



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd NOVEMBER 2023

This month the speaker will be **Peter Warne** on “Finding Wildlife in Epping Forest”. Peter is a biologist and photographer.

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Next Month's meeting will be held on **14th December** and will be our Christmas Meeting with entertainment by **Mike Marandi** from Variety Collective. *****This is strictly Members only***** See Page 4 for more details.



Photograph by Peter Childs / Photography Group



U3A MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the registration desk. Please also take it to any group meetings, as the group leaders will want to keep their own records. 2023-2024 cards have a light blue stripe.

Monthly meetings will usually be held on the fourth Thursday of each month at 1:30pm at the LAURA TROTT CENTRE. Please note the Hall doors to the u3a Meeting will not open until 1:30pm. The main Meeting will commence in the Hall by 2:30pm.

VISITORS

A Temporary Membership Fee of £2.00 is charged to visitors and a dated receipt will be given. This confers all the advantages of Cheshunt u3a membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS

The **current parking permits** for the u3a monthly meetings are valid until **31st March 2024**. New permits are available for collection at the New Members Table **today** and at the regular monthly meetings, excluding the December meeting. It will now be necessary to **add your Vehicle Registration Number** in the space labelled 'Permit Number'.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:15pm** during the main monthly meeting.



SAFETY NOTICE

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



Splash your **cash**



on our popular **Raffle**

Hamper 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.



New Groups

During October efforts were made to contact all members through our database. However, many members could not be reached owing to no recorded email or incorrect email recorded. If this applies to you, please contact our membership secretary with your current email address at

cheshuntu3amembership@gmail.com

We have had many responses from the membership and examples of the suggested groups are laid out on the NEW GROUPS TABLE

PLEASE HAVE A LOOK

If you are interested in finding out about any of the new groups, please add your name and contact number or email address to the list.

Your committee will then aim to get the various members together from each list to see if we can get these new groups started.



DECEMBER U3a Meeting Date

Thursday 14th December 2023

The Meeting will be on **Thursday 14th December 2023** from **1:30pm**. This will be the **second** Thursday, **NOT** the **fourth** Thursday.

******This is strictly Members only******. You must produce a current membership card to enter. You will not be able to join at the December meeting. There will be no Membership or Group Tables.

14th December is our Christmas Meeting and Party, opening at **1:30pm**.

Mike Marandi, from Variety Collective, will be entertaining from **2:00pm**.

After signing in and collecting your free raffle ticket, enjoy a free tea or coffee, free mince pie and cake also available.

*** THURSDAY 14th DECEMBER 2023 MEETING**
PARKING PERMIT ARRANGEMENTS *

Your Cheshunt u3a Laura Trott Parking Permit is valid today

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

December's Programme / Newsletter Copy is required by Close Of Play on Tuesday 5th December 2023.

Please email copy to:

cheshuntu3aprogram@hotmail.com

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, please come to the New Members' table for a chat.

AFTERNOON TEA & QUIZ Mary Hanney 01992 426341

Our next quiz will be held on **Tuesday 19th December** at the Halsey Masonic Hall Cheshunt at 2:00pm. Cost will be £1.50 and tea or coffee, paid directly to the Masonic Hall costs £1.50. As this is so near Christmas your best Christmas Hats or Jumpers can be worn.

Well done to all members who took part in our November quiz and well done to Peter and Rodney's team. Please register your interest at my table.

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.


BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BOOK CLUB Reading for Pleasure Carol Hill 01992 302722

This month we met to discuss *Where the Crawdads Sing* by Delia Owens. Unusually for us, we all seemed to enjoy this one. It was beautifully written with some lovely (if a little lengthy) descriptions of the marshlands and the wildlife of the area - especially the birds. It was a very interesting story with a good murder mystery to puzzle over. Recommended if anyone hasn't already read it.

Next month we shall be discussing *The Chain* by Adrian McKinty.

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

Dates for Bolivia **4th and 18th December 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 based at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

No Sign Language Course arranged just yet.

 **CANASTA/CRIB** Sylvia Lyons 07851 055346

Canasta/Crib dates are **27th November and 11th December at 2:00pm**.

We are based at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

Group meets **first Tuesday in the month** There will be no charge in future as I am using up stock. There are 7 of us and we are now full.

