

# LEA VALLEY U3A

**Members welcome from Broxbourne, Hoddesdon & Lea Valley  
Area**

**Meetings held at Spotlight, Hoddesdon.**

**Registered Charity No. 1033311**

**Chair: Glynis Evans**

**Web Site: [www.leavalley.u3asite.uk](http://www.leavalley.u3asite.uk) Email: [chairmanlvu3a@outlook.com](mailto:chairmanlvu3a@outlook.com)**



**Find us on our Facebook Page Lea Valley U3A @Lea Valley U3A**



## **NEWSLETTER JULY 2026**

**Meeting: Monday 13th July – Cafe and Bar open from 1pm, Meeting formally starts in the Auditorium at 1:45 pm with Notices. Tony Harris “Henry VIII”**

## Chair's Corner

Well, I never thought I would live through the weather we have been having – the hottest June on record! And now we have our third heatwave of the year, although thankfully it is not due to be so hot or humid – I just hope we have bright sunny days and blue skies at temperatures that we can comfortably enjoy.

The extreme heat at the end of last month meant that I felt I had no option to cancel our June Interest Afternoon, It was a great shame as I had particularly been looking forward to hearing Elizabeth Eastwood's talk on Scandals, Slander and Gossip but our Speaker Secretary, Marion Barrat, is hoping to rebook her for a future meeting. Even if the weather is very hot for our July Spotlight meeting on Monday July 13 th , I am glad to say the air conditioning in the Auditorium is very efficient and should keep us nice and cool. This month we have Tony Harris giving us his immersive, humorous, and historically

accurate impersonation of King Henry VIII.

Tony is a professional comedian, actor, and public speaker who spent two years living and working at Hampton Court Palace, where he portrayed Henry VIII every other day for over half a million tourists. His routines focus heavily on Henry VIII's chaotic personal life, his quest for a male heir, and the infamous trials and tribulations of his six wives. Tony learnt his Tudor trade at the feet of major historical experts and has been bringing his unique blend of history and comedy to the speaker circuit for the past six years. His aim is to trick people into learning by making them laugh, but every point he makes is historically accurate. Our July Spotlight meeting promises to be a memorable event!



At our July Interest Afternoon on Friday 24 th July we welcome Derek Prior giving us his talk “Royal British Legion – the First 100 Years”. As usual, the Interest Afternoon will be at the Barclay Hall, Hoddesdon starting with drinks and cakes and the chance to have a chat with fellow members from 1.30pm then Derek will start his talk at 2pm..

Tickets are available on the door priced £3 – do come along.

A reminder that the Spotlight theatre will be closed for several weeks over the summer for essential maintenance works which sadly means that there will be no August LVu3a main meeting.

As I mentioned in my Chair's Corner last month, we wanted to do something special at our September meeting to make up for this, and I can now reveal that after our speaker in September we will be laying on a complimentary buffet for our members. I hope you will be able to come along to our Main meeting on Monday 13 th July and/or at our Interest Afternoon on Friday 24 th July.

**Glynis Evans, Chair**

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**DEADLINE FOR AUGUST 2nd AUGUST 2026**  
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**2026 meetings**

- Jul 13<sup>th</sup> **Tony Harris “Henry VIII”**
- Sept 14<sup>th</sup> **Gary Matthews ‘Easton Lodge Gardens & the Countess of Warwick’ complimentary sandwiches & cake to follow meeting’**
- Oct 12<sup>th</sup> **Helen Fry ‘The London Cage’**
- Nov 9<sup>th</sup> **Robert Voss – Lord Lieutenant of Hertfordshire**
- Dec 7<sup>th</sup> **Tricia Thompson "He's Behind You- the history of pantomime. plus Christmas festivities.**

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**Interest Afternoons:**

- Jul 24<sup>th</sup> **Derek Prior “Royal British Legion-The First 100 Years”**
- Sep 25<sup>th</sup> **Co-Op “Estate Management”**
- Oct 5<sup>th</sup> **No meeting due to quiz**
- Nov 27<sup>th</sup> **Kay Goddard “The Underground Railroad. Patterned Path to Freedom”**
- Dec **No meeting**

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**TEENS UNITE**

<https://www.teensunite.org/>

Teens Unite, our very well-known local charity, supporting young people with cancer. Can you help by volunteering, donating or shopping please check out their website for full information. Contact Linda.

