



Irish Network Stevenage Newsletter & Calendar August 2024



“Supporting the older community in Stevenage and surrounding areas”

Our July Summer Ball was a fantastic success and the dance floor was full! Once again, a huge thank you to all our amazing volunteers that helped make the night such a success - it would not have happened without you!



Due to the Community Centre's main hall being painted, the Line Dancing on Tuesday 27th August will be held at the Oval, and we're really excited to try out a new venue! Unfortunately we have had to cancel the Chair Based Exercises and YogaLates on Thursday 29th as there is no room available, but have rescheduled these classes for Friday 30th, please note these have to be pre-booked due to room size.

At members request, we are offering a new 6 week 'Sequence Dancing' starting on Friday 9th, from 1.00pm-2.00pm, the first session will be a taster session, so do come along and give it a go!



Last month we had a lovely trip to St Ives and over the next couple of months we are going to visit our friends in Luton and Milton Keynes. The list will be open at the beginning of August and as you know our trips

are very popular so we are asking that in the first instance, you pick your preferred trip only and if there are more seats available afterwards we will be able to open it up to everyone.

Remember, the office will be closed and no activities are being held on the August Bank Holiday, Monday 27th.

Thursday	1st	9.30am - 10.30am	Breakfast Club
Thursday	1st	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	1st	10.30am - 11.30pm	Men's Club
Thursday	1st	11.30am - 12.30pm	Chair Based Exercise
Thursday	1st	1.00pm - 2.00pm	YogaLates
Friday	2nd	10.00am - 11.00am	YogaLates
Friday	2nd	11.30am - 12.30pm	Chair Based Exercise
Friday	2nd	12.30pm - 1.30pm	Friday Lunch Club
Friday	2nd	7.30pm - 10.00pm	Friday Night Bingo
Monday	5th	9.15am - 10.15am	Tai Chi
Monday	5th	10.30am - 11.30am	Sing-along with Dave
Monday	5th	1.00pm - 2.00pm	Line Dancing
Tuesday	6th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	6th	1.30pm - 2.30pm	Salsacize
Wednesday	7th	1.00pm - 2.30pm	Bingo
Thursday	8th	9.30am - 10.30am	Breakfast Club
Thursday	8th	TBC	Stepping out
Thursday	8th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	8th	11.30am - 12.30pm	Chair Based Exercise
Thursday	8th	1.00pm - 2.00pm	YogaLates
Friday	9th	10.00am - 11.00am	YogaLates
Friday	9th	11.30am - 12.30pm	Chair Based Exercise
Friday	9th	12.30pm - 1.30pm	Friday Lunch Club
Friday	9th	1:00pm - 2.00pm	Sequence Dancing *NEW
Friday	9th	7.30pm - 10.00pm	Friday Night Bingo
Monday	12th	9.15am - 10.15am	Tai Chi
Monday	12th	10.30am - 11.30am	Sing-along with Dave
Monday	12th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	12th	1.00pm - 2.00pm	Line Dancing
Tuesday	13th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	13th	TBC	Friendship Group
Tuesday	13th	1.30pm - 2.30pm	Salsacize
Wednesday	14th	1.00pm - 3.00pm	Tea Dance
Thursday	15th	9.30am - 10.30am	Breakfast Club
Thursday	15th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	15th	10.30am - 11.30pm	Men's Club

