



Irish Network Stevenage Newsletter & Calendar AUGUST 2023



“Supporting the older community in Stevenage and surrounding areas”

Once again we had a busy month with even more members joining in with activities they haven't done before. Members are really seeing the benefit of Tai Chi and Yopalates, and have said it is helping with their balance, coordination and even their strength. So if this something you would like to try, do come along, its open to everyone from complete beginners to those with a bit of experience.



Our craft group had such fun back in May decorating wine bottles we got them to do it again! A fun time was had getting creative with all those left over wine bottles! Some lights, nail varnish and imagination turned empty bottles into attractive decorations. This time they will be on sale at the Bedwell Fun Day on Saturday 19th August at the Community Centre. So do come along and see their hard work.

The monthly Friendship Group met again at the Red Shed, off Bedwell Crescent for gardening activities with tea and biscuits. It's a lovely place to spend a few hours in nature.



The Tea Dance was very popular as usual and music provided by Dave Kaye gets everyone on to the dance floor! Our new Sing-a-long with Dave is popular



and such fun, so if you fancy joining in, do come along—all abilities welcome! Don't forget to grab your ticket for the Tea Dance on 9th August.

Coming up in August, there is the trip to the Irish Milton Keynes and the coach trip to South-end-on-Sea on 22nd August - don't forget your ticket. We are closed on the 28th August for the Bank Holiday.

INS Dates for your Diary – AUGUST

Tuesday	1st	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	1st	1.30pm - 2.30pm	Salsacize
Wednesday	2nd	1.00pm - 2.30pm	Bingo
Wednesday	2nd	TICKET ONLY	Visit to Irish Milton Keynes
Thursday	3rd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	3rd	10.30am - 11.30am	Men's Club
Thursday	3rd	1.00pm - 2.00pm	YogaLates
Friday	4th	10.00am - 11.00am	YogaLates
Friday	4th	11.30am - 12.30pm	Chair Based Exercise
Friday	4th	12.30pm - 1.30pm	Friday Lunch Club
Friday	4th	7.30pm - 10.00pm	Friday Night Bingo
Monday	7th	9.15am - 10.15 am	Tai Chi
Monday	7th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	7th	10.30am - 11.30am	Sing-along with Dave
Monday	7th	1.00pm - 2.00pm	Line Dancing
Tuesday	8th	TBC	Friendship Group
Tuesday	8th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	8th	1.30pm - 2.30pm	Salsacize
Wednesday	9th	1.00pm - 3.00pm	Tea Dance
Thursday	10th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	10th	1.00pm - 2.00pm	YogaLates
Friday	11th	10.00am - 11.00am	YogaLates
Friday	11th	11.30am - 12.30pm	Chair Based Exercise
Friday	11th	12.30pm - 1.30pm	Friday Lunch Club
Friday	11th	7.30pm - 10.00pm	Friday Night Bingo
Monday	14th	9.15am - 10.15 am	Tai Chi
Monday	14th	10.30am - 11.30am	Sing-along with Dave
Monday	14th	1.00pm - 2.00pm	Line Dancing
Tuesday	15th	9.30am - 10.30am	Tuesdays Line Dancing

Tuesday	15th	10.00am - 12.00pm	The Red Shed
Tuesday	15th	1.30pm - 2.30pm	Salsacize
Wednesday	16th	1.00pm - 2.30pm	Bingo
Thursday	17th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	17th	10.30am - 11.30am	Men's Club
Thursday	17th	1.00pm - 2.00pm	YogaLates
Friday	18th	10.00am - 11.00am	YogaLates
Friday	18th	11.30am - 12.30pm	Chair Based Exercise
Friday	18th	12.30pm - 1.30pm	Friday Lunch Club
Friday	18th	7.30pm - 10.00pm	Friday Night Bingo
Monday	21st	9.15am - 10.15 am	Tai Chi
Monday	21st	10.30am - 11.30am	Sing-along with Dave
Monday	21st	1.00pm - 2.00pm	Line Dancing
Tuesday	22nd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	22nd	1.30pm - 2.30pm	Salsacize
Tuesday	22nd	TICKET ONLY	DAY TRIP TO SOUTHEND
Wednesday	23rd	1.00pm - 2.30pm	Bingo
Thursday	24th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	24th	1.00pm - 2.00pm	YogaLates
Friday	25th	10.00am - 11.00am	YogaLates
Friday	25th	11.30am - 12.30pm	Chair Based Exercise
Friday	25th	12.30pm - 1.30pm	Friday Lunch Club
Friday	25th	7.30pm - 10.00pm	Friday Night Bingo
Monday	28th	BANK HOLIDAY	ALL ACTIVITIES CANCELLED
Tuesday	29th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	29th	1.30pm - 2.30pm	Salsacize
Wednesday	30th	1.00pm - 2.30pm	Bingo
Thursday	31st	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	31st	1.00pm - 2.00pm	YogaLates

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.

Line Dancing Two 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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