**PLEASE NOTE:**

**DUE TO ESSENTIAL MAINTENANCE WORK TAKING PLACE AT THE SPOTLIGHT IN THE AUDITORIUM & DINANT ROOM FOR SIX WEEKS DURING THE SUMMER, OUR AUGUST MONTHLY SPOTLIGHT MEETING IS, UNFORTUNATELY, CANCELLED.**

**WE SINCERELY APOLOGISE BUT THIS IS BEYOND OUR CONTROL!**

**MANY THANKS FOR YOUR UNDERSTANDING.**



### Newsletter/Social Media/Website

If your Group has enjoyed a good meeting or outing, please send a report (two or three sentences is fine) with a photo if possible, to Alan for the Newsletter at [alanjc000@gmail.com](mailto:alanjc000@gmail.com)

to Lesley for social media at [secretarylvu3a@outlook.com](mailto:secretarylvu3a@outlook.com) & to John for the website at [lvu3aweb@hotmail.co.uk](mailto:lvu3aweb@hotmail.co.uk)

**Text & photos to Alan & John should be sent as attachments please.**

Please make sure you have permission to do so from members appearing in photographs.



### **LVU3A's 23rd FUN QUIZ – Mon 5th October 2026 1:30pm**



Our next quiz will take place on the above date, at our usual venue (St Augustine's, Broxbourne). Tickets will go on sale from our July main meeting. Tickets are £3 for LVU3A members and £4 for non-members, including tea and cake. Tickets must be purchased (or reserved) in advance; they will not be available on the door.

We've put ticket price up as last couple have run at a loss because of increased costs.

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### **ANYONE INTERESTED!**

Hoddesdon & Rye Park Bowling Club. The Recreation Ground. Old Highway Hod.EN11 0LT Anyone interested at having a practice session with a view to forming a new LVU3A Bowls Group. Wednesday evening from 5-8pm. All bowls will be supplied, trainers or comfortable flat shoes to be worn. Date & time to be arranged depending on interest. Please see sign up sheet at Secretary's desk @ the next main meeting.

# AGM 2026

Would you like to join our committee?

We would be very happy to chat to you about the main officer roles of:

- Chair
- Secretary
- Treasurer

If you think you may be interested & would like to give it a go, please do let us know.

Other committee members are encouraged to take on responsibilities for:

- Vice Chair
- Membership Secretary
- Groups' Co-ordinator
- General committee post

Please get in touch with any committee member for further details or email Lesley if you would like to come on board next year!

As a committee we work as a team and, therefore, no-one is on their own. Our informal committee meetings are held once a month.

We welcome new members onto the committee.

Contact: email Lesley Robinson at [secretarylvu3a@gmail.com](mailto:secretarylvu3a@gmail.com) for further details.

## THANK YOU

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**We are holding a social event for our members following our speaker at our 14 th September Spotlight meeting.**

**The bar will remain open and there will be complimentary sandwiches & cakes to enjoy until 4 p.m.**

**Hopefully, the weather will allow us to use the Spotlight gardens as well as the bar & auditorium.**

**No ticket is required just turn up to listen to Gary Matthews telling us about Daisy Greville, Countess of Warwick & the beautiful gardens of Easton Lodge & afterwards enjoy lovely refreshments and a sociable time with other members.**

**The committee look forward to seeing you there!**

**BREAST  
CANCER  
NOW**

## Afternoon Tea

One of members, Maureen Emmett, is holding an Afternoon Tea at her home on Friday 7th August from 1 o'clock until 5 o'clock.

