



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 27th OCTOBER 2022

This month's talk will be given by Ray Schofield, a retired Chartered Engineer currently tour manager for UK Worldwide Rail Travel Co. Subject is: '**From monorail in 1825 to motor rail to-date**'. Cheshunt was the location of the world's first monorail.

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Next month's meeting will be on **Thursday 24th November 2022**. The speaker will be Cathy Shelbourne. Cathy is an experienced speaker, lecturer and writer on maritime heritage, heroes, pirates and ships. The subject will be: '**54 Maritime heroes in 45 minutes**.' During Lockdown she produced a pack of Monumental Maritime Heroes cards. This presentation will be a photo/image of the hero and/or monument with a brief summary of their career.

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CHRISTMAS Meeting Date - Thursday 8th December 2022

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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.
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Meeters and Greeters this month are from **Watercolours and RUG**.

When you attend the monthly meetings, please bring your membership card along to book yourself in at the respective desk. Please also take it to any group meetings, as the group leaders will want to keep their own records.

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

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PARKING PERMITS - IMPORTANT

The previous permits which allowed parking at the monthly meetings expired on 31st July 2022.

The **current permits** are valid until 31st March 2024. New permits are available for collection **today** and at the meeting on Thursday 24th November 2022. It will now be necessary to **add your Vehicle Registration Number** in the space labelled 'Permit Number'.

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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.

IMPORTANT - PLEASE READ THE FOLLOWING REGARDING RENEWING YOUR MEMBERSHIP

Cheshunt u3a Membership

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.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine there is an additional charge of £3.00 per year to cover postage costs.

*The membership fees will then be **£15.00 and £11.50 respectively.***

In line with most other organisations, we will no longer be handling cash

The preferred method of payment will be an annual standing order payment or a credit/debit card payment.

Membership Application forms and Standing order forms can be found on the website www.u3asites.org.uk/cheshunt -Welcome page then click on the link Membership. Please return the form to a monthly meeting, or scan and email to the membership secretary on Cheshuntu3amembership@gmail.com

If you have renewed and not received your new card it can be collected at the main meeting.

The new membership cards have a red strip, anyone with an old membership card will now be considered a non-member.

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How to get onto CHESHUNT u3a FACEBOOK GROUP

It's easy to join, just open an account with Facebook, it's free. Once signed up, open Facebook, press menu at bottom of screen, press group, enter Cheshunt u3a in search groups at top of screen. A message appears, (see results for Cheshunt u3a), press this.

Our Privacy Policy

Cheshunt u3a requires a certain amount of private information from members to allow it to operate effectively.

The Cheshunt u3a 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 (contact details at the back of this programme).

Members' information held by Cheshunt u3a will not be disclosed to any third party.

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Cheshunt u3a Groups 2022

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 879773

Welcome to Cheshunt u3a, now you have taken the step to join, you may well feel a little overwhelmed with so much activity. In order for us to introduce you to our activities, and encourage you to try new ones, please join us with a tea or coffee in the **Laura Trott café** on **Monday 31st October 2022 at 11:00am** for a chat to learn how we can help you, what your interests are and what you are seeking.

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Next quiz **Tuesday 15th November** at the Halsey Masonic Hall, Cheshunt. Time **2:00pm**. Cost £1.50. Tea/Coffee £1.50 payable to Masonic Hall. Please register your interest at my table.

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

I am sad to say I am temporarily suspending the Art Appreciation group, due to health reasons. I can't organise anything at the moment. I am hoping I can get the group going again, so please be patient with me.

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 TT 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

The Reading for Pleasure group met on Monday 10th October, chattered a lot as usual, eventually we got around to discussing 'A Gambling Man' by David Baldacci.

There were mixed feelings about this book. Some really enjoyed it, while others really didn't. Some couldn't even bring themselves to finish reading it as they found the quality of writing or the plot was just not for them. Chattering continued as some of us made our way to the Turner's Hill café for lunch.

Next month we shall be discussing *The Giver of Stars* by Jojo Moyes.

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

Dates for Bolivia are **Monday 7th and Monday 21st November 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. Anyone wanting 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 EN8 0LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

Basic 6x45mins weekly sessions to begin again on **Tuesday 10th January 2023** at The ATTIC, Rags Lane, Cheshunt, EN7 6TE.

CANASTA/CRIB Alan Smith 07775 690119

Canasta/Crib dates are **Monday 31st October, Monday 14th and Monday 28th November at 2:00pm**. St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

Please note my group is now full.

