



Irish Network Stevenage Newsletter & Calendar JUNE 2023



“Supporting the older community in Stevenage and surrounding areas”

We are halfway through the year and we are as busy as ever with a packed month of activities. We have welcomed many new members who seem to be thoroughly enjoying our activities! Take a look inside to see what's on offer.

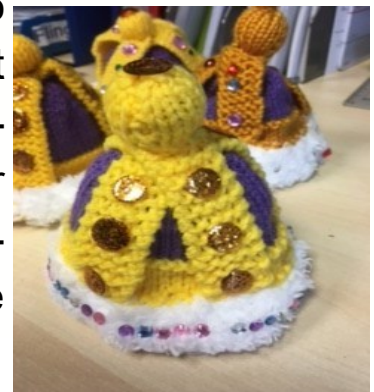
In **May**: The INS celebrated the King's Coronation with a Tea Dance held on 8th May. Members made some inspiring commemorative memorabilia for the event.



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A bus load of members went on a line dancing weekend at Pakefield Holiday Park. There was the opportunity to learn new routines and many went on bus trips to nearby towns and took in the lovely beach too.

Upcoming events in **June**: A day trip by coach is planned to Ely on the 7th June. The trip includes lunch at 'Five Miles from Anywhere' restaurant and as spaces are limited, get in touch with the office to register your interest. The Bingo normally on that Wednesday will now take place on the 28th replacing the Afternoon Social.



Have you tried Tai-Chi? This is a gentle way to exercise and stretch to increase your flexibility, so why not 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 – JUNE

Thursday	1st	10.00am - 12.30pm	Thursdays Tea & Chat
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	CANCELLED	Ballroom dancing
Friday	2nd	7.30pm - 10.00pm	Friday Night Bingo
Monday	5th	CANCELLED	Tai Chi
Monday	5th	10.30am-11.30am	Sing-a-Long with Dave
Monday	5th	1.00pm - 2.00pm & 2.15pm - 3.15pm	Line Dancing
Tuesday	6th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	6th	1.30pm - 2.30pm	Salsacize
Wednesday	7th	TBC	DAY TRIP TO ELY
Wednesday	7th	1.00pm - 2.30pm	Bingo
Thursday	8th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	8th	10.30am - 11.30am	Mens Club
Thursday	8th	1.00pm - 2.00pm	YogaLates
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	1.30pm - 2.30pm	Ballroom dancing
Friday	9th	7.30pm - 10.00pm	Friday Night Bingo
Monday	12th	9.15am - 10.15 am	Tai Chi
Monday	12th	10.30am-11.30am	Sing-a-Long with Dave
Monday	12th	10.00am -11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	12th	1.00pm - 2.00pm & 2.15pm - 3.15pm	Line Dancing
Tuesday	13th	TBC	Friendship Group
Tuesday	13th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	13th	1.30pm - 2.30pm	Salsacize
Wednesday	14th	TBC	Stepping Out
Wednesday	14th	1.00pm - 3.00pm	Tea Dance
Thursday	15th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	15th	10.30am - 12.00pm	Craft

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	1.30pm - 2.30pm	Ballroom dancing
Friday	16th	7.30pm - 10.00pm	Friday Night Bingo
Monday	19th	9.15am - 10.15 am	Tai Chi
Monday	19th	10.30am-11.30am	Sing-a-Long with Dave
Monday	19th	1.00pm - 2.00pm & 2.15pm - 3.15pm	Line Dancing
Tuesday	20th	9.30am - 10.30am	Tuesdays 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	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	22nd	10.30am - 11.30am	Mens Club
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	1.30pm - 2.30pm	Ballroom dancing
Friday	23rd	7.30pm - 10.00pm	Friday Night Bingo
Monday	26th	9.15am - 10.15 am	Tai Chi
Monday	26th	10.30am-11.30am	Sing-a-Long with Dave
Monday	26th	10.00am -11.00am & 11.00am -12.00pm	1-1 IT Lessons
Monday	26th	1.00pm - 2.00pm & 2.15pm - 3.15pm	Line Dancing
Tuesday	27th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	27th	1.30pm - 2.30pm	Salsacize
Wednesday	28th	1.00pm - 2.30pm	Bingo
Thursday	29th	10.00am - 12.30pm	Thursdays Tea & Chat
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	1.30pm - 2.30pm	Ballroom dancing
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 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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