



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 28th September 2023

This month's speaker will be **Dr. Helen Fry** on "Women in Intelligence in World War 1 and World War 2". A writer and historian, Dr Fry has also been involved in television documentaries.

* * * * *

Next month's meeting will be held on the 26th October when 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.



U3A MEMBERSHIP CARDS

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

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



Meeters and Greeters this month are from the **Book Club**.

VISITORS

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

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS

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



REFRESHMENTS TABLE

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

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.



IDEAS WANTED - NEW GROUPS



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 17th October 2023. Please email copy to: cheshuntu3aprogram@hotmail.com



Splash your **cash**



on our popular **Raffle**

Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn or they will be redrawn.



Meeters and Greeters Rota 2023



October - Music in the Afternoon

November - Exploring London 5

December 14th - Members only



CHESHUNT u3a Website Administration

For years we have been using the u3a 'Sitebuilder' format to display all the events we run. We now feel it is time for a much-needed change, using an up to date Website Builder. We have a few sites in mind, but would value input from any of our members who may have a good working knowledge of site building. If interested, please give me a ring on **07941 551102** or email me at peterharris1@sky.com.
Peter Harris (Webmaster)

Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

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

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Nothing planned for October.

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.

ART APPRECIATION

Clarice Pillar 0208 804 0900

I am sorry to report I will no longer be able to lead the Art Appreciation group. I would like to thank the group for their help and good company over the years. Thank you, Clarice.

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

The group met this month to discuss *Songbirds* by Christy Lefteri. Those of us who could attend the meeting all agreed that this is a beautifully written book, although it addresses some really distressing issues. We agreed with Jodi Picoult (another author we have read and enjoyed) who said "I've never read anything quite like *Songbirds*" We also agreed with another reviewer who says that it is "a beautifully crafted novel that sits at the intersection of race and class". The story focuses on the disappearance of one of the many

almost "invisible" maids in Cyprus and some of the people who care enough about her to investigate what has happened.

Some of us also attempted *Cranford* by Elizabeth Gaskell (an optional extra this month). This met with a more mixed reception - some of us really enjoyed it, some of us couldn't even finish it as it was such a plod.

We shall be meeting next month to discuss *The Seven Husbands of Evelyn Hugo*.

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

Dates for Bolivia **9th and 23rd October 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 **2nd and 16th October at 2:00pm**. We are located at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160



Group meets first Tuesday of the month and there will be no charge as I am running down stock. There are 7 of us and we are now full.

COACH TRIPS

Heather Douglas 07984 791184

On the hottest of September days we enjoyed a trip to the Kent seaside town of Ramsgate. A good day was had by all.

The next trip is on **Tuesday 10th October to Ely**. The trip is full with a waiting list.

On **Tuesday 21st November** we have our Xmas dinner trip. There will be 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 there will be some entertainment and a free raffle. This trip must be booked and paid for by the October meeting.

In October I will be releasing our last trip of 2023 which is on **Saturday 2nd December** to the Rochester Dickensian festival. Full details at the October 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

Please see me for date of next meal.

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

Unfortunately, our visit to Theatre Royal, Drury Lane was cancelled by the theatre. However, some members of the group went to London and visited a roof garden, then went on and managed to go to the Sky Garden.

October - **Wednesday 1st November** to the Royal College of Surgeons! - **09:50am** train from Cheshunt.

November - **Monday 27th November** - Christmas Lunch

December - to be advised

Next Planning Meeting **Friday 6th October**.

🏠 EXPLORING LONDON 2 Rosemary Trundell 01992 621155

Our forthcoming trips are as follows:-

Monday 16th October - Royal Hospital Chelsea

Thursday 9th November - Westminster Abbey

We meet on the **third Friday** of the month at Cheshunt Free Church.

Our next planning meeting is on **20th October at 11:00am**.

🏠 EXPLORING LONDON 3 Steve Gollop 01992 629209

Our forthcoming trips are:

Tuesday 17th October - Hunterian Museum - home of the Royal College of Surgeons at Lincolns Inn. This is an unguided tour, cost £5. We will be allocated set entry times so please check at the table today for travel arrangements.

Tuesday 21st November - Winchester Xmas Market - seats are still available for a coach from Cheshunt to the market situated in the shadow of Winchester cathedral. It is advertised as having 100 stalls, also the cathedral will be open to visitors. Cost £20-£25 depending on numbers.