 **COACH TRIPS** Heather Douglas 07984 791184

The last trip for 2023 is on **Saturday 2nd December** to Rochester for the Dickensian Parade and Xmas market. There are still some seats available and the cost is £20.

The first trip for 2024 will be in **March**. Full details at the January 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

Nothing planned for December.



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.



EXERCISE GROUP KEEPING FIT

Mary Hanney 01992 42634

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

Please note that there will be no class on **Thursday 28th December** and **Thursday 4th January 2024**. Class will recommence **Thursday 11th January 2024**.



EXPLORING LONDON 1

Eileen Funnell 01992 422475

Our November trip to London was to the newly-opened Museum of Surgeons. Not far from Holborn, it's a large pillared building. Inside are 1,000s of jars of preserved specimens, including embryos, gallbladders, hearts, skulls. There were lots of animals dissected, all in the name of science to help doctors over the years perfect their operations. There is also a café, and lockers if needed.

Monday 27th November – 12 noon Kingsmead

Next Planning Meeting – **Friday 5th January 2024**



EXPLORING LONDON 2

Rosemary Trundell 01992 621155

Our November outing was to Westminster Abbey. As we were booked in for an afternoon visit we had a leisurely bus ride from Liverpool Street, followed by lunch in Wesley's Cafe underneath Central Hall.

On entering the Abbey we collected our multimedia guides and wandered round at our own pace. Although most of us had visited before you forget how overwhelmingly magnificent it is.

The Abbey has been the coronation church since 1066 and is the final resting place of 17 monarchs. The building of the church we see today was begun by Henry III in 1245 and is one of the most important Gothic buildings in the country and has the medieval shrine of Edward the Confessor at its heart. We were particularly

interested to see where the coronation chair is placed for the ceremony when the Abbey is quite transformed.

Our forthcoming trips are as follows:-

Thursday 30th November - Lunch at Laila's

Wednesday 24th January - The City Wall at Vine Street and Sky Garden

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

EXPLORING LONDON 3

Steve Gollop 01992 629209

On the 17th of October we visited the extremely interesting Hunterian Museum at the Royal College of Surgeons. Named after the 18th century surgeon and anatomist John Hunter, the museum holds Hunter's large collection of anatomical specimens which helped him to understand the living world. His work as an army surgeon gave him surgical experience treating war injuries and on return to London, he continued with surgical practice, increasing his knowledge of anatomy.

The museum traces surgery from ancient to modern times, charting the development in pain relief and the understanding of aseptic surgical techniques.

Future trips:

Tuesday 16th January 2024 - Docklands Museum - £7.50. Please register and pay at today's meeting.

Monday 5th February - Houses of Parliament. For this tour we are restricted to 25 attendees. Please register interest at today's meeting. If we exceed the allowed number then priority will be given to those who have not been before.

Our next planning meeting is **Wednesday 6th December** at Cheshunt Free Church, 27 High St. Cheshunt. Please note the start time, for this meeting only, is **12:15pm** to allow us to enjoy some food to celebrate Xmas. Please let us know if you will be attending.

In the New Year the first meeting is on **3rd January** with start time back to **11:15am** at Cheshunt Free Church.

EXPLORING LONDON 4

Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 13th December 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

Future events:

Wednesday 6th December – Guided Tour of the National Portrait Gallery with Blue Badge Guide Paula Cooze. We will be able to take in the London Christmas lights afterwards.

Friday 15th December – Group Christmas Evening Dinner at Bulls Head at 7:00pm.

Wednesday 10th January 2024 – British Museum highlight tour.

In October we travelled by train via Stratford to Canterbury. On arrival at Canterbury West station, we were met by our guide Steve Rogers and set off on a very interesting highlight tour of the historic yet very compact city of Canterbury. We finished at the old Buttermarket opposite the entrance to the famous cathedral.

After some lunch most members visited the cathedral. A group of us took an interesting, guided tour while several members went freestyle.

Later in October we enjoyed a guided walking tour of Bohemian Bloomsbury with Brian Hicks. He took us through lesser-known streets and squares with interesting stories about Bertram Russell, George III and Queen Charlotte, poet Ted Hughes and the Bloomsbury Group (most notable of which was Virginia Woolf).