COACH TRIPS Heather Douglas 07984 791184

The coach Trips are well supported, which means some have been disappointed missing out. We enjoyed a day in Worthing on 27th September and were fortunate to avoid most of the rain.

The Xmas trip to Windsor on **Friday 2nd December** is currently full, with a long waiting list. Payment is due by the October meeting. Please pay promptly so I can offer any cancelled seats to others ASAP. I will contact those on the waiting list after 1st November on my return from holiday. Frank and Jenny will be at my table collecting outstanding money for the trip this month.

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

Next meal **Wednesday 23rd November**. Raj Vogue. Cheshunt. Time 7pm. Please register your interest at my table.

CYCLE GROUP

Stewart Wagstaff 07594 475051

The group rides **every Wednesday morning** from approx **9:30am to 1:00pm**, which usually includes a coffee stop! At present there are six separate groups of various abilities meeting at various locations. If interested please get in touch.

EXERCISE GROUP KEEPING FIT Mary Hanney 01992 426341

Every Thursday Laura Trott Sports Centre. Registration **9:30am** class will commence at **9:40am** cost £4.00 (increase from 29th September). 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

We recently combined a coach trip with Group 4 to go on a tour entitled 'The Great Stink'. We started with coffee in Chancery Lane, where we met our guide who gave us a short walking tour to show us where men used to 'use' the wall and they put a shelf to 'divert'. We then boarded a boat to go down the Thames to Greenwich. It was a lovely day and we sat on top to have our packed lunch. From Greenwich we rejoined the coach to Crossness Pumping Station, designed by Bazellgette. It's called 'The Cathedral of Sewage' as it contains beautiful tiles and ironwork (has been on TV news since we went). After a most interesting visit there, with a cup of tea, we boarded the coach for home. A very interesting day, thoroughly enjoyed by everyone.

Twelve members enjoyed our October visit for a guided tour of Queen Elizabeth Olympic Park. Very good use is being made of the facilities, with new companies moving in at some stage. A most enjoyable visit.

Our forthcoming trips are as follows:-

Wednesday 2nd November Visit to Masonic Great Hall
Wednesday 8th December Christmas Lunch, Kingsmead

Next Planning Meeting: Friday 4th November Cheshunt Free Church. **10:15am** (sharp). We will be having a talk from Louise of Fire & Rescue Service.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our September outing was to the Museum of the Home. We previously visited 6 years ago when it was known as the Geffrye Museum. We were delighted to find the gardens and galleries have been extended which made for a very interesting visit. In the home galleries the personal accounts by people about their homes was fascinating.

In October we visited the London Canal Museum in Kings Cross. This unique waterways museum is housed in a former ice warehouse built in about 1862-3 for Carlo Gatti, the famous ice cream maker and features the history of the ice trade and ice cream as well as the canals. The ice was imported from Norway, brought by ship and canal boat to be stored in an ice well beneath the warehouse.

We had a most interesting hour long presentation by one of the volunteers at the museum, detailing the history of the museum and the Victorian ice cream process. It included a demonstration of ice cream making, Victorian style, which we were able to sample afterwards.

Our forthcoming trips are as follows:-

Thursday 10th November Guided tour of St Paul's Cathedral
Tuesday 6th December Christmas Lunch at the Highland Restaurant

We meet on the **third Friday** of the month at Cheshunt Free Church at **1:00pm**. Our next planning meeting will be on **Friday 18th November**.

In October the group paid a visit to the Bank of England Museum. We had a very interesting, information packed presentation, starting with the building and development of the Bank on its present site, right through to the economic situation we are currently experiencing.

The Bank of England was founded in 1694 established by a Royal Charter and began as a private bank. It started in rented premises and then moved to its present site in Threadneedle Street in 1734 and by the 1790s was firmly established as the government's bank managing the national debt.

The building has been rebuilt over time and during the 1920s was almost completely demolished. All that remains today from the 1700s is the curtain wall around the outside of the bank which we are all familiar with. The phrase "the old lady of Threadneedle Street" comes from the time in 1797 when the Bank stopped paying its customers in gold for its notes in order to maintain sufficient gold reserves. During the Second World War all the gold was shipped to Canada for safety and the Bank staff used the vaults as an air raid shelter. Following the presentation we were able to explore the exhibits within the museum and try to lift a gold bar. It is extremely heavy and we had to leave it behind as it weighs 13kg! The gold reserves are held in the vaults of the Bank but we were not allowed down there either. The Bank still exchanges money and there was a large queue when we arrived. We heard one customer had previously brought in £87,000 in old notes to exchange. It appears there is sufficient money in circulation for everybody in the UK to hold £1,000 in change – I don't know what I've done with mine.

