



Irish Network Stevenage Newsletter & Calendar OCTOBER 2023



“Supporting the older community in Stevenage and surrounding areas”

As a charity we are focused on providing as many different activities as possible to keep our members active and having fun! And as we go into October and the weather turns a bit we are encouraging as many of you as possible to keep coming out. We have more buses coming to Bedwell now and a car park right beside us, so please don't let the weather or transport stop you! AGE UK says “positive relationships and shared activities contribute to our wellbeing, and loneliness and social isolation increase health risks in older people” So keep yourselves busy!



There was a good turnout for the Tea Dance as you can see from the photos, and some members attended the Mayors Annual Tea Party and spent a lovely time chatting to the Mayor and the Leader of the Council. The IT sessions are fully booked for October but there are spaces in November, so do get in contact if you would like to book.

We've also had a lot of new members join so if you see a new face in one of the many activities, do stop and say 'hi' and introduce yourself. Don't forget we have an additional chair-based exercise class on Thursdays as well as the existing Friday one and we have a new **Thursday Breakfast Club** (details on the back). So, we look forward to seeing you all throughout October!

INS Dates for your Diary – OCTOBER

Monday	2nd	9.15am - 10.15am	Tai Chi
Monday	2nd	10.30am - 11.30am	Sing-along with Dave
Monday	2nd	1.00pm - 2.00pm	Line Dancing
Tuesday	3rd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	3rd	1.30pm - 2.30pm	Salsacize
Wednesday	4th	1.00pm - 2.30pm	Bingo
Thursday	5th	11.00am - 3.00pm at Event Island in Town	Older Peoples Day
Thursday	5th	TBC	Stepping Out with Carers
Thursday	5th	9.00am - 10.00am *NEW	Breakfast Club
Thursday	5th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	5th	CANCELLED	Men's Club
Thursday	5th	11.30am - 12.30pm	Chair Based Exercise
Thursday	5th	1.00pm - 2.00pm	YogaLates
Friday	6th	10.00am - 11.00am	YogaLates
Friday	6th	11.30am - 12.30pm	Chair Based Exercise
Friday	6th	12.30pm - 1.30pm	Friday Lunch Club
Friday	6th	7.30pm - 10.00pm	Friday Night Bingo
Monday	9th	9.15am - 10.15am	Tai Chi
Monday	9th	10.30am - 11.30am	Sing-along with Dave
Monday	9th	1.00pm - 2.00pm	Line Dancing
Tuesday	10th	TBC	Friendship Group
Tuesday	10th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	10th	1.30pm - 2.30pm	Salsacize
Wednesday	11th	1.00pm - 3.00pm	Tea Dance
Thursday	12th	9.00am - 10.00am *NEW	Breakfast Club
Thursday	12th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	12th	11.30am - 12.30pm	Chair Based Exercise
Thursday	12th	1.00pm - 2.00pm	YogaLates
Friday	13th	10.00am - 11.00am	YogaLates
Friday	13th	11.30am - 12.30pm	Chair Based Exercise
Friday	13th	12.30pm - 1.30pm	Friday Lunch Club
Friday	13th	7.30pm - 10.00pm	Friday Night Bingo
Monday	16th	9.15am - 10.15am	Tai Chi
Monday	16th	CANCELLED	Sing-along with Dave

Monday	16th	1.00pm - 2.00pm	Line Dancing
Tuesday	17th	CANCELLED	Tuesdays Line Dancing
Tuesday	17th	10.00am - 12.00pm	The Red Shed
Tuesday	17th	1.30pm - 2.30pm	Salsacize
Wednesday	18th	1.00pm - 2.30pm	Bingo
Thursday	19th	9.00am - 10.00am *NEW	Breakfast Club
Thursday	19th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	19th	TBC	Craft
Thursday	19th	11.00am - 12.00pm	Men's Club
Thursday	19th	11.30am - 12.30pm	Chair Based Exercise
Thursday	19th	1.00pm - 2.00pm	YogaLates
Friday	20th	10.00am - 11.00am	YogaLates
Friday	20th	11.30am - 12.30pm	Chair Based Exercise
Friday	20th	12.30pm - 1.30pm	Friday Lunch Club
Friday	20th	7.30pm - 10.00pm	Friday Night Bingo
Monday	23rd	9.15am - 10.15am	Tai Chi
Monday	23rd	10.30am - 11.30am	Sing-along with Dave
Monday	23rd	1.00pm - 2.00pm	Line Dancing
Tuesday	24th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	24th	1.30pm - 2.30pm	Salsacize
Wednesday	25th	1.00pm - 3.00pm	Afternoon Social
Thursday	26th	9.00am - 10.00am *NEW	Breakfast Club
Thursday	26th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	26th	11.30am - 12.30pm	Chair Based Exercise
Thursday	26th	1.00pm - 2.00pm	YogaLates
Friday	27th	10.00am - 11.00am	YogaLates
Friday	27th	CANCELLED	Chair Based Exercise
Friday	27th	CANCELLED	Friday Lunch Club
Friday	27th	7.30pm - 10.00pm	Friday Night Bingo
Monday	30th	9.15am - 10.15am	Tai Chi
Monday	30th	10.30am - 11.30am	Sing-along with Dave
Monday	30th	1.00pm - 2.00pm	Line Dancing
Tuesday	31st	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	31st	1.30pm - 2.30pm	Salsacize

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. 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 Breakfast Club A healthy breakfast is the best start to the day and we are providing you with a free one on Thursdays so do come along!

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-a-Long 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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