The address is 30 Doverfield, Goffs Oak, Waltham Cross, Herts. She hopes that as many of you as possible will attend. However, if you cannot attend, but could offer some baking or a donation please contact



## Henry VIII

England's *Greatest King!*

**Musician, Composer, Poet, Sportsman.....**

*Fluent in several languages, including French, Latin and Spanish.*

*Founder of the Church of England and the Royal Navy*

**Speaker Tony Harris**

# July 13th

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm. Guests welcome!

## The First Hundred Years



ROYAL BRITISH LEGION

LEST WE FORGET

# JULY 24TH

**Barclay Hall. 1.30 pm for 2.00 pm**

**Tickets £3**

**Including tea and cake**

Lea Valley u3a

Exploring London



Lea Valley u3a



**August 20th**  
**2.00 pm, £40**  
**with Afternoon Tea**



**Exploring London Group 6**

**Teresa Pigney 07801 547957**

**honeytrees95@btinternet.com**



## Visit to Oxford, December 6th-8th, 2026

**3 days / 2 nights B and B**

4\* Mercure Hotel, Eastgate, Oxford. £395 pp. Deposit £75  
*En-suite Twin / Double rooms ( Limited number of Single Rooms )  
TV, tea/coffee- making facilities. Restaurant for Evening meals*

**Day 1** Visit to Blenheim, including entrance  
to Christmas decorated Palace and Courtyard Market

**Day 2** At leisure in Oxford for visiting  
historic buildings, museums, etc,  
or Christmas shopping



**Travel with Cannon Travel and Golden Boy Coaches**



# Easton Lodge Gardens



**and Daisy Greville, Countess of Warwick**

**Speaker: Gary Matthews**

*Easton Lodge gardens date back over 400 years, but their most renowned owner was Daisy Greville, Countess of Warwick and mistress of Edward VII, who in 1902, commissioned leading designer Harold Peto to create stunning formal gardens.*

**Main meeting at The Spotlight from 1.00 pm**

**Speaker at 2.00 pm. Guests welcome!**

## September 14th

### Heritage Group

Oxford visit 6<sup>th</sup>—8<sup>th</sup> December Please pay the balance for this trip to Cannon Travel by 20<sup>th</sup> September. One twin and one double room still available for this visit.

### Hughenden Manor

31<sup>st</sup> July Fully booked Coach Pickup from Spinning Wheel 9 a.m. Remember to bring your National Trust membership card

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### **Men wanted!**

#### **Are you a Solo Man? – Why Not Join our Solos Adventure Club!**

Our Solos Adventure Club is growing and we would like to invite more men to join our friendly group! If you're single, widowed or divorced and keen to meet new faces, you'll find a warm welcome within our group.

We enjoy regular meet-ups, lunches and are hoping to plan days out & other social events – all in a relaxed and supportive atmosphere. If you'd like to find out more about our Solos Adventure Club please get in touch with Group Leader, Coral at

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### **Padel Group**

There are still spaces in our Padel Group. We play on Thursday afternoons between 2.00 – 4.00 pm at the Broxbourne Sports Club in Mill Lane, Broxbourne. Cost is £6 for the 2 hours. Complete beginners welcome! If you fancy a go let Lesley know at

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# Possible LVu3a Science/Environment Group

Possible LVu3a Science/Environment Group

We are very pleased that the suggestion of a Lea Valley u3a Science/Environment Group has been met with interest.

The scope and format of the meetings is still to be decided, so please express your interest and let us know if you have some ideas/views on this.

We will be having a brief get together at the Spotlight after the main meeting on 13 th July for those members who have already shown an interest and anyone else who hasn't yet done so but would like to find out more!

Alternatively, email Laurence on

Regards, Laurence Cole &; Martin Benson

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## SPANISH GROUP

We are looking to start a Spanish Group (or more if there are different levels of experience) I have found a tutor in Waltham Abbey who seems to be suitable and is very flexible.

