



Irish Network Stevenage Calendar September 2022



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

Once again we have had a busy few months with lots of activities and occasions to celebrate. One of the most memorable events was our Jubilee Celebration attended by the Queen (even if it was just a cut-out of her!) It is so good to see our members back enjoying themselves and we have welcomed many new ones over the last few months.



We have started to renew Membership which is due in September and we are pleased that we have been able to keep the membership fee the same as last year, so £7.00 for people above pension age or on benefits.

We have mentioned it at many of our events but we wanted to remind you that there is a lot of government help towards the increase in fuel costs so

please do contact the office to find out what you are entitled to.

Detailed inside are the times and dates of all our activities so please do have a look and see if there is something you fancy; it is a good time to try something new as well, especially exercise. Our Sallacize, Yopalates and Exercise classes are all good fun and fantastic for mobility and core strength, which is key to maintaining a healthy lifestyle. As always we try and offer something for everyone so if there are any other things you would like to see us offer, please let the office know.



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.

SEPTEMBER			
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	10.00am - 12.00pm	1-1 IT Lessons
Monday	5th	1.00pm - 2.00pm	Line Dancing
Monday	5th	2.15pm - 3.15pm	Line Dancing
Tuesday	6th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	6th	1.30pm - 2.30pm	Salsacize
Wednesday	7th	1.00pm - 2.30pm	Bingo
Thursday	8th	10.30am - 12.00pm	Men's Club
Thursday	8th	1.00pm - 2.00pm	YogaLates
Thursday	8th	TBC	Stepping Out
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	7.30pm - 10.00pm	Friday Night Bingo
Monday	12th	10.00am - 12.00pm	1-1 IT Lessons
Monday	12th	1.00pm - 2.00pm	Line Dancing
Monday	12th	2.15pm - 3.15pm	Line Dancing
Tuesday	13th	TBC	Friendship Group
Tuesday	13th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	13th	1.30pm - 2.30pm	Salsacize
Wednesday	14th	1.00pm - 3.00pm	Tea Dance
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	7.30pm - 10.00pm	Friday Night Bingo
Monday	19th	10.00am - 12.00pm	1-1 IT Lessons
Monday	19th	1.00pm - 2.00pm	Line Dancing
Monday	19th	2.15pm - 3.15pm	Line Dancing
Tuesday	20th	CANCELLED	Beginners Line Dancing
Tuesday	20th	10.00am - 12.00pm	The Red Shed
Tuesday	20th	1.30pm - 2.30pm	Salsacize
Wednesday	21st	1.00pm - 2.30pm	Bingo
Thursday	22nd	10.30am - 12.00pm	Men's Club
Thursday	22nd	10.30am - 12.00pm	Craft
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	7.30pm - 10.00pm	Friday Night Bingo
Monday	26th	10.00am - 12.00pm	1-1 IT Lessons
Monday	26th	1.00pm - 2.00pm	Line Dancing
Monday	26th	2.15pm - 3.15pm	Line Dancing
Tuesday	27th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	27th	1.30pm - 2.30pm	Salsacize
Wednesday	28th	1.00pm - 3.00pm	Afternoon Social
Thursday	29th	1.00pm - 2.00pm	YogaLates
Friday	30th	10.00am - 11.00am	YogaLates
Friday	30th	11.30am - 12.30pm	Chair Based Exercise
Friday	30th	12.30pm - 1.30pm	Friday Lunch Club
Friday	30th	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 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 spend time with friends playing cards or having a walk around Fairlands Valley. We are also planning on arranging other occasional activities. 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 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 a new addition to our activities and it's 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.

Line Dancing Two classes a week, suitable for all dancers, each class is £2.00 and 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.

Yogalates This is a mixture of Pilates and Yoga. An exercise that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. £2.00 per person.

Salsacize A fun and exciting class that helps you dance your way to fitness! Helps improve cardio and flexibility. £2.00 per person.

Contact Us

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