoon tea at Leafy Oak. Date to be advised.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

Nothing to report this month as our June trip will not take place until the end of the month.

Our forthcoming trips are as follows:-

Thursday 29th June - Visit to Freemasons' Hall (please note change of date).

Wednesday 19th July - Guided walk around Central Hackney.

Wednesday 9th 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 21st July at 11:00 am.**

EXPLORING LONDON 3

Steve Gollop 01992 629209

The group's June trip was a visit to the Museum of the Home in Hoxton. Situated in the almshouses funded by Sir Robert Geffrye, who has now fallen out of favor because of his links to the slave trade. However, the building he funded is now a museum showing room settings dating from 1630 to modern times including the different cultures who have lived in the area. Also, interesting to find items we all recognize are now museum pieces.

It was a beautiful sunny day and we also enjoyed a walk through the mature gardens.

Our forthcoming trips are:

Thursday 20th July – Lunch at Three Lakes. £5 deposit and menu choices required. Please see us at our table today.

Next planning meeting is **Wednesday 5th July, 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.

EXPLORING LONDON 4

Steve Sell 01992 443012

The next planning meeting will be on Wednesday **12th July 2023** from **11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In May we met our guide Claire Ross outside Covent Garden Underground station for an interesting, guided walk around the area. As ever with these walks we were introduced to hidden areas and surprising stories around every familiar corner of London. First off we discovered the Bridge of Aspiration connecting the Royal Ballet School and the Royal Opera House. It was designed by Jim Eyre of Wilkinson Eyre and is meant to evoke the spirit of ballet dancers as one walks through it.

Our guide explained the history of Covent Garden itself from early Anglo-Saxon trading in the 7th Century, to the granting of the area to John Russell, 1st Earl of Bedford in 1552, leading to the operation as a small open-air fruit and vegetable market in the 17th Century. Gradually, both the market and the surrounding area fell into disrepute, as taverns, theatres, coffee-houses, and brothels opened. By the 18th century it had become notorious for its abundance of brothels. An Act of Parliament was drawn up to control the area, and Charles Fowler's neo-classical building was erected in 1830 to cover and help organise the market. The market grew and further buildings were added: the Floral Hall, Charter Market, and in 1904 the Jubilee Market.

By the end of the 1960s traffic congestion was causing problems, and in 1974 the market relocated to the New Covent

Garden Market about three miles (5 km) south-west at Nine Elms. The central building re-opened as a shopping centre in 1980 and is now a tourist location containing cafes, pubs, small shops, and a craft market called the Apple Market, along with another market held in the Jubilee Hall.

We then visited St. Pauls Church. As well as being the parish church of Covent Garden, the church has gained the nickname of "the actors' church" by a long association with the theatre community. Memorials in the church are dedicated to many famous entertainment personalities of the 20th century, including Sir Charlie Chaplin, Sir Noël Coward, Dame Gracie Fields, Stanley Holloway, Boris Karloff, Vivien Leigh, Ivor Novello, Richard Greene, Diana Rigg, and Richard Beckinsale.

The tour finished at St. Martin's in the Fields. We were taken to a life-sized marble statue of Henry Croft, London's first pearly king, which was moved to the crypt in 2002 from its original site at St Pancras Cemetery. A handy café was then available in the crypt for a well-earned lunch.

Future events:

Wednesday 5th July – Visit to Armourers' Hall with a Livery Companies talk and guided visit around the Armourers and Brasiers Hall. Cheshunt u3a members from other groups are welcome to join as on this visit; please call at the Explore London 4 table or contact Steve Sell.

Friday 18th August – Thames Day out taking in the O2, Thames Clipper & the Thames Cable Car

Wednesday 20th September – Coach trip to Eltham Palace with an English Heritage guided tour of the Palace. Non EL4 members welcome to join this trip as well.

EXPLORING LONDON 5

John Durrant 07515 971162

Exploring London 5 visit to Kensington Palace.