The venues could be home if a small group or a hired room if groups are more than say 8 or 9. The initial idea would be for a fortnightly meeting (cost c£5 per hour per person based on a group of 12 by way of illustration) I would be grateful if those interested could indicate that to me asap on or leave a message on

Many thanks

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**Did you know that there is a national u3a Bridge Group running online courses?** Our Beginners Bridge Courses are open to any u3a member who has not played Bridge before. There are normally two Courses every year; names are now being taken on a 'first come, first served basis' for the next intake in 3Q 2026.

The online course is based on a well-proven methodology using NoFearbridge lessons and RealBridge playing sessions. The course starts with a set of free, short, self-taught MiniBridge Lessons on the NoFearBridge website to obtain two MiniBridge certificates, demonstrating you have learnt basic principles. This normally takes 1 to 2 weeks to complete.

Those completing the MiniBridge course may join 22 weeks of online study with weekly readings and exercises to complete in your own time

Stevenage u3a member, Derick Price, has recommended this course to us. It is run by the u3a Bridge Subject Advisor.

further details are available here:

[www.bridgewebs.com/cgi-bin/bwor/bw.cgi?club=u3abridgegroup&pid=display\\_page94](http://www.bridgewebs.com/cgi-bin/bwor/bw.cgi?club=u3abridgegroup&pid=display_page94)

**If you're interested in bridge do take a look at this website – it's great!**

# u3a

**Remember to regularly check the u3a national website** ([www.u3a.org.uk](http://www.u3a.org.uk)) for plenty of online events, workshops & lots of interesting articles. Also, sign up for the u3a Friends newsletter which gives you access to even more! What does u3a friends offer?

The scheme includes:

Regular and special issues of the online national u3a Friends Newsletter, filled with news from u3as across the country, plus fantastic offers and services.

Information about nationwide u3a events and national initiatives.

Access to learning opportunities via Interest Groups Online for a low fee.

Exclusive access to our u3a Friends Extra benefits program, featuring discounts, offers, and additional services across a range of areas:

Health and wellbeing

Shopping savings on major brands and retail discounts

Travel and holidays

Leisure offers, like family days out, trips to the cinema and theatre

Insurance offers on car, travel and medical insurance

Access to financial advice and a legal helpline.

Don't miss out!

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## London Canal Museum



A very successful and enjoyable visit to the London Canal Museum by members of Exploring London

Group 5 took place on Friday 5th June. A wonderful talk by a lady ( also a member of Potters Bar U3A) performing as Mrs Marshall a well known cook& published author of the 18th Century. A demonstration of how ice-cream was made in Victorian times with group participation and plenty of sampling of the end result , Delicious! made for a great day out.

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## SOLOS ADVENTURE CLUB

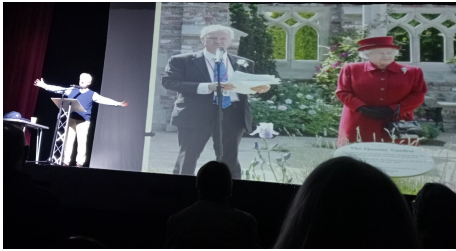


A small group of Solos Adventure Club members met for a light informal and enjoyable lunch at The Glass Lounge. We also discussed future adventures.

Why not join us if you are a solo member of U3A? We would warmly welcome you into our growing group. Please email our group leader and ask to be included in future email updates.

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### People Who Made Capel Manor What it is Today.



We were delighted to welcome Dr Steven Dowbiggin OBE to speak at our June Spotlight meeting. Steven was Head of College at Capel Manor in Enfield for 33 years.

Capel Manor has a very rich history dating back to the 13th century and, of course, Henry VIII had a part in its past too!

