



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 26th OCTOBER 2023

This month the speaker will be **Nick Higham** on “The Mercenary River, the history of London’s water.” The story of London’s water from the Tudor era to the 20th century.

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Next month’s meeting will be held on 23rd November when the speaker will be **Peter Warne** on “Finding Wildlife in Epping Forest”. Peter is a biologist and a photographer.



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.**

**CHRISTMAS MEETING
WILL BE HELD ON 14TH DECEMBER 2023.**

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.

VOLUNTEERS NEEDED

Rob Scott has been our Cheshunt u3a treasurer since its formation 13 years ago. We now need somebody to shadow Rob in this role, with a view to taking over when Rob decides to step down. This is a key role for our u3a and without a treasurer we will not be able to function and Cheshunt u3a will close, to the detriment of its nearly 700 members!

If you have some accounting experience and feel you could take on this role then please contact one of the committee members. The job is not too onerous or time-consuming, but it is vital that we have somebody step forward and provide cover for Rob.

YOUR u3a NEEDS YOU - NOW!!!



NEW GROUPS - IDEAS WANTED



Our u3a currently has about 40 active Groups, however, there is always room for more.

If you have any ideas for a new interest group then we will have sheets available at the monthly meetings located at the Information Board where you can write down your ideas and suggestions.

Anyone else interested can also sign up to support potential groups, this will assist in assessing the level of interest.

If there is sufficient interest then we can try to move forward to establish a new group or groups.

Please don't be shy - this is an ideas forum and not a commitment to sign up as a group leader!

Basic Mobile Phone / PC Session

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



SAFETY NOTICE

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

GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

October's Programme / Newsletter Copy is required by Close Of Play on Tuesday 14th November 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.



CESHUNT 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)



Ely Cathedral from the Meadow / Photograph by Peter Childs

Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

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

AFTERNOON TEA & QUIZ Mary Hanney 01992 426341

Our next quiz will be on **Tuesday 7th November** at Halsey Masonic Hall, Cheshunt, at **2:00pm**. Cost is £1.50. Tea or Coffee, paid directly to the Masonic Hall costs £1.50.

Well done to all members that took part in the September Quiz and congratulations to the *A team*, winners on the day.

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

We met this month to discuss *The Seven Husbands of Evelyn Hugo*. Was this book designed to generate a discussion on the nature of beauty? Evelyn was "beautiful" - that was what everyone knew about her. However, ideas of beauty do change. How many stars of yesteryear would now be considered "beautiful", Marilyn Monroe? Lauren Bacall? Who nowadays would we class as a real beauty, of a kind that would last? Is character now considered more important than looks?

We generally agreed that it was quite well plotted, in that loose ends were tied up; for example why she chose that particular person to write her memoirs. Most of us, however, thought that the book

was a few husbands too long and was pretty repetitive in showing the many ways this beautiful woman used marriage to manipulate people and situations to her advantage and to hide her (and her friend's) true sexuality.

Next month we shall be discussing *Where the Crawdads Sing* by Delia Owens.

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

Dates for Bolivia **6th and 20th 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. 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 **30th October and 13th November 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

Our October trip was to Ely on another sunny day and was enjoyed by all.

On **Tuesday 21st November** we have our Xmas dinner trip. We will leave the Pond at **12:30pm** for an afternoon coach ride to a large Essex garden centre where there is also a cafe for some indoor festive shopping. We will then return to Broxbourne to the Hertfordshire Golf and Country Club arriving around five.

A three course Xmas meal with wine will be served at **6:30pm** followed by tea or coffee. The total cost of the trip is £65. Other drinks will be available to purchase from the bar from when we arrive.

While we are waiting for our meal we will be entertained by a singer to get us in the party mood and there will also be a free raffle. This trip must be booked and paid for by the October meeting. I cannot accept any further bookings after then as the numbers have to be confirmed and paid for the next day.