EXPLORING LONDON 5 John Durrant 07515 971162

On a bright, sunny October day a large group of members met at Cheshunt Station to visit the Poppy Factory in Richmond. After an initial hiccup with trains, we were soon on our way, arriving at the Poppy Factory in time for coffee and delicious homemade cake.

We were welcomed by our host Louise, who outlined the plan for the tour. This began with an introductory film which gave the history and purpose of the Poppy Factory.

The charity was founded in 1922 by Major George Howson MC, a British Army officer who was awarded the Military Cross in 1917. George Howson's vision was to provide employment for veterans injured during the First World War.

Major Howson began with modest expectations. In May 1922, after receiving £2,000 from the British Legion to open a poppy-making factory, he wrote to his parents: "If the experiment is successful it will be the start of an industry to employ 150 men. I do not think it can be a great success, but it is worth trying."

That modesty was misplaced. The Poppy Factory was an immediate success. By 1931, the factory was making nearly 30 million poppies a year. A community of 320 men, women and children lived on the estate in Richmond-upon-Thames, where veterans in the production team still produce Remembrance wreaths by hand today.

From its very first days, The Poppy Factory built a supportive environment for veterans with health conditions, harnessing their skills and experience and empowering them to build a brighter future.

Today, the UK employment service helps hundreds of veterans throughout England and Wales on their journey into meaningful employment. The Visitor's Centre allowed us to see how Poppies were made by hand and to experience the challenge of crafting a Poppy with one hand. Wreaths produced by veterans could be viewed and we also had the opportunity to add poppies to a growing wreath. The Visitor's Centre also told the story of the first workers, how they lived and how their hard work helped build the shared Remembrance tradition, along with accounts of how the charity has assisted more recent veterans to find meaningful and worthwhile workplaces.

After our touching and enjoyable visit we retired to a local hostelry before embarking on the return journey to Cheshunt.

Future visits:

Saturday 9th December - Canterbury

Our next planning meeting is on **Tuesday 12th December** 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 15th January 2024** from **2:00- 4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

Please note there will be no family group meeting in **December**, and the next FH group meeting will be in January.

HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

The August 2024 holiday to Lakeside, Hayling Island is now fully booked. I do have a waiting list in operation and you may add your names if you wish.

A holiday in April is available in conjunction with the Local National Trust, unfortunately there are only twin/double rooms available. It's at Warner's, Bodelwyddan Castle, North Wales, for 5 days and 4 nights and will cost £490. From **Monday 15th April to Friday 19th April 2024**. If you're interested please see me for further 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 6th December: Xmas meal - members only.

Wednesday 3rd January: What I got from Santa!

Wednesday 7th February: Is the colour right?

Wednesday 6th March: A Question of Scale.

 **MORNING WALKS** Rob Scott 01992 445288

What an excellent turnout we had for November's walk and what a cracking day to boot and how good it was to have such a hot meal afterwards - the manager worked wonders serving 30 people all on her own. I suspect we'll have another walk from the Robin Hood and Little John in the future.

And so on to our next walk, which as many of you know, will be on **Tuesday 5th December** from The Bull, Bull Lane, Cottered, Buntingford. SG9 9QP. We will be starting at **10:00am** as usual but it will be a little shorter than normal - just 4 miles, so that we can get back in plenty of time to enjoy our Christmas meal.

We will visit Cromer Windmill again, which dates from 1681 and is a grade 2 listed building. Although grinding is not possible due to the proximity of the road, when the wind is right the sails will turn and the windmill comes to life. It is now closed to the public until next May, but well worth a visit.

As the car park at the pub is quite small, if you are not due to sample the Christmas fare, could I ask that you park in the large village hall car park just back a short way on the other side of the road at SG9 9QW.

From Cheshunt, head north on the A10, passing Hoddesdon, Ware and Puckeridge to take the Buntingford bypass. At the next roundabout, turn left on to the A507 for 3 miles and in Cottered, the pub is set back on the right-hand side of the road. Don't forget, my mobile number is 075944 27190 for any problems.

January's walk will be from the Five Horseshoes, Little Berkhamsted on **Tuesday 2nd January**.

