



The Queen's Award
for Voluntary Service

Irish Network Stevenage Calendar MARCH 2023



“Supporting the older community in Stevenage and surrounding areas”

We are committed to supporting you to achieve a well balanced and healthy life and with over 50 activities on offer, we hope there is something that is of interest to you.

If you have ideas for new events/activities for mind, body or soul, please pass on your ideas; we love to hear about them.



The new **Tai-Chi** class is proving very popular so why not give it a go for a gentler way to exercise.



Tickets are on sale for the popular **St. Patrick's Day Lunch, Friday 17th March** to be held at The Holiday Inn, Stevenage.

The **Craft Group** have been busy making crowns for the upcoming King's Coronation and this month is all about Easter creations.

The pop-in **Tea & Chat** on Thursday mornings is still actively going strong, so do call in for a chat and a cuppa anytime between 10.00am and 12.30pm and take the opportunity to look up and chat to friends old and new.

Take a look inside for details of times and dates of all our activities. Descriptions and cost of the activities are on the back page, most of which are held in the Bedwell Community Centre unless otherwise specified.



Dates for your Diary – MARCH

Wednesday	1st	1.00pm - 2.30pm	Bingo
Thursday	2nd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	2nd	11.00am – 12.00pm	Singing group
Thursday	2nd	11.00am - 12.00pm	Men's Club
Thursday	2nd	1.00pm - 2.00pm	YogaLates
Friday	3rd	10.00am - 11.00am	YogaLates
Friday	3rd	11.30am - 12.30pm	Chair Based Exercise
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club
Friday	3rd	1.30pm - 2.30pm	Ballroom dancing
Friday	3rd	7.30pm - 10.00pm	Friday Night Bingo
Monday	6th	9.15am – 10.15am	Tai Chi for beginners
Monday	6th	1.00pm - 2.00pm	Line Dancing
Monday	6th	2.15pm - 3.15pm	Line Dancing
Tuesday	7th	9.30am - 10.30am	Line Dancing
Tuesday	7th	1.30pm - 2.30pm	Salsacize
Wednesday	8th	1.00pm - 3.00pm	Tea Dance
Thursday	9th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	9th	11.00am – 12.00pm	Singing group
Thursday	9th	1.00pm - 2.00pm	YogaLates
Friday	10th	10.00am - 11.00am	YogaLates
Friday	10th	11.30am - 12.30pm	Chair Based Exercise
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club
Friday	10th	1.30pm - 2.30pm	Ballroom dancing
Friday	10th	7.30pm - 10.00pm	Friday Night Bingo
Monday	13th	9.15am – 10.15am	Tai Chi for beginners
Monday	13th	10.00am - 12.00pm	1-1 IT Lessons
Monday	13th	1.00pm - 2.00pm	Line Dancing
Monday	13th	2.15pm - 3.15pm	Line Dancing
Tuesday	14th	9.30am - 10.30am	Line Dancing
Tuesday	14th	1.30pm - 2.30pm	Salsacize
Wednesday	15th	1.00pm - 2.30pm	Bingo
Thursday	16th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	16th	11.00am – 12.00pm	Singing group
Thursday	16th	11.00am - 12.00pm	Men's Club

Thursday	16th	1.00pm - 2.00pm	YogaLates
Friday	17th	12.00pm-4.00pm	St. Patrick's Day Lunch
Friday	17th	CANCELLED	Friday Night Bingo
Monday	20th	9.15am – 10.15am	Tai Chi for beginners
Monday	20th	1.00pm - 2.00pm	Line Dancing
Monday	20th	2.15pm - 3.15pm	Line Dancing
Tuesday	21st	CANCELLED	Line Dancing
Tuesday	21st	1.30pm - 2.30pm	Salsacize
Wednesday	22nd	1.00pm - 2.30pm	Bingo
Thursday	23rd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	23rd	11.00am – 12.00pm	Singing group
Thursday	23rd	10.30am-12.00pm	Easter Craft & Friendship Group
Thursday	23rd	1.00pm - 2.00pm	YogaLates
Friday	24th	10.00am - 11.00am	YogaLates
Friday	24th	11.30am - 12.30pm	Chair Based Exercise
Friday	24th	12.30pm - 1.30pm	Friday Lunch Club
Friday	24th	1.30pm - 2.30pm	Ballroom dancing
Friday	24th	7.30pm - 10.00pm	Friday Night Bingo
Monday	27th	9.15am – 10.15am	Tai Chi for beginners
Monday	27th	10.00am - 12.00pm	1-1 IT Lessons
Monday	27th	1.00pm - 2.00pm	Line Dancing
Monday	27th	2.15pm - 3.15pm	Line Dancing
Tuesday	28th	9.30am - 10.30am	Line Dancing
Tuesday	28th	1.30pm - 2.30pm	Salsacize
Wednesday	29th	1.00pm - 2.30pm	Bingo
Wednesday	29th	TBC	Stepping Out
Thursday	30th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	30th	11.00am – 12.00pm	Singing group
Thursday	30th	1.00pm - 2.00pm	YogaLates
Friday	31st	10.00am - 11.00am	YogaLates
Friday	31st	11.30am - 12.30pm	Chair Based Exercise
Friday	31st	12.30pm - 1.30pm	Friday Lunch Club
Friday	31st	1.30pm - 2.30pm	Ballroom dancing
Friday	31st	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 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, 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.

Ballroom Dancing For people with little or no experience, who would like to learn some easy Ballroom dances. A fun easy going class with a focus on fun! £2.00 per session.

Line Dancing Three classes a week, suitable for all dancers, each class is £2.00 and open to everyone.

Afternoon Social 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 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.

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 per person.

Tai Chi A gentle exercise and stretching to create harmony between mind and body. Monday, 9.15am-10.15am. £2 members, £4 non-members ***NEW***

Singing A fun, easy going session for all levels. Thursday, 11.00am-12.00pm £2 ***NEW***

Contact Us

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