At the October meeting I will be taking bookings for our last trip of 2023 which is on **Saturday 2nd December** to the Rochester Dickensian festival; cost £20. This trip must be paid for by the November meeting.

CRIBBAGE Jenny Christian 01992 306859

Unfortunately, this group is full at the moment. Cribbage group held at 32 Mylne Close. **Tuesdays 2:00pm to 4:00pm**. No charge.

 **CURRY CLUB** Mary Hanney 01992 426341

Our next trip will be to the Mai Thai Restaurant, High Street, Cheshunt. Please see me for day and date for November.

 **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 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

Our forthcoming trips are as follows:-

Wednesday 1st November - Surgeons' Museum. **9:50am** Train from Cheshunt Station.

Monday 27th November - Group Christmas Lunch
Next Planning Meeting - **Friday 3rd November 10:15am**.
Cheshunt Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

For our September outing some of our group joined forces with Exploring London 4 for a most enjoyable visit to Eltham Palace. Thanks to Steve Sell for organising this.

Our October trip was to the Royal Hospital Chelsea. Founded by Charles II in 1682, it was inspired by Les Invalides in Paris.

We were met by our guide, David, resplendent in his red uniform and the shiniest shoes we had ever seen. We initially watched a video giving us an overview of the hospital and showing the present day accommodation and facilities. David then took us around the grounds and showed us an example of the rather basic accommodation offered before modernisation. He then led us into the Great Hall, where pensioners take their meals and the Chapel, both designed by Sir Christopher Wren.

Our forthcoming trips are as follows:-

Thursday 9th November - Westminster Abbey

Thursday 30th November - Christmas Lunch - venue to be decided

We meet on the third Friday of the month at Cheshunt Free Church. Our next planning meeting is on **17th November at 11:00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

Our September trip was an evening cruise on the River Thames. We boarded the boat at Tower Pier, received a welcome glass of Prosecco or fruit juice and then enjoyed a two hour cruise viewing the Illuminated River project which includes the illuminated skyline and nine illuminated bridges.

During the cruise we were served a selection of cold canapes and entertained with live music, which became a singalong to sixties and seventies songs familiar to us all.

Tuesday 21st November – Winchester Xmas Market – coach from Cheshunt to the market situated in the shadow of Winchester Cathedral. It is advertised as having 100 stalls, plus the cathedral will be open to visitors.

Next planning meeting is **Wednesday 1st November 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 8th November 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In September we travelled by coach to visit the art deco mansion known as Eltham Palace. Our English Heritage guide Paul Fretwell was excellent. Because a full coach load of members from both EL4 and EL2 visited Eltham Palace the party was divided into two smaller groups. Paul's guided tour of the house started in the Great Hall, the only surviving part of the medieval palace which then became a Tudor royal residence.

In the 1930s Eltham Palace was transformed by eccentric millionaires Stephen and Virginia Courtauld who saved the property from decline. We continued our tour in the dazzling circular entrance hall, a mix of Art Deco and cutting-edge Swedish design. It has been seen in a few Poirot and Marple episodes, together with various films set in the art deco era. After this we then wondered at the marvellous panelled dining room characterised by geometric and stylised shapes.

We visited more unusual rooms, including the map room where the Courtaulds planned their exotic world travels. Then upstairs the centrally heated sleeping quarters specially designed for their pet lemur! We were also shown inside a reconstruction of Virginia's walk-in wardrobe to see beautiful period dresses, hats and accessories. Then on to Virginia Courtauld's luxurious golden bathroom, which sits within a lavish gold mosaic niche containing a statue of the goddess Psyche.

Some members then visited the wartime basement bunker which would have provided the household with an extraordinary level of comfort during the Blitz.

When not enjoying Paul's guided tour of the house, other members took the opportunity to explore the quirky mix of medieval and modern in the gardens. Here members were able to admire stunning herbaceous borders, walk through formal rose gardens and admire the Rock Garden, with its pools and cascades running down to the moat. The restaurant had some interesting options including King Henry VIII's or the Six Wives brunch.

