



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 25th May 2023

Today's speaker will be **Bobbie Darbyshire** 'From where do novelists get their ideas'.

An author who won the 2008 fiction prize at the National Academy of Writing and the New Delta Review Creative Non-fiction prize in 2010.

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Next month's meeting will be held on **22nd June 2023**. The 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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U3A MEMBERSHIP CARDS



When attending the monthly meetings, please bring your membership card to book in at the registration desk.

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 **Singing for Fun Group**.

***** IMPORTANT *****

PLEASE READ THE FOLLOWING REGARDING

ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2023

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

Thursday 25th May 1:30pm - 2:30pm Main U3A Meeting

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

Payment by standing order is preferred 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.

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

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

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

* **Membership Application forms / 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.

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.

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 **2:30pm** during the main monthly meeting.

⚠ SAFETY NOTICE

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

The Really Useful Group (RUG)

Urgently needs volunteers - can you help!

Please see Jean Wardrop for more details.

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

June's Programme / Newsletter Copy is required by Close Of Play on Tuesday 13th June 2023. 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.

Meeters and Greeters Rota 2023

June - Badminton/Table Tennis

July - Model Making

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)

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 finding what our u3a can offer you, we will be happy to help you – over a cup of tea or coffee – at **10:30am on Tuesday 30th May** in the **Café** in the Laura Trott Centre.

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Thank you to all the members who attended the May Quiz. Our numbers were a little down due to the date clashing with other U3A events. Well done to the team with no name who came first. (You know who you are).

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 Amphitheater, 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 Queens 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

We met this month to discuss "My Sister's Keeper" by Jodi Picoult. A couple of us chose not to read the book as it was clearly going to contain emotional triggers linked to their personal lives.

Those of us who did read it agreed that this is a skilful writer who frequently addresses medical / legal issues in very good, often complex storylines. This book was a great example. Whilst being an uncomfortable and often distressing read, the viewpoints of each of the main characters made it a fascinating and thought provoking book which generated a lively discussion. We all found ourselves asking "what would I have done in the same situation?"

Next month we shall be meeting to discuss "Where Angels Fear to Tread" by E. M. Forster and "A Man Called Ove" by Fredrik Backman.

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

Dates for Bolivia are **5th and 19th June 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.**

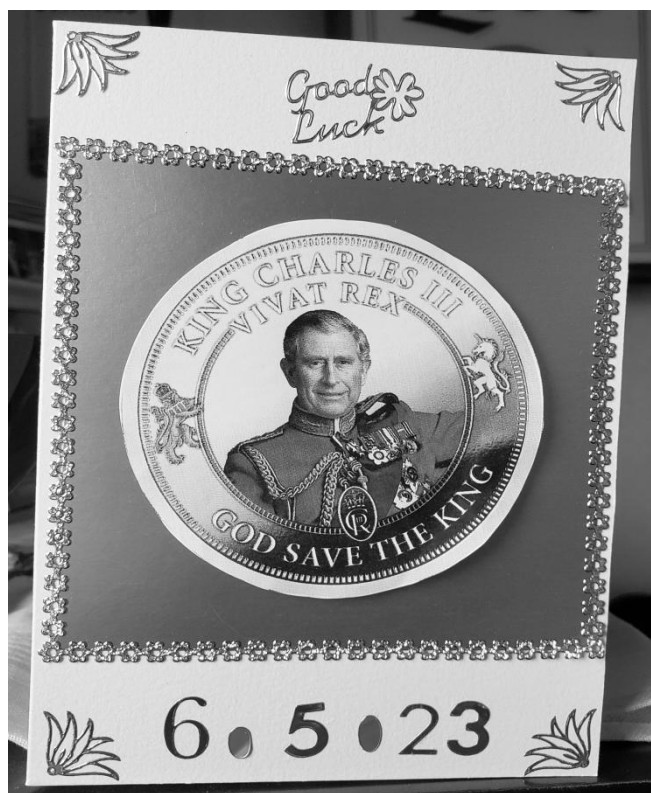
CANASTA/CRIB Sylvia Lyons 07851 055346

Canasta/Crib dates are **12th and 26th June 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.



