



Irish Network Stevenage Newsletter & Calendar JULY 2023



“Supporting the older community in Stevenage and surrounding areas”

This months newsletter is dedicated to Luke Donovan RIP

As Chair of the INS, Luke made everyone feel part of our special family, he went to nearly all the events, and would often be seen on the dance floor, or calling “Yabba Dabba Do!” when he won at bingo! You could always find him having a joke with our members; Luke’s smile would cheer anyone up.

Luke was so proud of the INS and its volunteers, and would always say how important it was to the local community. He played down his role, but we all know that the INS would not be what it is now without his passion, commitment and leadership.

Although we mourn the loss of an amazing friend, we try and take comfort in the fact that so many people’s lives were improved by what he did, it could be a phone call or a visit, or just Luke spending time with them. When lockdown was in force Luke made over 120 calls a week to members, and when it lifted he still made hundreds of calls a month with many members saying it was a highlight of their week.

Luke was a well recognised member of the Stevenage community – wherever he went he met a friend, and his humour and positive outlook was appreciated by all. The Irish Network Stevenage is Luke’s legacy to the community. He will be missed by all who knew him. RIP Luke



INS Dates for your Diary – JULY

Monday	3rd	9.15am - 10.15am	Tai Chi
Monday	3rd	10.00am - 11.00pm & 11.00am—12.00pm	1-1 IT Lessons
Monday	3rd	10.30am - 11.30am	Sing-along with Dave
Monday	3rd	1.00pm - 2.00pm	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	10.30am - 11.30am	Men's Club
Thursday	6th	1.00pm - 2.00pm	YogaLates
Friday	7th	10.00am - 11.00am	YogaLates
Friday	7th	11.30am - 12.30pm	Chair Based Exercise
Friday	7th	12.30pm - 1.30pm	Friday Lunch Club
Friday	7th	1.30pm - 2.30pm	Ballroom dancing
Friday	7th	7.30pm - 10.00pm	Friday Night Bingo
Monday	10th	9.15am - 10.15am	Tai Chi
Monday	10th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	10th	10.30am - 11.30am	Sing-along with Dave
Monday	10th	1.00pm - 2.00pm	Line Dancing
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	10.30am - 12.00pm	Craft
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	9.15am - 10.15am	Tai Chi
Monday	17th	10.30am - 11.30am	Sing-along with Dave
Monday	17th	1.00pm - 2.00pm	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	CLOSED	
Thursday	20th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	20th	10.30am - 11.30am	Men's 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	9.15am - 10.15am	Tai Chi
Monday	24th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	24th	10.30am - 11.30am	Sing-along with Dave
Monday	24th	1.00pm - 2.00pm	Line Dancing
Tuesday	25th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	25th	1.30pm - 2.30pm	Salsacize
Wednesday	26th	1.00pm - 3.00pm	Afternoon Social
Thursday	27th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	27th	1.00pm - 2.00pm	YogaLates
Thursday	27th	7.00pm - 11.00pm	Summer Ball - Ticket event
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
Monday	31st	9.15am - 10.15am	Tai Chi
Monday	31st	10.30am - 11.30am	Sing-along with Dave
Monday	31st	1.00pm - 2.00pm	Line Dancing

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-aLong with Dave: A relaxed and fun session for all singing abilities. £2 members

Contact Us

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