



# Irish Network Stevenage Newsletter & Calendar MAY 2023



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

The start of 2023 has been extremely busy, and we have welcomed many new members who seem to be thoroughly enjoying our activities! One new member said “I’m amazed at how much you do, I’m here nearly every day!”

In **April**: At the ‘Friendship Group’ gathering, members met local police and could ask questions in a friendly and safe environment.



Other members went on a ‘Stepping Out’ trip to the beautiful Capel Manor Gardens in Enfield.

Upcoming events in **May**: The Bank Holiday Royal Coronation Tea Dance on May 8th (ticket only). There is the weekend Line Dancing trip to Pakefield, nr Lowes-toft from 12th May. There are also 2 other Bank Holidays so please note the of-

ice will be closed and no activities, on 1st and 29th May.

This month we are introducing a new ‘Sing-a-Long with Dave’, so if you fancy a fun singing session come along, details are inside. Our Yogalates classes are a great way to increase your flexibility, so if you haven't tried it yet, you should give it a go! Everything we do has been at the suggestion of our members so just speak to one of the Trustees if you have any new ideas.



# Dates for your Diary – MAY

Monday	1st	<b>BANK HOLIDAY</b>	<b>ALL ACTIVITIES CANCELLED</b>
Tuesday	2nd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	2nd	1.30pm - 2.30pm	Salsacize
Wednesday	3rd	1.00pm - 2.30pm	Bingo
Thursday	4th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	4th	10.30am - 11.30am	Men's Club
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	1.30pm - 2.30pm	Ballroom dancing
Friday	5th	7.30pm - 10.00pm	Friday Night Bingo
Monday	8th	<b>TICKET ONLY</b>	<b>ROYAL TEA DANCE</b>
Monday	8th	<b>BANK HOLIDAY</b>	<b>OTHER ACTIVITIES CANCELLED</b>
Tuesday	9th	TBC	Friendship Group
Tuesday	9th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	9th	1.30pm - 2.30pm	Salsacize
Wednesday	10th	1.00pm - 3.00pm	Tea Dance
Thursday	11th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	11th	1.00pm - 2.00pm	YogaLates
Friday	12th	10.00am - 11.00am	YogaLates
Friday	12th	11.30am - 12.30pm	Chair Based Exercise
Friday	12th	12.30pm - 1.30pm	Friday Lunch Club
Friday	12th	1.30pm - 2.30pm	Ballroom dancing
Friday	12th	7.30pm - 10.00pm	Friday Night Bingo
Friday	12th	<b>Until Monday 15th</b>	<b>Weekend away to Pakefield</b>
Monday	15th	9.15am - 10.15 am	Tai Chi
Monday	15th	10.00am - 12.00pm	1-1 IT Lessons
Monday	15th	<b>CANCELLED</b>	Line Dancing

Monday	15th	<b>CANCELLED</b>	Line Dancing
Tuesday	16th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	16th	10.00am - 12.00pm	The Red Shed
Tuesday	16th	1.30pm - 2.30pm	Salsacize
Wednesday	17th	1.00pm - 2.30pm	Bingo
Thursday	18th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	18th	10.30am - 12.00pm	Craft - Blue Flowers
Thursday	18th	10.30am - 11.30am	Men's Club
Thursday	18th	1.00pm - 2.00pm	YogaLates
Friday	19th	10.00am - 11.00am	YogaLates
Friday	19th	11.30am - 12.30pm	Chair Based Exercise
Friday	19th	12.30pm - 1.30pm	Friday Lunch Club
Friday	19th	1.30pm - 2.30pm	Ballroom dancing
Friday	19th	7.30pm - 10.00pm	Friday Night Bingo
Monday	22nd	9.15am - 10.15 am	Tai Chi
Monday	22nd	10.00am - 12.00pm	1-1 IT Lessons
Monday	22nd	10.30am-11.30am	Sing-a-Long with Dave* <b>NEW</b>
Monday	22nd	1.00pm - 2.00pm	Line Dancing
Monday	22nd	2.15pm - 3.15pm	Line Dancing
Tuesday	23rd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	23rd	1.30pm - 2.30pm	Salsacize
Wednesday	24th	1.00pm - 3.00pm	Afternoon Social
Thursday	25th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	25th	1.00pm - 2.00pm	YogaLates
Friday	26th	10.00am - 11.00am	YogaLates
Friday	26th	11.30am - 12.30pm	Chair Based Exercise
Friday	26th	12.30pm - 1.30pm	Friday Lunch Club
Friday	26th	1.30pm - 2.30pm	Ballroom dancing
Friday	26th	7.30pm - 10.00pm	Friday Night Bingo
Monday	29th	<b>BANK HOLIDAY</b>	<b>ALL ACTIVITIES CANCELLED</b>
Tuesday	30th	1.30pm - 2.30pm	Salsacize
Wednesday	31st	1.00pm - 2.30pm	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 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.

**Sing-a-long with Dave:** A relaxed and fun session for all singing abilities. £2 members

Contact Us

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