



INS, helping in these uncertain times October 2021



“Supporting the older community in Stevenage and the surrounding areas”

Welcome to our final edition of 2021 and what a year we have had so far! But looking forward we are pleased to see all our activities are back up and running, even if some of them are in a slightly different format. It seems most of our members are coming to our events and we have had high attendance at all of them which is fantastic.

We had a lovely day in Clacton and it was great to get to the seaside again, we also have a trip booked for Crewes Hill in November. One of our main objectives is to help people meet each and socialise so it is great that we have been able to get back to this. Many of our members are trying new things with us, people that have never line danced before have joined our Beginners Line Dancing and we have had additions to our Craft Group and our Exercise Classes. So if you are thinking or



trying something new – now's the time! We have also added a couple of new events, a Race night to help us raise some funds for INS and a Barn Dance, which will be raising funds for St Hilda's Church. Details of these and all our other activities are on the back page and the diary dates are in the middle, we have also indicated where booking is needed.

Looking forward to Christmas we would like to confirm that our Christmas Lunch will be on Tuesday 7th December 2021 at the Holiday Inn. Tickets will be on sale starting from October. As in previous years there will be table allocations so, please try and get your tickets together.

If you follow us on Facebook please go to our recently updated page as there are lots of lovely photos on line!

As always do contact the office on 01438 725400 if you need anything at all.



Dates for your Diary

Descriptions of all the activities are on the back page and includes whether booking is needed and the costs. All events are held at Bedwell Community Centre unless otherwise specified.

OCTOBER			
Friday	1st	11.30am - 12.30pm	Exercise
Friday	1st	12.30pm - 1.30pm	Friday Lunch Club
Monday	4th	1.00pm - 2.00pm	Line Dancing
Tuesday	5th	9.45am - 10.30am	Beginners Line Dancing
Wednesday	6th	1.00pm - 2.30pm	Bingo
Thursday	7th	10.30am - 12.00pm	Mens Club
Friday	8th	11.30am - 12.30pm	Exercise
Friday	8th	12.30pm - 1.30pm	Friday Lunch Club
Monday	11th	1.00pm - 2.00pm	Line Dancing
Tuesday	12th	9.45am - 10.30am	Beginners Line Dancing
Tuesday	12th	TBC	Friendship Group
Wednesday	13th	1.00pm - 3.00pm	Tea Dance
Friday	15th	11.30am - 12.30pm	Exercise
Friday	15th	12.30pm - 1.30pm	Friday Lunch Club
Monday	18th	1.00pm - 2.00pm	Line Dancing
Tuesday	19th	9.45am - 10.30am	Beginners Line Dancing
Wednesday	20th	1.00pm - 2.30pm	Bingo
Thursday	21st	10.30am - 12.00pm	Mens Club
Thursday	21st	10.30am - 12.00pm	Craft
Friday	22nd	11.30am - 12.30pm	Exercise
Friday	22nd	12.30pm - 1.30pm	Friday Lunch Club
Monday	25th	1.00pm - 2.00pm	Line Dancing
Tuesday	26th	9.45am - 10.30am	Beginners Line Dancing
Wednesday	27th	1.00pm - 3.00pm	Afternoon Social
Friday	29th	11.30am - 12.30pm	Exercise
Friday	29th	12.30pm - 1.30pm	Friday Lunch Club
NOVEMBER			
Monday	1st	1.00pm - 2.00pm	Line Dancing
Tuesday	2nd	9.45am - 10.30am	Beginners Line Dancing
Wednesday	3rd	1.00pm - 2.30pm	Bingo
Thursday	4th	10.30am - 12.00pm	Mens Club
Friday	5th	11.30am - 12.30pm	Exercise
Friday	5th	12.30pm - 1.30pm	Friday Lunch Club
Monday	8th	1.00pm - 2.00pm	Line Dancing

NOVEMBER Cont			
Tuesday	9th	9.45am - 10.30am	Beginners Line Dancing
Tuesday	9th	TBC	Friendship Group
Wednesday	10th	1.00pm - 3.00pm	Tea Dance
Friday	12th	11.30am - 12.30pm	Exercise
Friday	12th	12.30pm - 1.30pm	Friday Lunch Club
Saturday	13th	7pm - 10.00pm	Barn Dance
Monday	15th	1.00pm - 2.00pm	Line Dancing
Tuesday	16th	9.45am - 10.30am	Beginners Line Dancing
Wednesday	17th	1.00pm - 2.30pm	Bingo
Thursday	18th	10.30am - 12.00pm	Craft
Thursday	18th	10.30am - 12.00pm	Mens Club
Friday	19th	11.30am - 12.30pm	Exercise
Friday	19th	12.30pm - 1.30pm	Friday Lunch Club
Saturday	20th	TBC	Race Night
Monday	22nd	1.00pm - 2.00pm	Line Dancing
Tuesday	23rd	9.00am - 4.00pm	Trip to Crews Hill
Tuesday	23rd	9.45am - 10.30am	Beginners Line Dancing
Wednesday	24th	1.00pm - 3.00pm	Afternoon Social
Friday	26th	11.30am - 12.30pm	Exercise
Friday	26th	12.30pm - 1.30pm	Friday Lunch Club
Monday	29th	1.00pm - 2.00pm	Line Dancing
Tuesday	30th	9.45am - 10.30am	Beginners Line Dancing
DECEMBER			
Wednesday	1st	1.00pm - 2.30pm	Bingo
Thursday	2nd	10.30am - 12.00pm	Mens Club
Friday	3rd	11.30am - 12.30pm	Exercise
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club
Monday	6th	1.00pm - 2.00pm	Line Dancing
Tuesday	7th	1.00pm - 4.00pm	Christmas Party
Friday	10th	11.30am - 12.30pm	Exercise
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club
Monday	13th	1.00pm - 2.00pm	Line Dancing
Tuesday	14th	9.45am - 10.30am	Beginners Line Dancing
Tuesday	14th	TBC	Friendship Group
Wednesday	15th	1.00pm - 2.30pm	Bingo
Thursday	16th	10.30am - 12.00pm	Craft

Our Activities

Please see below for details of the events we are running. These are open to all but INS members are a 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. Cost is £3.00 per session and need 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 spending time with friends playing cards or having a walk around Fairlands Valley. Small fee of £1.00.

Tea Dance An afternoon of live entertainment including tea, coffee, homemade sandwiches, cakes and scones. Entry is £4.00 for members and £5.00 for non-members and tickets must be purchased pre-event.

Bingo Feeling lucky? Why not come to one of our Bingo afternoons — Entry is £1.00 for members, £4.00 for non members and it is £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 — we have been told how generous we are!

Beginners Line Dancing This is tailored towards people with little or no dancing experience, who would like to learn line dance. It's a fun easy going class with a focus on fun! £2.00 per session for members £4.00 for non members.

Line Dancing Two classes a week, suitable for all dancers, each class is £2.00 for members £4.00 non members and is open to everyone. Booking is essential.

Afternoon Social Everyone is welcome to our monthly socials and entry is £3.00 for members and £4.00 non-members. The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided.

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

Exercise Class Everyone is welcome. A gentle chair based exercise class once a week for all abilities. £2.00 per person.

Barn Dance Fun evening with a professional caller, no experience needed. Tickets are £10.00 and must be purchased in advance with all profits donated to St Hilda's Church.

Race Night Fun evening with a professional caller and lots of excitement! Ticket prices to be confirmed and must be purchased in advanced.

Christmas Lunch - Tickets need to be purchased in order and will be on sale in October. Tickets are £13.00 for members and £18.00 for non-members

Contact Us

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