Next planning meeting is **Wednesday 4th October, 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 11th October 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

In August we joined the Thames Clipper (currently sponsored by Uber) at Westminster pier for a trip down the Thames. Despite the early rain the weather soon picked up. Members enjoyed taking in the famous London landmarks as the Clipper zipped back and forth between stops. Those choosing to sit at the back enjoyed

experiencing the exhilaration as the Clipper speeded up shortly after passing under Tower Bridge.

The Clipper terminated at North Greenwich, and we headed into the O2 (Millenium Dome) for lunch. Afterwards we took the Cable Car with good views of the Thames, Lea, City Airport, Excel Exhibition Centre, and Docklands generally. We headed back to Cheshunt via the DLR, Jubilee and Stratford for a well-earned rest.

Future events:

Wednesday 4th October – Visit by high-speed train to Canterbury. Postponed due to ASLEF rail strike. Revised date to be determined.

Friday 27th October – Bohemian Bloomsbury Walk with Blue Badge Guide Brian Hicks

Wednesday 22nd November – Guided Tour of the Royal Opera House, Covent Garden

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 the Bulls Head, 7:00pm

EXPLORING LONDON 5 John Durrant 07515 971162

We travelled by train from Cheshunt, changing at Cambridge, and arrived at Ely in plenty of time to enjoy a coffee before our Walking Tour of the City at 11:30am. The sun shone as we learnt that until 200 years ago Ely was an Island, famous for being the source of the best eels in England.

The Cathedral has its origins in AD672 when St Etheldreda built an abbey church. The present building dates back to 1083, and was granted cathedral status in 1109. Having been built in a monumental Romanesque style, parts were rebuilt in an exuberant Decorated Gothic. The central octagonal tower, with lantern above and the east Tower dominate the surrounding landscape.

Stone for the Cathedral was quarried in Northamptonshire and arrived by boat, having been purchased for 8,000 eels. The Benedictine monastery was dissolved by Henry VIII.

Oliver Cromwell's House was visited by many of our group, whilst others toured the Cathedral and tower, the Museum or explored the waterfront. Oliver Cromwell was born into a wealthy Huntingdon family, although his branch was junior, and he had to leave his Cambridge College to look after his estate, his widowed mother, his wife and ultimately his 9 children. He inherited several properties in Ely, including the lease on a house to which his family moved.

The lease required him to collect the local taxes. Cromwell, a devout Protestant, disapproved of changes to the church proposed by Charles I. When war broke out between King and Parliament, Cromwell was one of the first MP's to take up arms and fight. When a new Model Army was raised, Cromwell rose from being a country Gentleman to MP and finally to military leader. Following the beheading of Charles I he became Lord Protector. He died from a fever in the Palace of Whitehall and was given a royal funeral. Two years later Charles II was restored to the throne and Oliver's body was exhumed, hanged and beheaded.

Future visits:

Tuesday 17th October - The Poppy Factory

Tuesday 28th November - Vintners Hall

Next Planning Meeting on **Tuesday 10th October 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 16th October 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.

Please register your interest at my table. A non returnable deposit will be required at the October meeting, this will then confirm your place.

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.

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 4th October: Vintage Cars / Model Kits

Wednesday 1st November: Life in Miniature



MORNING WALKS

Rob Scott 01992 445288

The annual Walkers' holiday took place in September in Brecon in South Wales. While walking around the city on the Friday evening, we were able to see Saturday's destination in the distance, which was just as well, as the mist came down in the morning and hid everything from view.

Sometimes it was impossible to see the whole 14 walkers while climbing Pen y Fan, because the mist was so thick, but we were all euphoric when we stepped on to the 886metre summit. It was quite a feat! We'll have to post the obligatory summit photograph when it's discovered who has it.

The highlight of the walk was Ken losing both soles to his boots and virtually walking along in his socks.

We had the usual quiz on Saturday evening and then, come Sunday morning, we were down to just 10 walkers to go on The Waterfalls walk, on which it is possible to walk behind the wall of water.

Sunday evening saw us play the house Killer Skittles, but I'm afraid Cheshunt u3a contestants were all 'killed'.

As Monday morning again started off wet, we all went our separate ways, but agreed that we had had a really good weekend despite the rain.

* * * * *

It was good to see 27 walkers on the September walk from Wadesmill, with at least 24 staying for lunch.

Our next walk on **Tuesday 3rd October**, will be a circular 6 mile walk starting at the Star, 62 High Street, Standon. Herts. SG11 1LB. Head north on the A10 from Cheshunt to the large A120 roundabout, where take the third exit towards Bishop Stortford and turn right at the bottom of the hill into the High Street.

We will head down Paper Mill Lane after passing the famed Pudding Stone and then head south through the fields bordering the River Rib.