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Thursday	15th	11.30am - 12.30pm	Chair Based Exercise
Thursday	15th	1.00pm - 2.00pm	YogaLates
Friday	16th	10.00am - 11.00am	YogaLates
Friday	16th	11.30am - 12.30pm	Chair Based Exercise
Friday	16th	12.30pm - 1.30pm	Friday Lunch Club
Friday	16th	1:00pm - 2.00pm	Sequence Dancing
Friday	16th	7.30pm - 10.00pm	Friday Night Bingo
Monday	19th	9.15am - 10.15am	Tai Chi
Monday	19th	10.30am - 11.30am	Sing-along with Dave
Monday	19th	1.00pm - 2.00pm	Line Dancing
Tuesday	20th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	20th	Ticket only	TRIP TO SOUTHEND
Tuesday	20th	1.30pm - 2.30pm	Salsacize
Wednesday	21st	1.00pm - 2.30pm	Bingo
Thursday	22nd	9.30am - 10.30am	Breakfast Club
Thursday	22nd	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	22nd	11.30am - 12.30pm	Chair Based Exercise
Thursday	22nd	1.00pm - 2.00pm	YogaLates
Friday	23rd	10.00am - 11.00am	YogaLates
Friday	23rd	11.30am - 12.30pm	Chair Based Exercise
Friday	23rd	12.30pm - 1.30pm	Friday Lunch Club
Friday	23rd	1:00pm - 2.00pm	Sequence Dancing
Friday	23rd	7.30pm - 10.00pm	Friday Night Bingo
Monday	26th	CLOSED	SUMMER BANK HOLIDAY
Tuesday	27th	11.30am - 12.30pm	Tuesdays Line Dancing- At The Oval
Tuesday	27th	1.30pm - 2.30pm	Salsacize
Wednesday	28th	1.00pm - 2.30pm	Bingo
Thursday	29th	9.30am - 10.30am	Breakfast Club
Thursday	29th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	29th	10.30am - 11.30pm	Men's Club
Thursday	29th	CANCELLED	Chair Based Exercise
Thursday	29th	CANCELLED	YogaLates
Friday	30th	9.00am - 10.00am	YogaLates (pre-booked)
Friday	30th	10.15am - 11.15am	Chair Based Exercise (pre-booked)
Friday	30th	11.30am - 12.30pm	Chair Based Exercise (pre-booked)
Friday	30th	12.30pm - 1.30pm	Friday Lunch Club
Friday	30th	1:00pm - 2.00pm	Sequence Dancing
Friday	30th	7.30pm - 10.00pm	Friday Night Bingo

Our Activities

Below are details of the events we are running. These are open to all but INS members have priority. Booking for some activities is essential.

1:1 IT Classes Helping you learn what you want at your own pace from basic IT to Facebook or Emailing. The cost is £3.00 per session and needs to be booked in advance.

Friendship Group This is a group made up of more vulnerable members. Places are limited and there is a waiting list, booking is essential. £2.00 per session.

Men's Club A men's only morning to spend time with friends playing cards at the Sherma Batson Centre. Small fee of £1.00.

Tea Dance An afternoon of live entertainment including tea, coffee, sandwiches & cakes. Entry is £4.00 for members and £5.00 for non-members. Tickets are purchased pre-event.

Bingo Feeling lucky? Come along, entry is £1.00 and it's £6.00 for 6 games with free tea, coffee and biscuit and flyer available for £1.00. All profits are given out as prize money.

Line Dancing Mondays class is for the more experienced dancer and Tuesdays one is for those relatively new to Line Dancing. Classes are about having fun - we don't take it too seriously!

Afternoon Social The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided. Entry is £3.00 for members and £4.00 non-members.

Friday Lunch Club A pre-booked light lunch open to all. Places are limited and booking is essential. £3.00 for members and £5.00 for non-members.

Exercise Class Everyone is welcome. A gentle chair based exercise class twice a week for all abilities. £2.00 for members and £4.00 for non-members.

Yogalates A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. £2.00 for members and £4.00 for non-members.

Thursdays Breakfast Club A healthy breakfast is the best start to the day and we are providing you with a free one on Thursdays so do come along!

Thursdays Tea and Chat Free tea, coffee and biscuits and a chance to meet old friends and make new ones.

Salsacize A fun and exciting class that helps you dance your way to fitness! Helps improve cardio and flexibility. £2.00 for members and £4.00 for non-members.

Tai Chi A gentle exercise and stretching to create harmony between mind and body. £2 members, £4 non-members.

Sing-a-Long with Dave: A relaxed and fun session for all singing abilities. £2 members for members and £4.00 for non-members.

Contact Us

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