Kensington Palace was once a small suburban villa, known as Nottingham House. New monarchs William III and Mary II chose this modest mansion in 1689 to be their country retreat. Over the years, Stuart and Georgian monarchs transformed the palace into a fashionable home for Britain's young royal families. Queen Caroline shaped the palace and gardens, and Queen Victoria spent her childhood here.

Who would have thought that parallels could be drawn between dressing for the Royal Georgian Court in the 18th Century and dressing for red carpet events today? Well, we learnt that there are

many similarities: making political and social comments, dressing to be noticed in outrageous costumes, dressing to impress and not least dressing up for an occasion.

For court wear in the early 18th century, women wore the open-fronted mantua, with a train and matching petticoat. To give the figure the required shape, stays (an 18th century precursor to the corset) and hooped petticoat, or panniers, were worn underneath. Designed to reflect the wearer's status, mantuas were typically decorated with opulent embroidery incorporating gold or silver thread or gilt lace. The skirts were up to 3 metres wide and walking and dancing in them took much practice. Georgian men, by contrast, wore relatively traditional outfits. A Georgian man's suit consisted of the same three basic pieces as today: waistcoat, jacket, and breeches. Rarely were the three pieces not matching in colour and style. Vivid, bold colours were normal, but whether colourful or a subdued brown or cream, jackets and waistcoats were highly embellished and fancy. Breeches with white stockings were the standard leg covering, which matched the jacket and waistcoat. Suits were made to be a single ensemble, and not to mix and match. Men's shoes had heels, low heels, but heels just the same. Big buckles and other decor were common, and the shoes were often as brightly coloured as the suit.

Set amongst the Georgian finery were contemporary red carpet outfits. The custom Moschino chandelier-inspired outfit designed for Katy Perry and worn at the 2019 Met Gala consisted of a small chandelier perched on her head and a larger chandelier surrounding her body. Sitting down became out of the question! Other key iconic looks from recent years include Billy Porter's "Sun God" for the 2019 Met Gala, and Kendall Jenner's shimmering Hepburn-inspired Givenchy dress worn to the 2021 event. Outrageous, eye opening and often jaw dropping the exhibition included men in dresses and women in suits. Make of it what you will.

In addition there is an exhibition upstairs, called "Victoria: A Royal Childhood" which displays the rooms in Kensington Palace as they were when Victoria grew up there.

The Jewel Room displays an incredible suite of jewellery, including specially commissioned gems for Queen Victoria and magnificent examples of red carpet accessories as part of the Crown to Couture exhibition. The Jewel Room also displays commissioned gems for Queen Victoria by her beloved husband Albert.

Sadly, rain and limited time prevented an exploration of the gardens, so we retired to a Wetherspoons for refreshment before

battling with a reduced train service, due to a rail strike, for a return to Cheshunt.

Future visits:

Tuesday 25th July - National Army Museum and Chelsea Physic Garden (Full)

Wednesday 16th August - Ely

Next Planning Meeting on **Tuesday 11th July 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 **17th July 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

We visited RHS Wisley Gardens on Tuesday 6th June. The day started off as rather cloudy but as we had a tour of the garden given by the garden volunteers it proved to be the ideal temperature. In the afternoon the sun came out to play and we were able to appreciate Wisley in all of its 250 acres of glory.

Future Visits:

RHS Hyde Hall Flower Show on Thursday 3rd August. Cost for non RHS £28. For RHS members the cost is £17. Payment required by 12th July. **Departs Cheshunt Old Pond at 9:00am.**

Bressingham Gardens on Wednesday 16th August. Cost £34. **Departs Cheshunt Old Pond at 8:30am.** This proved such a popular visit last year I have decided to repeat it.

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 7th August - Friday 11th August 2023 currently fully booked.

Further details regarding excursions will be available at later meetings.

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 5th July: Up in the Air!

Wednesday 2nd August: Down in the Water!