We will pass an early Tudor mansion - The Lordship - where Queen Elizabeth I stayed on three separate occasions in 1561. We'll head up the incline of the disused Buntingford line for about a mile, before heading over to Bromley and Wellpond Green and back to The Star.

The pub is expecting us to pre-order our lunch at 9.30am, but have asked us not to park in their car park if not staying for lunch.

My mobile for any problems getting there is **07594 427190**.

 **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 EN8 0LU, opposite Hillview Gardens.

 **MUSIC IN THE AFTERNOON** Peter Harris 01992 429297

Current dates **29th September, 13th and 27th October at 2pm**. Bring along a CD of YOUR choice. We are now including your VINYL collection L.P'S, 45'S EVEN 78'S Anything goes, pop, classical, jazz even Heavy Metal

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

 **OUT TO LUNCH GROUP** Mary Hanney 01992 426341

Nothing planned for October.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

We went on an outing to Much Haddem on Wednesday 23rd August to see the Henry Moore sculptures. We had a lovely afternoon and took some interesting photographs.

Our usual group meeting will take place on **Wednesday 11th October** at the Tesco Community Centre at **2:00pm** where we will review our images. Refreshments are provided courtesy of Tesco.

 **RUMMIKUB**

Peter Harris 01992 429297

Current dates **29th September, 13th and 27th October at 10:15am.** Located 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 have welcomed some new members but would still like a few more. We meet at St. Clements Church Hall every **first and third Thursday of the month from 2:00-4:00pm.** so bring along your handiwork, swap patterns and ideas and have a chat and a cup of tea and lots of laughs. (Please park in Hillview Gardens opposite) .Members are always ready to help others with a tricky bit of a pattern or a new skill. The meetings next month will be on **5th and 19th of October.**

 **SHORT MAT BOWLS**

Mary Hanney 01992 426341

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

**SHORT WALKS**

Andy Smith 07930 356976

Last Walk:- 9 Members had a nice walk from Broxbourne along the New River to Rye House where some stopped for lunch before getting the train back to Broxbourne/Cheshunt.

Next Walk:- Friday 13th October 10:15am for 10:30am Start will be a Circular one from Rye House Station to St Margarets via the New River and back to Rye House via the River Lee. 3.1 Miles.

By Rail:- 10:09am train to Rye House Station from Cheshunt.

By Car:- Park at Rye House car park (free) EN11 0GR walk right back to Rye House Station to meet up. Postcode for Sat Nav is a bit sketchy. Rye House is located on Rye Road approx 200 yds from the station going right, past the Pub Car Park on the left.

Optional Lunch at Rye House PH, Special Seniors Lunch two Courses for £5.49.



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.



THEATRE GROUP Jackie Yeardye 07939 149997

The group enjoyed a very successful outing to see The Lion King on the 6th September. it was a very lively and entertaining show with fantastic costumes.

HUNTERS MEET

The menu is now available to view please come to the table to make your choices.

ABBA VOYAGE

There are still a number of people who have not paid for this show- we have had to pay for this so please come to the table to ensure your place. There is a reserve list.

CASH PAYMENTS

If you are paying in cash - can you please put the right money in an envelope with your name, the amount and the show for which you are paying. This makes it easier for us to track all cash payments.

As always, once you have paid, refunds can only be made if we are able to re-sell the tickets.



WALKING FOOTBALL John Durrant 07515 971162

We currently play at Broxbourne Sports Club, EN10 7BA. 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 Jacquie 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 is joined with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD Trudi Marrion 07702 26290

Zumba Gold - Every **Tuesday at 1:00pm**, at the Scout Hut (behind the Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG. £4.00 per session. Group Co-ordinator Trudi Marrion 07702 262904.

Come and join us for a fun filled hour of music and dancing at your own pace. Spaces are available, so if you are interested in joining us or would just like more information about the class please send a text message to Trudi Marrion on the above number quoting your U3A number.

GROUP SHARING

If interested please use contact details:-

Beginners' Spanish	Tony Frankland	07515 368170
Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Reading For Pleasure	Rose White	01992 621436
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

* * * * *

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 884617.

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 ABBEY CHURCH

Music for Lunch. Free Classical music recital **every Saturday lunchtime** in the church at **12:30pm-13:10pm**.

WALTHAM CROSS LIBRARY

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

* * * * *

PUZZLES WANTED

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

* * * * *

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.

* * * * *

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.



Worker Bee by Rodney Dixon/ Photographic Group



Thorshaven Harbour 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 DUGDALE	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	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	JACQUI FRY	07745 264787
COMMITTEE MEMBER	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	ANDY SMITH	07930 356976
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258