



# ***Irish Network Stevenage Newsletter & Calendar December 2023***



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



We have a shorter calendar than usual and the last event of the year will be on Friday 22nd. The office will be closed from Wednesday 20th until Wednesday 3rd January and we've added the activities for the first week of January so that these are available to prepare for in the New Year.

We have had an eventful month including the popular and well attended trip to The Celtic Club, Luton. Everybody had a great time meeting up with friends from Luton Irish Forum and as is customary, all were made



very welcome. The Thursday morning Breakfast Club is still proving to be very popular with delicious bakery items, cereals and plenty of tea; it's a great start to the day so do come along, its free and the company is great!

Coming up is our festive Christmas Lunch on the 12th and being so popular is fully booked.

From everybody at INS, we hope that you have a Very Merry Christmas and New Year and we look forward to catching up with everyone in 2024.



|           |      |                                      |                             |
|-----------|------|--------------------------------------|-----------------------------|
| Friday    | 1st  | 10.00am - 11.00am                    | YogaLates                   |
| Friday    | 1st  | 11.30am - 12.30pm                    | Chair Based Exercise        |
| Friday    | 1st  | 12.30pm - 1.30pm                     | Friday Lunch Club           |
| Friday    | 1st  | 7.30pm - 10.00pm                     | Friday Night Bingo          |
| Monday    | 4th  | 9.15am - 10.15 am                    | Tai Chi                     |
| Monday    | 4th  | <b>CANCELLED</b>                     | Sing-along with Dave        |
| Monday    | 4th  | 1.00pm - 2.00pm                      | Line Dancing                |
| Tuesday   | 5th  | 9.30am - 10.30am                     | Tuesdays Line Dancing       |
| Tuesday   | 5th  | 1.30pm - 2.30pm                      | Salsacize                   |
| Wednesday | 6th  | 1.00pm - 2.30pm                      | Bingo                       |
| Thursday  | 7th  | 9.30am - 10.30am                     | Breakfast Club              |
| Thursday  | 7th  | <b>CANCELLED</b>                     | Thursdays Tea & Chat        |
| Thursday  | 7th  | TBC                                  | Christmas table decorations |
| Thursday  | 7th  | 10.30am - 11.30am                    | Men's Club                  |
| Thursday  | 7th  | 11.30am - 12.30pm                    | Chair Based Exercise        |
| Thursday  | 7th  | 1.00pm - 2.00pm                      | YogaLates                   |
| Friday    | 8th  | 10.00am - 11.00am                    | YogaLates                   |
| Friday    | 8th  | 11.30am - 12.30pm                    | Chair Based Exercise        |
| Friday    | 8th  | 12.30pm - 1.30pm                     | Friday Lunch Club           |
| Friday    | 8th  | 7.30pm - 10.00pm                     | Friday Night Bingo          |
| Monday    | 11th | 9.15am - 10.15 am                    | Tai Chi                     |
| Monday    | 11th | 10.30am - 11.30am                    | Sing-along with Dave        |
| Monday    | 11th | 10.00am-11.00am &<br>11.00am-12.00pm | 1-1 IT Lessons              |
| Monday    | 11th | 1.00pm - 2.00pm                      | Line Dancing                |
| Tuesday   | 12th | Ticket only event                    | Christmas Lunch             |
| Wednesday | 13th | 1.00pm - 2.30pm                      | Bingo                       |
| Thursday  | 14th | 9.30am - 10.30am                     | Breakfast Club              |
| Thursday  | 14th | 10.00am - 12.15pm                    | Thursdays Tea & Chat        |
| Thursday  | 14th | 10.30am - 11.30am                    | Men's Club                  |

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| Thursday            | 14th | 11.30am - 12.30pm | Chair Based Exercise  |
| Thursday            | 14th | 1.00pm - 2.00pm   | YogaLates             |
| Friday              | 15th | 10.00am - 11.00am | YogaLates             |
| Friday              | 15th | 11.30am - 12.30pm | Chair Based Exercise  |
| Friday              | 15th | 12.30pm - 1.30pm  | Friday Lunch Club     |
| Friday              | 15th | 7.30pm - 10.00pm  | Friday Night Bingo    |
| Monday              | 18th | 9.15am - 10.15 am | Tai Chi               |
| Monday              | 18th | 10.30am - 11.30am | Sing-along with Dave  |
| Monday              | 18th | 1.00pm - 2.00pm   | Line Dancing          |
| Tuesday             | 19th | 9.30am - 10.30am  | Tuesdays Line Dancing |
| Tuesday             | 19th | 1.30pm - 2.30pm   | Salsacize             |
| Wednesday           | 20th | 1.00pm - 2.30pm   | Bingo                 |
| Thursday            | 21st | 9.30am - 10.30am  | Breakfast Club        |
| Thursday            | 21st | 10.00am - 12.15pm | Thursdays Tea & Chat  |
| Thursday            | 21st | 11.30am - 12.30pm | Chair Based Exercise  |
| Thursday            | 21st | 1.00pm - 2.00pm   | YogaLates             |
| Friday              | 22nd | 7.30pm - 10.00pm  | Friday Night Bingo    |
|                     |      |                   |                       |
| <b>JANUARY 2024</b> |      |                   |                       |
| Wednesday           | 3rd  | 1.00pm - 2.30pm   | Bingo                 |
| Thursday            | 4th  | 9.30am - 10.30am  | Breakfast Club        |
| Thursday            | 4th  | 10.00am - 12.15pm | Thursdays Tea & Chat  |
| Thursday            | 4th  | 10.30am - 12.00pm | Men's Club            |
| Thursday            | 4th  | 11.30am - 12.30pm | Chair Based Exercise  |
| Thursday            | 4th  | 1.00pm - 2.00pm   | YogaLates             |
| Friday              | 5th  | 10.00am - 11.00am | YogaLates             |
| Friday              | 5th  | 11.30am - 12.30pm | Chair Based Exercise  |
| Friday              | 5th  | 12.30pm - 1.30pm  | Friday Lunch Club     |
| Friday              | 5th  | 7.30pm - 10.00pm  | Friday Night Bingo    |

## Our Activities

Please see below for 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. 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 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 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.

**Line Dancing** Two classes a week, suitable for all dancers, each class is £2.00 for members and £4.00 for non-members.

**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. Monday, 9.15am-10.15am. £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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