Our project for the coronation.

COACH TRIPS

Heather Douglas 07984 791184

The next trip is on **Friday 9th June** to 'Sandringham in Bloom', cost £43.00. Payment is due at the **May** meeting. There are vacancies for this trip.

A new trip has been arranged to visit **Hastings** on **Tuesday 8th August**.

For details of both trips please visit Heather at her table.

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 evening visit to the Mai Thai Restaurant in Cheshunt was most successful, and we will definitely be making a return visit.

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

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

19 members of the Group met at Cheshunt station for a trip to the Royal Naval College, Greenwich. The weather was fine and we met our guide, Bob at the Visitor Centre. After a quick coffee we started the tour. Bob gave us an outline of the history of the College. He explained how Queen Mary II, wife of King William III, built the hospital for Navy Pensioners. It is now used by the London Group University. We visited the Church where Nelson's body laid in state. We visited several buildings where we saw beautiful paintings on the walls and ceilings. The tour lasted just under 2 hours, after which several went to Cafe Rouge. A most enjoyable day.

June - Tour of Salmon Factory postponed . Hopefully we will get a trip to the Physic Garden in June.

July - Tour of Drury Lane Theatre – date tba.

Next Planning Meeting - **Friday 2nd June, 10:15am**. Cheshunt Free Church.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

In April we visited Bruce Castle Museum in Tottenham. Helen and Linda from our group, who kindly organised the trip, had arranged for the curator to lead us on a guided tour of the 16th century building.

After a welcome tea or coffee and biscuits, the curator led us outside to look at the exterior of Bruce Castle. Although it started out as a Tudor building there have been many additions over the centuries including a parapet in front of the Tudor gables on the second floor giving it a fashionable Georgian look. We were also

taken into the Tudor Tower located a few yards from the house.

Although the original purpose of the Round Tower is unknown the current belief is that it may have been used for falconry as a "hawks mews" (a place to rear young birds for hunting). Nowadays it can be hired as a wedding venue.

Our May outing was a delightful walk in beautiful sunshine led by Mick from our group. We took the number 8 bus from Liverpool Street to Victoria Park. On alighting we crossed the Hertford Union Canal and joined the Regent's Canal and walked along the towpath to Limehouse taking a slight detour through Mile End Park.

We stopped off to visit the church of St Dunstan and All Saints, Stepney. The church has a long, traditional link with the sea and many sailors were buried here. Also, anyone born at sea was required to be registered at St Dunstan's. Nearby we were interested to spot some alms houses built by the Mercers' Company, as we have recently visited Mercers' Hall. We had lunch sitting outside at the Yurt Cafe and who should wander through but Justin Welby, Archbishop of Canterbury, just a few days before the Coronation.

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 16th June at 11:00am.**

EXPLORING LONDON 3

Steve Gollop 01992 629209

In April we arranged a coach trip to Brighton to provide an opportunity for some of our members to visit the Royal Pavilion. The good weather on the day gave everyone the chance to enjoy all the pleasures of being at the seaside when the sun shines.

For our May outing we arranged a Blue Badge guided tour of Spitalfields. We were shown the narrow streets where refugees including French Huguenots who had skills in the silk industry, Irish weavers and Jewish tailors settled. In the streets around that area there are 21 bronze elephant installations to raise awareness of poaching and habitat destruction.

Our forthcoming trips are:

Tuesday 13th June – Museum of the Home. This trip is now full. £5 per attendee required, if not already paid please see us at our table today.

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 7th June, 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 14th June 2023** from **11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In April we visited Chelsea's National Army Museum. It's remit for the overall history of British land forces contrasts with those of other military museums in the United Kingdom concentrating on the history of individual corps and regiments of the British Army.

After lunch in the museum we walked further down the street to the Chelsea Physic Garden. This very interesting botanical garden was established as the Apothecaries' Garden in London in 1673 by the Worshipful Society of Apothecaries, to grow plants to be used as medicines. We were taken on a comprehensive tour of the garden by a very knowledgeable garden volunteer.