Steven entertained us with tales and anecdotes about some of the many well-known and

famous people from TV presenters to recent members of the Royal Family who have helped, supported and shaped Capel Manor into the glorious gardens & college that it is today.

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### Heritage Group visit to Layer Marney Tower

In early June, 26 members of the Heritage Group visited Layer Marney Tower near Colchester, Essex. A Tudor Palace, and England's tallest Tudor Gatehouse, Layer Marney was built in the 1520s as a statement house by Henry, 1st Lord Marney who was Henry VIII's Lord Privy Seal.



Built to the height of fashion in rich red brick, Lord Marney used stone coloured terracotta decorations on the windows with Italianate mouldings to make it one of the most sophisticated buildings of its time.

During the morning we enjoyed a guided tour by the present owner of Layer Marney which included a visit to the private side of the house. Following a pleasant lunch in the Long Gallery we were free to explore the Gatehouse and climb to the top to enjoy magnificent views across to the Blackwater

estuary.

Our thanks to Joan for organising such a grand day out!

## Stunning Stevington



embers of the Garden Group enjoyed a wonderful afternoon at the gardens of Kathy & Simon Brown, in the village of Stevington near Bedford.

Having owned the Manor House & its gardens for more 30 years, over time, they have planted 250 trees and have several garden rooms inspired by artists including Hepworth, Mondrian & Monet.

Following our guided tour & talk on the history of the Manor House & gardens, we enjoyed a slice of delicious homemade cake with ingredients from the gardens & a welcome cup of tea or coffee. Many thanks to group leader, Dennis, for organising such a lovely outing.

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## Solos Adventure Club

Our Solos Adventure Club along with a guest member, "Mario" the guide dog, met for our monthly informal lunch at "Magia e Bevi" the new Italian Café in Hoddesdon. We all enjoyed getting together for friendly conversation and a tasty snack lunch.

The next event will be a get together at 1pm on Sunday 19th July for a Roast lunch at Manto's Restaurant in Wormley. This needs to be pre booked via Coral the Group Leader of the Solos Adventure Club. If you are on your own, please do join us and make new friends or perhaps reunite with old friends. We welcome new

members!

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## MINI QUIZ

1. What would you do with a calumet - kill things with it, smoke it or wear it?
2. A British law from 1872, which still stands today, makes it illegal for anyone to be in charge of what while drunk - litter of puppies, cow or walking cane?
3. What cheese contains live maggots that may jump out while you're eating it - Sardinian Casu Marzu, Serbian Pule or French Vieux Lille?
4. Which of these has the biggest sperm in the world - sperm whale, fruit fly or elephant?
5. Which feminist publication is 'for women with something to get off their chests' - Ms, Bust or Jezebel?
6. According to 2013 research, what percentage of Americans aged 18-40 have at least one tattoo - 10%, 25% or 40%?

**Answers Page 19**

## The Arts and Literature

### **ART APPRECIATION Dennis Bruce**

### **BROXBOURNE ARTS FORUM - BArts Lee Rayner email**

See Events leaflet / Pick up a full programme from the Spotlight.

### **BOOKS FOR SALE Joan Underwood –**

**CHAIR STRETCH AND MOBILITY** Fridays 2-3pm, United Reform Church, Broxbourne. This group is run by Lucy who runs our Keep Fit (formerly Movement and Mobility) group, for Broxbourne u3a but members of LVu3a are also very welcome to attend. £5 per session. Contact: **Lucy Kennedy, mobile**

### **CHINESE BRUSH PAINTING Group 1 Sybil Hammond –**

**CREATIVE WRITING Lesley Robinson**  
Amalgamated with Broxbourne

### **PLAYREADING Kay Braithwaite2**

### **READING FOR PLEASURE (1) Carol & Keith Reast**

Our book for May was Covenant of Water by ry well received by our Group giving an average score out of 8.5 out of 10. It was a large book but it covered the history of one Indian family from 1912 to 1977 which was fascinating and we would thoroughly recommend it. We find that we have space for one more member so please contact Keith or Carol Reast

### **READING FOR PLEASURE (2)**

Our May book was 'Beautiful Ugly' by Alice Feeney. Billed as a thriller, the main character, a writer, moves to a small Scottish island after his wife has been missing for a year. This started well, but most members were disappointed with the latter part and ending. June's book 'Someone Else's Shoes' by Jojo Moyes was well received by members as an enjoyable easy read. Next book 'The Romantic'. We meet in members houses at 10am, normally on the 3rd Friday.

