



Irish Network Stevenage Newsletter & Calendar November 2023



“Supporting the older community in Stevenage and surrounding areas”

We know that as we enter the colder months the heating goes on and the bills go up. So, we are pleased to announce that the Stevenage Community Trust are, once again, offering Heating Grants for those that need help with increased heating bills. Just come into the office for more details.

We have had a busy month with “Pumpkin Making” at the Red Shed, a trip to the Fisherman for Sunday lunch and a visit from the High Sherriff of Hertfordshire, who joined in with our singing group! All our other activi-



ties were busy as well, and our Thursday morning Breakfast Club is very popular. With delicious bakery items, cereals and plenty of tea, it's a great start to the day so do come along, its free and the company is great!

We have a trip to The Celtic Club this month and we are looking forward to seeing our friends from Luton Irish Forum, who are always great company. Our Christmas Lunch tickets for 12th December are proving to be more popular than ever and we only have a few tickets left. So if you are hoping to come along, please get your ticket as soon as possible. As always we are here to support you so if you have ideas of new activities or any support we could provide, please do let us know and we will see what we can do.

Wednesday	1st	1.00pm - 2.30pm	Bingo
Thursday	2nd	9.30am - 10.30am	Breakfast Club
Thursday	2nd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	2nd		Stepping Out with Carers
Thursday	2nd	10.30am - 11.30am	Men's Club
Thursday	2nd	11.30am - 12.30pm	Chair Based Exercise
Thursday	2nd	1.00pm - 2.00pm	YogaLates
Friday	3rd	10.00am - 11.00am	YogaLates
Friday	3rd	11.30am - 12.30pm	Chair Based Exercise
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club
Friday	3rd	7.30pm - 10.00pm	Friday Night Bingo
Monday	6th	9.15am - 10.15am	Tai Chi
Monday	6th	10.30am - 11.30am	Sing-along with Dave
Monday	6th	1.00pm - 2.00pm	Line Dancing
Tuesday	7th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	7th	1.30pm - 2.30pm	Salsacize
Wednesday	8th	1.00pm - 3.00pm	Tea Dance
Thursday	9th	9.30am - 10.30am	Breakfast Club
Thursday	9th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	9th	11.30am - 12.30pm	Chair Based Exercise
Thursday	9th	1.00pm - 2.00pm	YogaLates
Friday	10th	10.00am - 11.00am	YogaLates
Friday	10th	11.30am - 12.30pm	Chair Based Exercise
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club
Friday	10th	7.30pm - 10.00pm	Friday Night Bingo
Monday	13th	9.15am - 10.15am	Tai Chi
Monday	13th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	13th	10.30am - 11.30am	Sing-along with Dave
Monday	13th	1.00pm - 2.00pm	Line Dancing
Tuesday	14th	TBC	Friendship Group
Tuesday	14th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	14th	1.30pm - 2.30pm	Salsacize
Wednesday	15th	1.00pm - 2.30pm	Bingo
Wednesday	15th	Ticket Only at the Celtic Club	Visit to Luton Irish Forum
Thursday	16th	9.30am - 10.30am	Breakfast Club

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Thursday	16th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	16th		Craft
Thursday	16th	10.30am - 11.30am	Men's Club
Thursday	16th	11.30am - 12.30pm	Chair Based Exercise
Thursday	16th	1.00pm - 2.00pm	YogaLates
Friday	17th	10.00am - 11.00am	YogaLates
Friday	17th	11.30am - 12.30pm	Chair Based Exercise
Friday	17th	12.30pm - 1.30pm	Friday Lunch Club
Friday	17th	7.30pm - 10.00pm	Friday Night Bingo
Monday	20th	9.15am - 10.15 am	Tai Chi
Monday	20th	10.30am - 11.30am	Sing-along with Dave
Monday	20th	1.00pm - 2.00pm	Line Dancing
Tuesday	21st	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	21st	10.00am - 12.00pm	The Red Shed
Tuesday	21st	1.30pm - 2.30pm	Salsacize
Wednesday	22nd	1.00pm - 3.00pm	Afternoon Social
Thursday	23rd	9.30am - 10.30am	Breakfast Club
Thursday	23rd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	23rd	11.30am - 12.30pm	Chair Based Exercise
Thursday	23rd	1.00pm - 2.00pm	YogaLates
Friday	24th	10.00am - 11.00am	YogaLates
Friday	24th	11.30am - 12.30pm	Chair Based Exercise
Friday	24th	12.30pm - 1.30pm	Friday Lunch Club
Friday	24th	7.30pm - 10.00pm	Friday Night Bingo
Monday	27th	9.15am - 10.15 am	Tai Chi
Monday	27th	10.00am - 11.00am & 11.00am - 12.00pm	1-1 IT Lessons
Monday	27th	10.30am - 11.30am	Sing-along with Dave
Monday	27th	1.00pm - 2.00pm	Line Dancing
Tuesday	28th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	28th	1.30pm - 2.30pm	Salsacize
Wednesday	29th	1.00pm - 2.30pm	Bingo
Thursday	30th	9.30am - 10.30am	Breakfast Club
Thursday	30th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	30th	11.30am - 12.30pm	Chair Based Exercise
Thursday	30th	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. 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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