Following our visit to the Museum we enjoyed lunch near Liverpool St. Station.

Our forthcoming trips are as follows:-

Thursday 17th November - Manto's Restaurant. 32, High Rd. Wormley EN10 6LE. Please let us have your menu choices at today's meeting.

Saturday 3rd December - Rochester Xmas Market. Please pay £12.50p fee at today's meeting.

Next planning meeting - **Wednesday 2nd November, 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.

EXPLORING LONDON 4

Steve Sell 01992 443012

In September we joined with Explore London 1 for a very enjoyable tour entitled 'The Great Stink' for a history of sewage ending with a visit to Crossness Pumping Station.

Apologies for the cancellation of the planning meeting in October. Please ensure I have an email address or mobile contact in case I must make a late cancellation of a future meeting. If you have not been a regular attendee, please be aware I may have assumed you no longer wish to be a member of the group. So, if you then decide to attend a planning meeting you may need to make me aware.

The next planning meeting will be on **Wednesday 9th November 2022 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

Our forthcoming trips are as follows:-

Friday 4th November – Eyes on the Spies Walking Tour with Paul Barwick

Monday 28th November – National Gallery Guided Tour

Friday 9th December – Eating Christmas; an entertaining blue badge guided walk with Ann.

Pick up all sorts of titbits to astonish your Christmas dining companions – the turkeys that walked to London, the chequered history of the sprout, the rise and fall of the goose. Salivate over grand pudding recipes, shudder over workhouse Christmas fare. And the meaty past of the mince pie – make sure you eat 12 of them ...and we end at that feast for the senses, Borough Market, where you can stock up on Christmas supplies.

Wednesday 14th December – Christmas Dinner at the Bulls Head 7:00pm.

EXPLORING LONDON 5

John Durrant 07515 971162

Copped Hall is a fine Georgian mansion that is currently undergoing extensive restoration. A Tudor Mansion was demolished to make way for a Georgian Mansion, which was extensively damaged by fire in 1917 and abandoned. The Copped Hall Trust saved this mansion and gardens by purchasing them in 1995.

An interesting feature was the Winter Garden, a large glass domed structure reached by a glazed corridor, which contained a large circular lily pond and was filled with exotic trees, plants and

statuary. It had its own boiler room feeding hot water pipes that ran beneath the floor to maintain warm conditions. Restoration is well under way.

King Henry's Walk was a tall yew tree avenue (the trees being felled in 1950 for their timber) and the oldest man made structure in the gardens, pre-dating the Elizabethan house. King Henry VIII used this walk when staying at the old Tudor Hall. It has been replanted in its original formation.

Our visit to the Walled Garden, probably the biggest in the South East at about 4 acres, was particularly memorable. Gardens such as these produced fruit, flowers and vegetables and contained extensive greenhouses. It was in a completely derelict state when volunteers recreated the layout of the gardens and are once again growing the full range of produce. Sales of garden plants to our members were very brisk!

We were treated to a delightful coffee break in the Racquets Court, which included a choice from a huge range of homemade cakes. Excellent!

Rooms throughout the mansion are being steadily restored and the principal Portland Stone Staircase has been progressively rebuilt to second floor level. A lightwell stretched from the basement to roof level, the inner walls of which, made from glazed white bricks and tiles, reflect light into the inner facing windows. Major restoration works to the windows and glazed bricks together with a new roof now allows light to enter as before.

Much of the man and woman power is provided by stalwart volunteers, including our knowledgeable and friendly tour guides. It was a truly memorable and interesting visit to a local landmark.

Our forthcoming trips are as follows:-

Monday 14th November

Fishmongers Hall

Saturday 3rd December

Rochester Christmas Market

Our next planning meeting will be on **Tuesday 8th November 2022 at 10:00am** at the Beaumont Centre.

FAMILY HISTORY

Rena King 01992 631826

Please note that we meet every **third Monday** of the month (but not on a Bank holiday) and our next meeting is on **Monday 21st November** from **2:00pm to 4:00pm** in Tesco Community Room, Brookfield Centre Store. All welcome to come along and learn

about new and updated information now available for all family historians.

GARDEN VISITS

Pat Dixon 01992 766832

No further garden visits planned until next year.

HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

I now have details of a spring and summer break.