Future events:

Thursday 8th June – Greenwich guided tour including riverside Greenwich, old Royal Naval College, Painted Hall, the ORNC Chapel, the Queen's House, St. Alfege's Church, and Greenwich Park.

Wednesday 5th July – Visit to Armourers' Hall with a Livery Companies talk and guided visit around the Armourers and Brasiers Hall.

EXPLORING LONDON 5

John Durrant 07515 971162

Exploring London 5 visit to The Museum of the Home, April 2023.

The Museum of the Home has is situated in 300 year old almshouses in Hoxton. The almshouses were built in 1714 and funded by Sir Robert Geffrye. They provided homes for the poor pensioners of the Ironmongers company. Twice master of this Company and a previous Mayor of London, Robert Geffrye left money to set up Almshouses in Hoxton for 50 pensioners in 1714. He is immortalised in the centre of the Almshouse, still there today, despite public pressure to remove the statue because of his links to the transatlantic slave trade.

By the dawn of the 20th Century Hoxton was overcrowded and largely full of unsavoury slum dwellings. The Ironmonger's Company sold their Kingsland Road property to relocate to a nicer, airy part of

London and the almshouses were bought by the London County Council in 1911. The LCC saw that they could give new purpose to the almshouses by turning it into a museum.

In April 1914 the Geffrye Museum opened to the public as a museum of woodwork. In the mid-1930s a chronological run of living room displays was created, for learning about the history of domestic life and everyday things. Over the years the Museum evolved, presenting paintings, furniture and decorated arts in the context of living rooms.

An extra wing was added in 1998 and period gardens were developed. The gardens echo changes in society and the wider world and show the fashions and innovations of the time. One of the 14 almshouses was restored to show the living conditions of former residents in the 1780s and 1880s. It was renamed The Geffrye Museum of the Home in 2011.

The Museum closed in 2018 for an extensive rebuilding, and reopened with new galleries and learning spaces. We thoroughly enjoyed our visit to Hoxton and, in our time honoured way, moved on to a Wetherspoons in Old Street.

Future visits:

Thursday 8th June - Canal Museum - Full (Waiting List available)

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

Next Planning Meeting on **Tuesday 13th June 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 **Monday 19th June 2023 from 2:00-4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/bisuits 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

RHS WISLEY GARDENS on **Tuesday 6th June**. Leaving Cheshunt Old Pond at **9:15am**. Some seats still available £36; RHS members £22. Please remember to bring your RHS membership card with you on 6th June. Please see me at my table for details of other garden visits.

HOLIDAY with Cheshunt u3a Mary Hanney 01992 426341

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

Balance of payment £368 per person due at the April meeting. Please be advised insurance is advisable but not compulsory.

Further details regarding excursions will be able at later meetings.

LINE DANCING (Broxbourneu3a) Lesley Casson 01992 445938

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

MODEL-MAKING Jack Snary 01992 638046

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

Wednesday 7th June: All the fun of the Fair

Wednesday 5th July: Up in the Air!

Wednesday 2nd August: Down in the Water!

MORNING WALKS Rob Scott 01992 445288

Our next walk will be on **Tuesday 6th June**, starting at **10:00am** from The Bull, Bull Lane, Cottered, Buntingford. SG9 9QP. It will be a 5.5 mile circular walk and although there will be no bluebells, we will see the beautiful Cromer windmill.

The pub will open for us at 9:30am so we can pre-order our lunch. A lot of us have been here before, for our Christmas meal, so hopefully in June there will be no mud!

As the pub car park isn't large, please park in the village hall car park (almost opposite) if you are not staying for lunch.

To get to the start from Cheshunt, head north on the A10 until just before Buntingford where you take the left turn to bypass the town. At the next roundabout, turn left on to the A507 - signed Baldock and stay on this road for 3 miles. The pub is in the centre of the village on the right. Call me on **075944 27190** if you have problems getting to the pub.