EXPLORING LONDON 5

John Durrant 07515 971162

On a very sunny and warm late September day, 24 members met our Blue Badge Guide at Temple Tube Station.

She explained that during the 12th and early 13th centuries, law was taught in the City of London, primarily by the clergy. But a

papal bull in 1218 prohibited the clergy from practising in the secular courts (where the English common law system operated, as opposed to the Roman civil law functioning in the Church's ecclesiastical courts). As a result, law began to be practised and taught by laymen instead of by clerics.

To protect their schools from competition, first Henry II (r. 1154–1189) and later Henry III (r. 1216–1272) issued proclamations prohibiting the teaching of the civil law within the City of London.

The common-law lawyers worked in guilds of law, modelled on trade guilds, which in time became the Inns of Court.

In the earliest centuries of their existence, beginning with the 14th century, the Inns were any of a sizeable number of buildings or precincts where lawyers traditionally lodged, trained and carried on their profession. Over the centuries, the four Inns of Court became where barristers were trained, while the more numerous Inns of Chancery – which were initially affiliated to the Inns of Court – became associated with the training of solicitors in the Elizabethan era.

The four Inns of Court are Lincoln's Inn, Inner Temple, Middle Temple and Gray's Inn. Lawyers have lived and worked in the Temple since 1320. In the 16th century and earlier, students or apprentices learned their craft primarily by attending court sessions and by sharing both accommodation and education. Prior to the outbreak of the English Civil War in 1642, this training lasted at least seven years; subsequently, the Inns focused their residency requirements on dining together in the company of experienced barristers, to enable learning through contact and networking with experts.

In the mid-18th century the common law was first recognised as a subject for study in the universities, and by 1872 bar examinations became compulsory for entry into the profession of law.

The Royal Courts of Justice, commonly called the Law Courts, is a court building in Westminster which houses the High Court and Court of Appeal of England and Wales. Designed by George Edmund Street, who died before it was completed, it is a large grey stone edifice in the Victorian Gothic Revival style built in the 1870s and opened by Queen Victoria in 1882. The building is reminiscent of a Cathedral in both style and scale. It is one of the largest courts in Europe, housing over 100 courts.

Soon after building work began the masons went on strike. Foreign workers, mainly Germans, were brought in. In order to avoid

confrontation with the strikers, the Germans lived and were fed inside the building. Carvings on the internal stone pillars record their incarceration night and day.

After a fascinating tour of Legal London we retired to a local Wetherspoons before our return to Cheshunt.

Future visits:

Tuesday 28th November - Vintners Hall

Saturday 9th December - Canterbury

Our next planning meeting is on **Tuesday 14th November 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 20th November 2023** from **2:00-4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

Monday 12th August - Friday 16th August 2024 (5 days - 4 nights). Lakeside Coastal Village, Hayling Island. £425 per person. Will include excursions. There are limited single rooms available.

Thank you for all the interest shown in the holiday for August 2024. It was greatly over subscribed. A non returnable deposit of £50 per person is now due. Please make cheques payable to *Waltham Abbey Travel*. This will then confirm your place.

Hopefully, by the meeting, I will have confirmation from the travel agents regarding a further coach, and not have to disappoint any members.

I am looking into a late spring holiday and will let you have details in due course.

 **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.

On Friday 29th September we held our annual Macmillan Coffee Morning and raised £250. Thanks to all our members who helped out on the day, made cakes, served tea and coffee and brought

raffle prizes. Special thanks to Chris for organising it all. Well done everyone.

 **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 1st November: Life in Miniature

Wednesday 6th December: Xmas meal - members only.

Wednesday 3rd January: What I got from Santa!



MORNING WALKS

Rob Scott 01992 445288

The first touch of frost outside means that the winter walks are upon us. Our next one will be on **Tuesday 7th November** from the Robin Hood & Little John Pub, 14 Ware Road, Tonwell, Ware. SG12 0HN. We will start as always at **10:00am**, although the pub will be open for our lunch orders from **9:30am**.