 **MUSICIANS UNITED** Peter Harris 01992 42929

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

Current dates are **24th November, 8th and 22nd December at 2:00pm**. Bring along a CD of YOUR choice. We are now including your VINYL collection LP's, 45's EVEN 78's 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 December.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

Our usual group meeting took place on Wednesday 8th November and we reviewed various images. Our next meeting will take place on **Wednesday 13th December at 2:00pm** at Tesco Community Centre. Refreshments are provided courtesy of Tesco. We will be going to the Gunpowder Mills on 17th November where we hope to have an interesting tour and take lots of photographs. Do come and see me at the main meeting if you are interested in joining our friendly group of amateur photographers.

 **RUMMIKUB** Peter Harris 01992 429297

Current dates **24th November, 8th and 22nd December at 10:15am**. We are 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

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursdays** of the month from **2:00pm to 4:00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet. Someone will always help with a new skill or a pattern you don't understand.

Please park in Hillview Gardens opposite the church. We will meet on **7th December** and take a vote on whether to meet on **21st** or whether it is too near Christmas!



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 the Spotlight". If interested contact Mary.



SHORT WALKS

Andy Smith 07930 356976

November's Walk had 13 Short Walkers, who dodged the rain and enjoyed a pleasant walk from St Margarets station to Ware along the Lee Navigation.

The next Walk will be on **Friday 8th December** and will complete the series of walks from Cheshunt to Hertford (in short chunks!)

Meet at Cheshunt Station at **10:00am** for the **10:09** Train to Ware or get the 310 Bus at **9.30am** from Cheshunt Pond to Ware Station. We will leave Ware Station at around **10:35am** and walk the 3 miles to Hertford where we can have a snack and coffee.



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 very good for you. We sing along to songs downloaded from Spotify and all lyrics are supplied. We have all kinds of music from the 50's and 60's, Country and music from the shows. In fact if you have a song you'd love to sing we will find it and try to sing it.

On the **18th December** the singing group will meet at the British Legion Club for a Christmas singalong with refreshments and the bar will be open. This is for members of the singing group only, plus a guest each. We now have over 50 members so are unable to take more at this present time.

 **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

Will all those going on the Christmas Meal to Hunters Meet please make sure you have an emergency contact number with you. This is essential for all trips.

The coach will leave Cheshunt Pond outside Papa John's at **11:00am** for a four course meal and afternoon entertainment. We should be back in Cheshunt at approx. **5:00pm**.

THE KING AND I - 8th FEBRUARY 2024

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

ABBA VOYAGE - 9th JUNE 2024

This show is also fully booked, with a reserve list.

We hope to be offering a new show for the spring. Details will be at the table after Christmas at the January Meeting.

 **WALKING FOOTBALL** John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 3:00pm 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

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Centre', Inside court at **2:00pm on Wednesdays**. We have a warm up, followed by a few fun drills then play a few games of Netball.

Contact: **Jacqui Fry** - £4.00 per session.

 **WATERCOLOUR GROUP** Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

Z ZUMBA GOLD

Trudi Marrion 07702 262904

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.

ADULT BALLET CLASS

01992 622862 (ask for Jayne)

Every Thursday 12:00 noon to 1:00pm for adults of all ages! An hours class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG. No experience required. Each class is £5.00.

BINGO AND SCRABBLE

Celia Carne 01992 633241

Every Monday and Wednesday 1:30pm - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Cheshunt Free Church. High Street Cheshunt Every **Tuesday 11:00 to 11:45** Cost £3 per session. Class is run by a fully qualified instructor.

Please Note our last session before Christmas is **Tuesday 19th December**, we will then break for Christmas and the class will re-commence on **Tuesday 9th January 2024**.

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 842617.

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**.

NEW YEARS EVE DISCO

Mary Hannay 01992 426341

Halsey Masonic Hall, Old Pond, Cheshunt, **Sunday 31st December**.
Bar and Disco, tickets £10 each, bring you own food and nibbles.
Please see me for further details or contact Sharon email address
halseyhall@outlook.com

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**

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2:00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

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GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds please bring them along to the monthly meeting.

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TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the U3A.

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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.



Fisher's Green



Dog Fox

Photographs by Ray Lucas / Photographic Group

THE CHESHUNT u3a COMMITTEE

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE FOLLAND	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	ANDY SMITH	07930 356976
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