



Irish Network Stevenage Calendar APRIL 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 main event in March was of course our St.

Patrick's Day Lunch, held at The Holiday Inn. It was a huge success and very well attended. The guests were entertained with live music and an excellent display of Irish dancing. In keeping with tradition, we donated all the proceeds from the raffle to a worthy cause, and this year donated all the money raised



to the Turkey-Syria Earthquake Appeal. Our members and guest were very generous and we added our donation to the contribution, so we were very pleased to be able to donate £900.00 to this humanitarian cause. The Luton



Irish Forum will be visiting our Afternoon Social on the 26th April. Please note that this is a ticket only event. A ticket is also required for the Royal Coronation Tea Dance to be held on Monday, 8th May. Contact the office for tickets to either of these exciting events.

Please note the office will be closed: 7th, 10th April and 1st May

Dates for your Diary – APRIL

Monday	3rd	9.15am - 10.15 am	Tai Chi
Monday	3rd	10.00am - 12.00pm	1-1 IT Lessons
Monday	3rd	1.00pm - 2.00pm	Line Dancing
Monday	3rd	2.15pm - 3.15pm	Line Dancing
Tuesday	4th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	4th	1.30pm - 2.30pm	Salsacize
Wednesday	5th	1.00pm - 2.30pm	Bingo
Thursday	6th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	6th	11.00am - 12.00pm	Singing Group
Thursday	6th	10.30am - 11.30am	Mens Club
Thursday	6th	1.00pm - 2.00pm	YogaLates
Friday	7th	Good Friday	
Monday	10th	Easter Monday	
Tuesday	11th	TBC	Friendship Group
Tuesday	11th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	11th	1.30pm - 2.30pm	Salsacize
Wednesday	12th	1.00pm - 3.00pm	Tea Dance
Thursday	13th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	13th	11.00am - 12.00pm	Singing Group
Thursday	13th	1.00pm - 2.00pm	YogaLates
Friday	14th	10.00am - 11.00am	YogaLates
Friday	14th	11.30am - 12.30pm	Chair Based Exercise
Friday	14th	12.30pm - 1.30pm	Friday Lunch Club
Friday	14th	1.30pm - 2.30pm	Ballroom dancing
Friday	14th	7.30pm - 10.00pm	Friday Night Bingo
Monday	17th	CANCELLED	Tai Chi
Monday	17th	10.00am - 12.00pm	1-1 IT Lessons
Monday	17th	1.00pm - 2.00pm	Line Dancing
Monday	17th	2.15pm - 3.15pm	Line Dancing
Tuesday	18th	9.30am - 10.30am	Tuesdays Line Dancing

Tuesday	18th	10.00am - 12.00pm	The Red Shed
Tuesday	18th	1.30pm - 2.30pm	Salsacize
Wednesday	19th	TBC	Stepping Out
Wednesday	19th	1.00pm - 2.30pm	Bingo
Thursday	20th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	20th	11.00am - 12.00pm	Singing Group
Thursday	20th	10.30am - 12.00pm	Craft
Thursday	20th	10.30am - 11.30am	Mens Club
Thursday	20th	1.00pm - 2.00pm	YogaLates
Friday	21st	10.00am - 11.00am	YogaLates
Friday	21st	11.30am - 12.30pm	Chair Based Exercise
Friday	21st	12.30pm - 1.30pm	Friday Lunch Club
Friday	21st	1.30pm - 2.30pm	Ballroom dancing
Friday	21st	7.30pm - 10.00pm	Friday Night Bingo
Monday	24th	CANCELLED	Tai Chi
Monday	24th	10.00am - 12.00pm	1-1 IT Lessons
Monday	24th	1.00pm - 2.00pm	Line Dancing
Monday	24th	2.15pm - 3.15pm	Line Dancing
Tuesday	25th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	25th	1.30pm - 2.30pm	Salsacize
Wednesday	26th	TICKET ONLY	Social with Luton Irish Forum
Thursday	27th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	27th	11.00am - 12.00pm	Singing Group
Thursday	27th	1.00pm - 2.00pm	YogaLates
Friday	28th	10.00am - 11.00am	YogaLates
Friday	28th	11.30am - 12.30pm	Chair Based Exercise
Friday	28th	12.30pm - 1.30pm	Friday Lunch Club
Friday	28th	1.30pm - 2.30pm	Ballroom dancing
Friday	28th	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.

Singing A fun, easy going session for all levels. Thursday, 11.00am-12.00pm £2.00.

Contact Us

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