Although the weather wasn't as sunny as it could have been for the May walk, we again had 33 walkers out and were blessed with

masses of bluebells in Comb's Wood - real 'balm to the soul' for our coffee stop.

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 and 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 **26th May and 9th and 23rd June 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

We enjoyed a very pleasant meal at Nonnas in Hoddesdon on Tuesday 9th May.

Our next meal is a return visit to Layla at the Old Pond, Cheshunt, on **Tuesday 13th June at 1:00pm**. Please see me for menu choices. £5.00 deposit required at time of booking.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The group met on Wednesday 10th May to view the results of our still life photography session from our last meeting. Some very good images were displayed and followed by constructive criticism. We also enjoyed viewing some holiday photographs by our members.

The next photography outing will be to Myddleton House Gardens on **Thursday 1st June** meeting at the entrance at **2:00pm**. Car parking is available. Our next group meeting will be on **Wednesday 14th June at 2:00pm** at Tesco Community Centre when we will review results of our trip to Myddleton House.

RUMMIKUB

Peter Harris 01992 429297

Current dates **26th May and 9th and 23rd June at 10:15am**.

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

SAILING

Teresa Leavy 01438 223860

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

dandc@hewkin.com

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 625709

We Need New Members To Be Viable!!! We meet at St. Clements Church Hall on the **first and third Thursday of the month from 2:00 to 4:00pm**. 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 **1st and 15th June**.

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

I am pleased to say I am now fit enough after my knee replacement to be walking again. My thanks to Heather Douglas and Paul Roe for leading the last 2 walks.

Owing to industrial action last month's walk did not take place. We have therefore decided to try again this month on **Friday 2nd June**. The Walk of 2.5 Miles will be from Hertford along the river Lee to Ware and then Bus or Train Back to Cheshunt. Meet at Cheshunt Station at **10:00am** for the **10:09am** Train to Hertford East. (You can also travel by 310 Bus from Cheshunt Pond to Hertford but this takes around 1 hour and you should aim to meet us at Hertford East Station for **10:35am** Start).

Travel Back from Ware Station to Cheshunt.

Gill 01992 463134

SINGING FOR FUN

Janet & Barry 01992 425675

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

We are not a choir we just have a good sing song as singing is good for you. We have all sorts of music including Country, 60s, and

music from the shows etc. Fee is £2.00 and you also get a cup of tea with biscuits.

SPANISH

Christine Dawson 01992 620888

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

THEATRE GROUP

Jackie Yeardye 07939 149997

The group is off to see GREASE on **Thursday 15th June** at the Dominion Theatre, London. All seats for this show are now sold. Pick up **11:00am** o/s Papa John's at Cheshunt Pond.

LION KING - **6th September**, at the Lyceum Theatre, London. There is still one place available for this show. Price £50 includes coach and driver's tip. Payment for this show is now overdue, please see us at my table.

We are now starting a Reserve list, if payment is not received and no contact is made, we will offer the seats to those on the reserve list.

THE KING AND I. I have been lucky enough to get some very good priced tickets for this excellent show which is returning to the West End for just 6 weeks in the New Year. However, the theatre is asking for very prompt payment - so could you register your interest at our table. Price will be £49. includes coach and driver's tip. Date is **Thursday 8th February 2024**.

HUNTERS MEET This has been booked for the **20th December 2023** and Price £44 includes 4 course meal, afternoon entertainment, coach and driver's and waiting staff tips. No payment is required at this point, but please register your interest at the table. Menus will be available at a later date.

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

Once seats have been purchased - refunds can not be given unless we are able to re-sell the tickets. Please bring an emergency contact number with you - hopefully this will not be needed.

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.

Cheshunt Indoor Bowls Club, Albury Ride, EN8 8XG

Invites you to "Have a go" at fun and friendly bowls.

Bowls and tuition provided.

£15 for 3 trial sessions refunded if you join the club.

Or come to an open day.

For more information contact 01992 944500

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

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.*

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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 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	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258