Norton Grange - Isle of Wight. **Monday 13th March - Friday 17th March 2023.** Cost £299. I now only have two single/double rooms available, if interested please contact me ASAP. Final balance of £249 for this holiday due at our December Meeting.

Gunton Hall Coastal Village - Suffolk. **Monday 7th August - Friday 11th August 2023.** Cost £418 per person. Half Board, Entertainment and Excursions included. For members who registered last month a £50 non-refundable deposit now due.

LINE DANCING(Broxbourneu3a) Lesley Casson 01992 445938

This group is now full and we are unable to take any new members for the foreseeable future.

On Friday 30th September and Monday 3rd October we held our annual fundraisers for Macmillan. Members enjoyed tea, coffee and cakes, many home made and we had a raffle. I am pleased to say we raised £270 for this very worthy cause. Thanks to everyone who contributed on the day.

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, fair ground rides and vehicles.

2nd November meeting: Subject will be - **A Ride for Pleasure**

7th December - Christmas Meal - earlier start.

MORNING WALKS

Rob Scott 01992 445288

I was quite surprised to have 22 members out on the October walk, especially when some of us had just returned from the beautiful Yorkshire Dales the day before, after our annual walking holiday. See the photograph on the Cheshunt u3a website!

The penultimate walk for 2022 will be on **Tuesday 1st November** from The Bull, High street, Much Hadham, Herts. SG10 6BU. Now I know that a number of us (but mainly Frank) had very slow service when we last visited this pub, but I have been assured they now have a new chef and sufficient waiting staff to get our meals out in a timely manner. They will open for us at **9.30am** so we can pre-order our meals and park in their car park or in the road outside.

The circular walk will be about 5.5 miles in total and will take in the River Ash, Sidehill Wood, the Henry Moore grounds at Perry Green, where we will have another chance to see his modern sculptures in the fields around his home and then on to Green Tye where there is the opportunity to buy fresh tomatoes etc from a local nursery.

For those who are unfamiliar with getting to the pub, probably the most direct way is along the A10 passing Broxbourne and Hoddesdon to take the next exit signed A414, Harlow and Chelmsford. Take the slip road down to the large Amwell roundabout and then the 4th exit on to the A414 for 4.5 miles. A little after the 50mph speed camera turn left for Hunsdon and The Hadhams for about 2 miles to the T junction in Hunsdon where you turn right to go through Widford to Much Hadham. The pub is in the centre of the pretty village on the left hand side. If anyone has any problems call me on **075944 27190**.

MUSICIANS UNITED

Peter Harris 01992 429297

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 EN8 0LU, opposite Hillview Gardens.

MUSIC IN THE AFTERNOON

Peter Harris 01992 429297

Yes, it is back!! Current dates **Friday 28th October, Friday 11th and Friday 25th November 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

Next Lunch **Tuesday 8th November**.. Nonnas Kitchen.. Hoddesdon. ..Time 1pm.. Two courses £13.25 including tip.. please see me for menu choice. £5 deposit required when booking.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

Our group meets at the Tesco Brookfield Community Room on the **second Wednesday** in every month. Tea and coffee will be provided courtesy of Tesco. We will be going to Broxbourne Woods on **Friday 4th November, meeting at 2:00pm** for a photographic shoot on the subject of autumn colours. Do see me at my table at the main meeting if you are interested in joining our friendly group of amateur photographers. Our next meeting will be on **Wednesday 9th November at 2:00pm**.

RACKETBALLAdrian ayturnham@gmail.com

Just had one session attended by five people. Good feedback on the coaching and two/three would play again. It's likely we'll offer another session this time on a Thursday.

RUMMIKUB

Peter Harris 01992 429297

Current dates: **Friday 28th October, Friday 11th and Friday 25th November 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.

SATURDAY LUNCH GROUP

Jim Reid 01992 629997

We meet for Lunch on the **first Saturday** of every month at the Bulls Head Pub, High Road, Turnford, EN10 6BZ. **12:30pm** start. If you wish to join them, please register with Jim.

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

WE NEED NEW MEMBERS TO BE VIABLE!!! We meet at St. Clements Church Hall on **every first and third Thursday** of the month from **2:00pm to 4:00pm**. So bring along your handiwork, swap patterns and ideas, have a chat, a cup of tea and lots of laughs. (Please park in Hillview Gardens opposite.) Beginners welcomed and helped by others with more experience. The next meetings will be on **Thursday 3rd and Thursday 17th November**.

