



Irish Network Stevenage Newsletter & Calendar March 2024



“Supporting the older community in Stevenage and surrounding areas”

The start of 2024 has seen record attendance at our events so we are definitely keeping you busy! There is something for everyone, including different types of exercise classes, dancing and, of course, our regular social events. These can get busy, so if you need to book, make sure you don't delay in putting your name down. February's Tea Dance fell on St. Valentine's Day so there were quite a few red outfits on show - Led by our fantastic musical entertainers Gill & Dave!



As always we have the highlight of the year, our Annual St Patrick's Day lunch on 17th March at The Holiday Inn. This has again proven to be very popular with only a few tickets left, so if you are interested in coming along please speak to Elaine.

This year for the first time we have also organised a St Patrick's Day Dance on Saturday 16th March. Tickets are all sold for this but we are operating a waiting list as we know things happen and sometimes people can't attend, so if you are interested, please do put your name down on



the list. We had planned on having this at Bedwell Community Centre, but it's such a popular event we have had to move to The Oval in Pin Green so we can accommodate more people. Everyone that has tickets will get new ones issued with the new venue details.

Please note the office will be closed for Easter on 29th March and 1st April.

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	Pre-booked course	Beginners Line Dancing
Friday	1st	7.30pm - 10.00pm	Friday Night Bingo
Monday	4th	9.15am - 10.15am	Tai Chi
Monday	4th	10.30am - 11.30am	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	10.00am - 12.15pm	Thursdays Tea & Chat
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	Pre-booked course	Beginners Line Dancing
Friday	8th	7.30pm - 10.00pm	Friday Night Bingo
Monday	11th	9.15am - 10.15am	Tai Chi
Monday	11th	10.30am - 11.30am	Sing-along with Dave
Monday	11th	1.00pm - 2.00pm	Line Dancing
Tuesday	12th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	12th	1.30pm - 2.30pm	Salsacize
Wednesday	13th	1.00pm - 3.00pm	Tea Dance
Thursday	14th	9.30am - 10.30am	Breakfast Club
Thursday	14th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	14th	10.30am - 11.30pm	Men's Club
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

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Friday	15th	12.30pm - 1.30pm	Friday Lunch Club
Friday	15th	Pre-booked course	Beginners Line Dancing
Friday	15th	7.30pm - 10.00pm	Friday Night Bingo
Saturday	16th	Ticket Only	St Patrick's Dance
Sunday	17th	Ticket Only	St Patrick's Day Lunch
Monday	18th	9.15am - 10.15am	Tai Chi
Monday	18th	CANCELLED	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	TBC	Craft
Thursday	21st	11.30am - 12.30pm	Chair Based Exercise
Thursday	21st	1.00pm - 2.00pm	YogaLates
Friday	22nd	TBC	Stepping Out
Friday	22nd	10.00am - 11.00am	YogaLates
Friday	22nd	11.30am - 12.30pm	Chair Based Exercise
Friday	22nd	12.30pm - 1.30pm	Friday Lunch Club
Friday	22nd	7.30pm - 10.00pm	Friday Night Bingo
Monday	25th	9.15am - 10.15am	Tai Chi
Monday	25th	10.30am - 11.30am	Sing-along with Dave
Monday	25th	1.00pm - 2.00pm	Line Dancing
Tuesday	26th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	26th	1.30pm - 2.30pm	Salsacize
Wednesday	27th	1.00pm - 2.30pm	Bingo
Thursday	28th	9.30am - 10.30am	Breakfast Club
Thursday	28th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	28th	10.30am - 11.30pm	Men's Club
Thursday	28th	11.30am - 12.30pm	Chair Based Exercise
Thursday	28th	1.00pm - 2.00pm	YogaLates
Friday	29th	Closed	GOOD FRIDAY

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 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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