It will be an undulating walk of no more than 6 miles, heading through Chapmore End, Bullsmill, along the River Beane to Stapleford. Then up to the start of Woodhall Park, before heading back through Stonyhills to the pub. They will be expecting us at **12:45pm**.

From Cheshunt, head north on the A10, cross the Ware Viaduct and then take the next exit signed A602, Stevenage and Ware. Turn left on to the A602, cross the first roundabout and after a quarter of a mile, turn right into Tonwell. The pub is 100 yards on the right. Please park in the road if you are not stopping for lunch. Remember **075944 27190** for any problems.



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 **10th and 24th November 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

Next meal will be on **Tuesday 14th November at 1:00pm**. Venue is Nonnas Kitchen, Hoddesdon. Two courses £13.50. Please see my table for menu choices, A £5 non returnable deposit will be required at time of Booking.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

Our usual group meeting took place on Wednesday 11th October and we reviewed various images. Our next meeting will take place on **Wednesday 8th November at 2:00pm** at Tesco Community Centre. Refreshments are provided courtesy of Tesco.

We are planning a trip to the Gunpowder Mills in November. 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 **10th and 24th November 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.

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

We meet at St. Clements Church Hall every **first and third Thursday** of the month from **2:00 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. The meetings next month will be on **November 2nd and 16th**.

 **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

Nine hardy souls turned up for our last walk, a circular route from Rye House to St Margarets, via the New River and River Lee Navigation and back to Rye House. It was tipping down when I arrived, but before the walk started it stopped! I must have been behaving! All nine of us went to the Rye House Pub for an amazing value 'Senior's' Lunch.

The Next Walk will be on **Friday 10th November** from St Margarets (Stanstead Abbots) Station at **10:15am** for a **10:30am** Start. We will walk to Ware Station along the River Lee, a picturesque walk of 2.5 miles. The best way to get there will be by train from Cheshunt, by the **10:09am** Train to St Margarets (Hertford East Train) and then back from Ware to Cheshunt. The postcode of St Margarets Station is SG12 8DS. Parking nearby is not easy so I suggest you take the train.

 **SINGING FOR FUN** Gill 01992 463134
Janet & Barry 01992 425675

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

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

We have become quite popular and are now over 50 members so unfortunately we are unable to take any more new members at the present time.

 **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.

HUNTERS MEET- 20th December 2023

Could all those booked on this outing please make sure they have come to the table and selected their menu choice. The restaurant requires this before the **20th November**. If you do not make your menu choice I will have to assume that you will have the Christmas Lunch, the Christmas Pudding and Soup for starters.

The price includes the meal, afternoon entertainment - coach, drivers' tip and also a tip for the waiting staff. Coach will leave Cheshunt Pond outside Papa Johns at **11:00am**.

THE KING AND I - 8th February 2024

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

ABBA VOYAGE - 9th June 2024

Can the 5 people who have not yet paid please see me at my table or contact me by phone. Despite this show being some time away I have had to pay for the tickets. If I have not heard from you I will release tickets to those on the reserve list.

I will be booking a new show for the Spring. Details will be available at the January Meeting.

If you are making a cash payment can you please put the right money in an envelope with your name, the amount enclosed and the Show for which you are paying.

Just to remind you that refunds cannot be made unless we are able to re-sell the tickets. Also please make sure you have an emergency contact number with you - hopefully this will not be needed.

 **WALKING FOOTBALL**

John Durrant 07515 971162

We play at Broxbourne Sports Club. 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

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 Bollescrott Main Hall from **10:30am to 12:30am, Mondays**. (Bollescrott 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 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.

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 12:00 to 12:45** Cost £3 per session.

The time change is temporary, and will revert back to normal times as soon as possible.

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.**

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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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.



Morning Walks Group / Photograph by Steve Gollop

THE CHESHUNT u3a COMMITTEE

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