



Irish Network Stevenage Newsletter & Calendar SEPTEMBER 2023



“Supporting the older community in Stevenage and surrounding areas”

Welcome to our September newsletter, and as usual we have a busy month planned! With nearly 60 activities and events on this month, there is something for everyone, and now is as good as time as any to try something new. So perhaps think about joining one of our many active classes, it could be Tai Chi, Line Dancing, Salsacize or the exercise class. We all know the benefits of keeping fit and these classes are the best way to do just that.

In July we held our first ever Summer Ball which was a huge success and we plan on making this a yearly event. And in August we took a trip to visit the Milton Keynes Irish Welfare Club. We had a fantastic time and was made to feel very welcome, there was plenty of dancing, a great lunch and it was lovely catching up with friends.

This month we have our AGM, which will be at the Social afternoon on 27th September. This is a great way for you to find out what is involved in running INS and to see how hard our volunteers work to make all these events happen.

We will also be renewing membership in September, and we are pleased to say that even though our costs have increased, we have been able to keep the membership fee the same. You can renew at our activities or at the office throughout September.

Got some free time on a Thursday morning? Why not pop along to the Tea and Chat for a cup of tea/coffee with a choice of snacks; no need to book and stay for as long as you like. You can follow this with a Yopalates class, which is lovely class designed just for us. It's a great way to improve your flexibility, strength and your balance, so give it a go! **NEW!** Thursday chair based exercise class, 11.30am -12.30pm.



INS Dates for your Diary – SEPTEMBER

Friday	1st	10.00am - 11.00am	YogaLates
Friday	1st	11.30am - 12.30pm	Chair Based Exercise
Friday	1st	12.30pm - 1.30pm	Friday Lunch Club
Friday	1st	7.30pm - 10.00pm	Friday Night Bingo
Monday	4th	9.15am - 10.15am	Tai Chi
Monday	4th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	4th	10.30am - 11.30am	Sing-along with Dave
Monday	4th	1.00pm - 2.00pm	Line Dancing
Tuesday	5th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	5th	1.30pm - 2.30pm	Salsacize
Wednesday	6th	1.00pm - 2.30pm	Bingo
Thursday	7th		Stepping Out with Carers
Thursday	7th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	7th	11.30am - 12.30pm *NEW	Chair Based Exercise
Thursday	7th	CANCELLED	Men's Club
Thursday	7th	1.00pm - 2.00pm	YogaLates
Friday	8th	10.00am - 11.00am	YogaLates
Friday	8th	11.30am - 12.30pm	Chair Based Exercise
Friday	8th	12.30pm - 1.30pm	Friday Lunch Club
Friday	8th	7.30pm - 10.00pm	Friday Night Bingo
Monday	11th	9.15am - 10.15 am	Tai Chi
Monday	11th	10.30am - 11.30am	Sing-along with Dave
Monday	11th	1.00pm - 2.00pm	Line Dancing
Tuesday	12th	TBC	Friendship Group
Tuesday	12th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	12th	1.30pm - 2.30pm	Salsacize
Wednesday	13th	1.00pm - 3.00pm	Tea Dance
Thursday	14th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	14th	11.30am - 12.30pm *NEW	Chair Based Exercise
Thursday	14th	1.00pm - 2.00pm	YogaLates
Friday	15th	10.00am - 11.00am	YogaLates
Friday	15th	11.30am - 12.30pm	Chair Based Exercise

Friday	15th	12.30pm - 1.30pm	Friday Lunch Club
Friday	15th	7.30pm - 10.00pm	Friday Night Bingo
Monday	18th	9.15am - 10.15am	Tai Chi
Monday	18th	10.00am - 11.00am & 11.00am—12.00pm	1-1 IT Lessons
Monday	18th	CANCELLED	Sing-along with Dave
Monday	18th	1.00pm - 2.00pm	Line Dancing
Tuesday	19th	10.00am - 12.00pm	The Red Shed
Tuesday	19th	CANCELLED	Tuesdays Line Dancing
Tuesday	19th	1.30pm - 2.30pm	Salsacize
Wednesday	20th	1.00pm - 2.30pm	Bingo
Thursday	21st	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	21st	11.30am - 12.30pm *NEW	Chair Based Exercise
Thursday	21st		Craft
Thursday	21st	10.30am - 11.30am	Men's Club
Thursday	21st	1.00pm - 2.00pm	YogaLates
Friday	22nd	10.00am - 11.00am	YogaLates
Friday	22nd	11.30am - 12.30pm	Chair Based Exercise
Friday	22nd	12.30pm - 1.30pm	Friday Lunch Club
Friday	22nd	7.30pm - 10.00pm	Friday Night Bingo
Monday	25th	9.15am - 10.15am	Tai Chi
Monday	25th	CANCELLED	Sing-along with Dave
Monday	25th	1.00pm - 2.00pm	Line Dancing
Tuesday	26th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	26th	1.30pm - 2.30pm	Salsacize
Wednesday	27th	1.00pm - 3.00pm	Afternoon Social & AGM
Thursday	28th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	28th	11.30am - 12.30pm *NEW	Chair Based Exercise
Thursday	28th	1.00pm - 2.00pm	YogaLates
Friday	29th	10.00am - 11.00am	YogaLates
Friday	29th	11.30am - 12.30pm	Chair Based Exercise
Friday	29th	12.30pm - 1.30pm	Friday Lunch Club
Friday	29th	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. 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 for members and £4.00 for non-members.

Afternoon Social The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided. Entry is £3.00 for members and £4.00 non-members.

Friday Lunch Club A pre-booked light lunch open to all. Places are limited and booking is essential. £3.00 for members and £5.00 for non-members.

Exercise Class Everyone is welcome. A gentle chair based exercise class twice a week for all abilities. £2.00 for members and £4.00 for non-members.

Yogalates A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. £2.00 for members and £4.00 for non-members.

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 for members and £4.00 for non-members.

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 for members and £4.00 for non-members.

Contact Us

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