### **ARCHAEOLOGY & ANCIENT HISTORY Laurence Cole**

Our group meets on Zoom on the 4<sup>th</sup> Wednesday afternoon of the month. We welcome anyone interested in learning more about ancient civilisations such as Egyptian, Minoan, Mycenaean, Greek, Roman or British as revealed in the many documentaries we can show. If you would like to join us, please ask us to send the Zoom link.

### **EXPLORING LONDON (2) Chris Vaughan**

### **EXPLORING LONDON (5) Ann Young**

## **EXPLORING LONDON (6) – Marion Barrett. Email: Mobile**

### **Sunborn London Yacht Hotel**

**20 August 2026 2pm** Afternoon Tea £40pp Lead for this visit is Teresa Pigney mobile Email. After tea, there will be an opportunity (for those wishing to do so) to take another short walk to the cable car and glide over to the O2 for our onward journey home.

**September 18th 2026 – Grant Museum & Petrie Museum of Egyptian Archaeology** Entrance – No charge – Donation. Grant museum is home to 100,000 specimens from every continent, every ocean & every animal group. The collection has been used in teaching and research since 1828 and continues to have a huge impact on how we understand and learn from the natural world. Petrie Museum of Egyptian Archaeology - home to one of the world's largest and most important collection of Egyptian and Sudanese archaeology, telling the stories of people who lived in the Nile Valley in the past.

## **FAMILY HISTORY Laurence Cole –**

On first Monday of the month at 10-12pm at Hoddesdon Methodist Church.

## **GARDEN GROUP Dennis Bruce**

Self drive to The Mount, Royden. Friday 21<sup>st</sup> August from 2pm A gem on our doorstep. £10 includes entry tea & cake Please email or find me at Spotligh 13<sup>th</sup> July.

## **GENERAL HISTORY Leader Paul Martin**

Our meeting on **Monday 20<sup>th</sup> July** will be The History of Haileybury School including it's links with the East India Company. We meet at Mayhem Theatre Arts, Brewery Road, Hoddesdon, 1.15 to 3.30, usually on the 3rd Monday of the month. Buses pass the door, parking at Sainsbury's only two hours but other parking nearby. Everyone welcome.

## **HERITAGE GROUP Joan Underwood**

### **PLANS for 2026**

**FRIDAY 31st JULY** Hughenden Manor NT £25. Non NT. £42.

**FRIDAY 23rd OCT.** DSI Costumes. £54

**SUNDAY 6th---TUESDAY 8th DEC.** Oxford Christmas Markets and Blenheim Palace. £395 2nt/3days Mercure Eastgate Hotel, Oxford. B.B with ensuite rooms. ALL BOOKINGS plus DEPOSITS from the February Meeting. Heritage trips are open to ALL u3a MEMBERS.

## **Hobbies, Indoor Games etc**

### **ASTRONOMY Laurence Cole on We**

meet at The Haywards in Broxbourne at 7.30pm on the first Tuesday of the month. New members welcome.

### **BRIDGE Richard Lord**

### **BRIDGE 2 New Group for beginners.mobile or email** Please phone or email for details,

### **EXPLORING PHOTOGRAPHY Stan Benton**

.All abilities, no previous experience required.

Camera and camera phone users equally welcome. Fresh Air provided. lease contact Stan above for details.