SHORT MAT BOWLS Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. If £4.00 per session or £3.70 if "Friends of Civic Hall". If interested contact Mary.

SHORT WALKS Andy Smith 07930 356976

On 14th October 14 Short Walkers met at Pindar Car Park for a gentle stroll to the White Water Centre, via Bowers Water, the Lillypad walk and back via the showground and lock. The weather was kind to us and we enjoyed an open air coffee on the WWC deck whilst watching those brave enough to go on the Rafts.

Next Walk will be on the **Friday 11th November** from Turnford Brook Car Park (EN8 0XH) Entrance next to St. Clement Church. **10:15am for a 10:30am Start**.

We will walk to either Lee Valley Farm and back or (if the large puddle which appears over the Lee Navigation Bridge is too deep to cross) to Broxbourne where we can get a bus or train back to Cheshunt. Both destinations are around 3 miles. Free Parking at Turnford Brook. Toilets at the Farm and Broxbourne. Coffee and snacks at both destinations but rather pricey at the Farm.

Andy Smith 07930 356976

SINGING FOR FUN Jim 01992 629997
Janet 01992 425675

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

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.

We are not a choir, just sing for fun and you even get a cup of tea or coffee and all for £2.00.

We will soon be practising for the **u3a Christmas Meeting** at the Laura Trott Centre on **Thursday 8th December 2022**.

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

Doreen Leggett 01992 638622

Last month the group went to Milton Keynes Theatre to see Joseph and the Amazing Technicolour Dreamcoat. We were delayed for nearly an hour on the motorway due to an accident but still arrived in time to get lunch before the show.

We are off to see *Pretty Woman* on **Wednesday 9th November** at the Savoy Theatre, London. Coach to leave at **11:00am** from the Old Pond outside Papa Johns. Cost £54.00 including coach and driver's tip. Anyone who has not yet paid please come to our table as we can no longer hold unpaid places and will be offering these to people on the reserve list.

Hunters Meet **21st December** payment for this is now due and we also need your menu choices. There are currently a few places left. Cost £44.00 includes four course meal, afternoon entertainment, coach and drivers' tip. Coach to leave Old Pond at **11:00am** outside Papa Johns. *Please come to our table to make your menu choices.*

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 at the Laura Trott Centre (Sports Hall) at a cost of £4.00.

WATERCOLOUR GROUP

Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescrott Main Hall from **10:00am to 1:00pm, Mondays**. (Bollescrott is the building in the car park next to the Spotlight.) The cost is £4.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD

Trudi Marrion 07702 262904

Zumba Gold is a modified Zumba class for active older adults which recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography which focuses on balance, range of motion and coordination.

It protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination. Zumba Gold in particular allows you to go at your own pace and provides low-impact routines which are easy to follow. It is designed to meet the anatomical, psychological and physiological needs of seniors.

Hour long classes are held **every Tuesday at 1:00pm** at the Cheshunt Scout Hut, Rowlandsfield, Cheshunt (located just behind the Beaumont Centre) at a cost of £4.00 per session.

Places are now available. If you are interested please contact Trudi Marrion on 07702262904 (by text or WhatsApp) quoting your u3a membership number.

GROUP SHARING

If interested please use contact details:-

Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Jazz Appreciation	Terry Riddell	01920 463745
Reading For Pleasure	Rose White	01992 621436
Shakespeare Group	Lee Rayner	01992 456383
Tai Chi	Ann Glover	01992 499808

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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. Rowlands Fields, Turners Hill, Cheshunt. 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.

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.

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 movements to tone your muscles, feel calm and in harmony with nature. One hour class from **2:00pm to 3:00pm** OUTDOORS. Come along and try it out for free, £2.00 per class after that. Classes are held every **Wednesday**.

BOOKSTALL, PUZZLES

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 that you do not donate **hardbacks**.*

REFRESHMENTS TABLE

Tea, coffee and biscuits are available until 2:30pm during the main monthly meeting.

TRUSTY TRADER BOOK

This is kept on the information table to view. The trades people listed have done work for our members who feel they can recommend them. However we can offer no guarantees and suggest you use lists as guidance only and do your own research.

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.

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	LESLEY CASSON	01992 445938
PROGRAMME PROD	RAY & VANESSA LUCAS	01992 621258
ASS PROG PROD	STEWART WAGSTAFF	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
CO-OPTED CM	HEATHER DOUGLAS	07984 791184
CO-OPTED CM	FRANK SLUTER	07704 730421