Wednesday 6th September: Landscapes.

MORNING WALKS Rob Scott 01992 445288

I hope everyone is keeping well hydrated in this awfully hot weather - but, sods law, it'll change for our next walk, which will be on **Tuesday 4th July from The Crown, 8 High Street, Hunsdon, Ware. SG12 8NZ.**

It will be a circular 5 mile walk and will be new to us, although some of the footpaths might be familiar. We will head west towards Thistly Wood and the river Ash and then pass Mardocks Farm and Young Wood, to return on the Harcamlow Way. The pub have agreed to open at 9.30am so that we can pre-order our lunches.

To get to the start from Cheshunt, head north on the A10 to the Amwell roundabout and take the A414 towards Harlow. Just after the first camera for the 50mph speed restriction, turn left towards Hunsdon - the pub is on the immediate right in the village. Any problems call 075944 27190.

I understand there were a grand number of 25 walkers in June with 24 staying for lunch - excellent!

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 **7th and 21st July 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

Our next meal on **Tuesday 11th July** is at Nonnas Kitchen, Hoddesdon. **Time 1:00pm**. Two courses £13.50. Please see me for menu choices. Please note a £5 deposit is required when booking.

PHOTOGRAPHY GROUP Rodney Dixon 01992 766832

The group visited Myddleton House Gardens on 1st June on a lovely warm afternoon. We took plenty of photographs, exchanged views, enjoyed tea and cakes in the café and generally had an enjoyable time.

We will be reviewing the results at our next meeting at our usual venue at the **Tesco Community Room, Brookfield Centre at 2:00pm**. Refreshments are provided courtesy of Tesco. The July meeting will take place on **Wednesday 12th July**.

RUMMIKUB Peter Harris 01992 429297

Current dates **7th and 21st July 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.

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

We have been pleased to welcome one or two new members, but have space for more. We meet at St. Clements Church Hall on **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 **July 6th and 20th**.

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

Once again the rail unions prevented us from doing the proposed Hertford to Ware walk. So after meeting at Cheshunt station we walked in the Lee valley on a circular walk and finished up at the YHA cafe.

Next walk will be on **Friday 14th July at 10:15 for 10:30am** from Pindar Car park (over level crossing at Cheshunt Station) to Broxbourne along the Lee Navigation - 3 miles. Toilets and Cafe at Broxbourne. Back to Cheshunt by train or Bus.

Gill 01992 463134

SINGING FOR FUN

Janet & Barry 01992 425675

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

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

SPANISH

Christine Dawson 01992 620888

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

THEATRE GROUP

Jackie Yeardye 07939 149997

By the time we have our June Meeting 46 of us will have been to see Grease, hopefully it will be an enjoyable afternoon.

The Lion King

This show is now fully booked and there is a reserve list.

Hunters Meet

This list is nearly full we are taking names and payment is due by July or latest August Meeting.

The King & I

Payment is now due for this show please come to my table at the meeting.

I am hoping to have a new show available for the Autumn - details will be at my table at the meeting

Once again, a reminder that refunds can only be made if we are able to re-sell the tickets.

Please bring an emergency contact number with you, when travelling to the theatre.

Please be on time as the coach can only wait for a maximum of 10 minutes.

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

Beginners' Spanish
Discussion
Embroidery
Gardening 1
Reading For Pleasure
Shakespeare Group
Tai Chi

If interested please use contact details:-

Tony Frankland	07515 368170
Ann Sims	01992 465629
Margaret Cramphorn	01992 441327
Geraldine Stone	01992 442609
Rose White	01992 621436
Lee Rayner	07426 447812
Ann Glover	01992 466808

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One of the fifth Wednesday long ride cycling groups beside the Thames

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 18th July. and Tuesday 29th 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 15th 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 8pm 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

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 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

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VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
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SPEAKER SECRETARY	SUE ALLUM	01992 307019
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WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
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