### **JIGSAW SWAP SHOP – Richard & Kathleen Lord –**

Swaps 50p or buy for £1. Proceeds to Lea Valley u3a. Please secure puzzle boxes with an elastic band or tape.

### **KNIT AND NATTER Gill Fowke We now**

meet at **Hoddesdon Methodist Church 1 - 3pm every Friday.** £3 per person to cover hire and refreshments. Knit, crochet, embroider etc (Or just come to make tea and coffee and natter!)

### **MAHJONG Sybil Hammond –**

At Nazeing Congregational Church at 10am. Please get in touch with me if you are interested in joining.

### **NEEDLE FELTING GROUP Gill Winter.**

### **SCRABBLE Martin Benson H**

M Rejuvenated Scrabble group Now meeting 1pm to

3pm on first and third Wednesday each month, at The Haywards. Queries to Martin Benson.

## **Keep Fit and Outdoor Activities**

### **COUNTRY DANCING, Val Foster &**

**June Brown.** Your country dancing group takes place on the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month in the large room at Bollescroft from 2-4 p.m.

This is a joint group with Broxbourne u3a. We are a very friendly & sociable group & warmly welcome new members, so do pay us a visit. Your first visit is free & then it's £4 per meeting. Please remember your u3a Membership Card.

**CROQUET Joint leaders: Richard Lord** \_\_\_\_\_ e play on Wednesdays 9.30-

12.30 at the Broxbourne

Sports Club, Mill Lane, EN10 7BA, where there is ample parking. It's a welcome sign that summer is on its way when croquet resumes, and this year it will be on 1 April. **New members welcome.** If you haven't played before, we will show you the basics and treat you very gently!

**FRENCH BOULES - Jacques Bremont**

Every Thursday at 10:00am at Rye Park.

**PADEL Lesley Robinson**

Our friendly Padel Group is up and running. We play on Thursday afternoons 2.00-4.00pm at the Broxbourne Sports Club, Mill Lane, EN10 7BA. Cost is £6 for the 2 hours. We have 2 courts and play on a swap in swap out basis if more than 8 members are playing at any one session. Complete beginners welcome!

**PILATES Joan Underwood -**

Wednesdays 1.30pm. Methodist Church Hall, Middlefield Road, Hoddesdon. £5 per session. We have room for two additional members. As this is not a beginners group some experience of Pilates would be Advisable.

**TABLE TENNIS Details Dennis Bruce**

Mondays 2pm to 4pm Laura Trott Centre.

We are a group of mixed abilities, come along and give us a try.

**WALKING NETBALL LVu3a contact Gwen Fish** Now

amalgamated with Cheshunt U3A. LVU3A members can join the group without having to become Cheshunt members.

**WALKS- INTERMEDIATE Jill Dockley Details:**

The walks will be circular to make transport arrangements easier, and will be in the region of 5 to 6 miles long. They take place on the first Friday of the month

**WALKS - SHORT Jill Dockley Details:**

These walks are generally on the 3rd Sunday of the month and if you would like to be included on the mailing list please contact Jill Dockley.

### **Eating and Drinking**

**EAT YOUR WAY AROUND WORLD Pam/Stan Benton –**

**PUB LUNCHE (2) Vivien J. Smith**

On **Mon.24th August** at The Bull, Broxbourne, 74 High Street, EN10 7DZ, At 12.00. At the moment this group is full but if you want to join, please contact Glynis Evans on 01992 916485 and we hopefully re- open a 2<sup>nd</sup> Pub Lunch.

### **PUB LUNCHE (3) Pauline Hurst :**

Pub lunch 3 every 2<sup>nd</sup> Wednesday every month from 12pm to 2pm next pub lunch will be 8<sup>th</sup> July, please contact me for further details

### **SOLOS LUNCH CLUB Coral Spevack.**

#### **Languages**

### **FRENCH Improvers/Advanced Coral Spevack**

We are continuing the group Mary Cole founded, aiming to concentrate on conversation, translation from various sources – French newspapers, magazines, on-line resources etc and occasional grammar! We welcome confident French speakers as well as those wishing to improve their French. We meet weekly on Wednesday mornings from 10.30– 12 in our homes on a rota basis. Please get in touch for further details.

### **ITALIAN Nunzia Cusumano, Mobile**

The Italian group meets every Tuesday 2 pm – 3 pm in Hoddesdon. Please contact Nunzia Cusumano for further details. Members from all u3as welcome. All abilities welcome, depending on numbers, additional sessions can be accommodated. Each lesson is £5 paid monthly in advance. First lesson is complimentary.

#### **Music**

### **MUSIC APPRECIATION 50s – 80s Steve Fish on:**

Our group meets on Zoom, usually on the second Wednesday afternoon of the month from 2.30 p.m. -5 p.m. It is a relaxed afternoon listening to music on a set theme, featuring popular music artists from the 1950s to the late 1980s.

#### **OTHER GROUPS**

**The following Groups are not part of LVU3A, but welcome our members.**

### **KEEP FIT (Low Impact) Tuesdays 11.30am. First Wormley Scout HQ.**

Cozens Lane West, Broxbourne. £5 per session. Contact: Lucy Kennedy, mobile

### **HANDBELL RINGING - LVU3A members are welcome to join this local group based in Broxbourne. Ring Sybil Hammond**

### **LINE DANCING FOR ABSOLLUTE BEGINERS Sarah Hill** Every

Monday at 6pm (arrive by 5.45pm) at the Hunt room, St Paul's Church, Pauls Lane, Hoddesdon EN11 8TR. Sarah would love to see Lea Valley u3a members at her brand-new class. Come along and try something new. Have fun dancing to all music genres and make new friends whilst keeping fit. No partner required. £8 per class, cash only please. Please give Sarah a call to let her know you're going.

### **NAZEING HANDBELL RINGERS Pam Benton** We get together

to make music with handbells in Nazeing, on a Tuesday afternoon, would you like to join us? Playing music is good for your mental and physical wellbeing. It is a fun and sociable activity, and we are a fun and friendly group! Experience is not necessary, and although the ability to read music, at whatever level, would be an advantage, again, it is not necessary. If you would like to know more, or come along for a taster session, please contact Pam Benton

### **FRIENDS OF LOWEWOOD MUSEUM** We are a support group for the museum to

help with donations from our funds for the purchase of relevant artefacts for display and conservation. We also put on a series of talks on the third Tuesday of the month from February to May and September to November every year at the United Reformed Church Hall, Mill Lane, Broxbourne EN10 7BQ. The evening commences with tea/coffee at 7.30pm. Talks commence at 8pm. Visitors welcome £5.00. For further details please contact **Diana Weston** -

### **Quiz Answers**

1. Smoke it (its a peace pipe)
2. Cow
3. Sardinian Casu Marzu (It's rotten cheese!)
4. Fruit Fly
5. Bust
6. 40%

## LVu3a Committee and Helpers for 2026

<b>Chair</b> Glynis Evans		
<b>Treasurer</b> Tim Robinson		
<b>Secretary</b> Lesley Robinson		
<b>Minutes Secretary</b> Coral Spevack		
<b>Membership Secretary</b> Lesley Turner		
<b>Group Co-ordinator</b>	<b>V A C A N C Y</b> <b>Could this be you?</b>	
<b>Webmaster</b> John Mills		
<b>Publicity</b> Lee Raynor		
<b>Newsletter Editor</b> Alan Cole		
<b>Safeguarding</b> Sylvia Edington		
<b>New Members/Visitors</b> Sonia Scott Miller		
<b>Speaker Secretary</b> Marion Barrett		
<b>Meet &amp; Greet</b> Pam Benton		
<b>HELPERS</b>		
<b>Zoom Adviser</b> Laurence Cole		
<b>Powerpoint Secretary</b> Tony Crowther		