



## ***Irish Network Stevenage Newsletter & Calendar February 2024***



### ***“Supporting the older community in Stevenage and surrounding areas”***

The start of the year has seen large attendances at all the activities so if you need to book, make sure you don't delay in putting your name down for your favourite class. New members are also joining, so if you see somebody new, say 'hello'.



St Patrick's Day is one of the highlights of the year and we are celebrating in style this year! We will have our traditional St Patrick's Day lunch on 17th March at the Holiday Inn and tickets are now on sale. We suggest you get your tickets as soon as possible as this is a very popular event and tickets sell out fast! This year, for the first time we are also having a St Patrick's Day Dance where there will be there live music and lots of dancing! This will be on Saturday 16th March at the Bedwell Community Centre, 7pm-11pm. Tickets for this 'ticket only' event will go on sale on Monday, 29th February and this is open to both members and non members.

With over 75 activities and a footfall of over 1,700 per month, we do keep you busy! One of our smaller groups that we are very proud of, is our Craft Group, they are such a talented bunch! They have turned redundant books into lovely table decorations. We are starting a new 5 week beginners Line Dancing course. To take part, please contact the office if you are interested; spaces are limited.



Don't forget, new ideas for activities always welcome!

Thursday	1st	9.30am - 10.30am	Breakfast Club
Thursday	1st	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	1st	10.30am - 11.30pm	Men's Club
Thursday	1st	11.30am - 12.30pm	Chair Based Exercise
Thursday	1st	1.00pm - 2.00pm	YogaLates
Friday	2nd	10.00am - 11.00am	YogaLates
Friday	2nd	11.30am - 12.30pm	Chair Based Exercise
Friday	2nd	12.30pm - 1.30pm	Friday Lunch Club
Friday	2nd	7.30pm - 10.00pm	Friday Night Bingo
Monday	5th	9.15am - 10.15am	Tai Chi
Monday	5th	10.30am - 11.30am	Sing-along with Dave
Monday	5th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	5th	1.00pm - 2.00pm	Line Dancing
Tuesday	6th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	6th	1.30pm - 2.30pm	Salsacize
Wednesday	7th	1.00pm - 2.30pm	Bingo
Thursday	8th	9.30am - 10.30am	Breakfast Club
Thursday	8th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	8th	11.30am - 12.30pm	Chair Based Exercise
Thursday	8th	1.00pm - 2.00pm	YogaLates
Friday	9th	10.00am - 11.00am	YogaLates
Friday	9th	11.30am - 12.30pm	Chair Based Exercise
Friday	9th	12.30pm - 1.30pm	Friday Lunch Club
Friday	9th	7.30pm - 10.00pm	Friday Night Bingo
Monday	12th	9.15am - 10.15am	Tai Chi
Monday	12th	10.30am - 11.30am	Sing-along with Dave
Monday	12th	1.00pm - 2.00pm	Line Dancing
Tuesday	13th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	13th	TBC	Friendship Group
Tuesday	13th	1.30pm - 2.30pm	Salsacize
Wednesday	14th	1.00pm - 3.00pm	Tea Dance
Thursday	15th	9.30am - 10.30am	Breakfast Club
Thursday	15th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	15th	10.30am - 12.00pm	Craft
Thursday	15th	10.30am - 11.30pm	Men's Club

I  
N  
S  
F  
E  
B  
U  
A  
R  
Y  
C  
A  
L  
E  
N  
D  
A  
R

Thursday	15th	11.30am - 12.30pm	Chair Based Exercise
Thursday	15th	1.00pm - 2.00pm	YogaLates
Friday	16th	10.00am - 11.00am	YogaLates
Friday	16th	11.30am - 12.30pm	Chair Based Exercise
Friday	16th	12.30pm - 1.30pm	Friday Lunch Club
Friday	16th	Pre-booked course	Beginners Line Dancing
Friday	16th	7.30pm - 10.00pm	Friday Night Bingo
Monday	19th	9.15am - 10.15am	Tai Chi
Monday	19th	10.30am - 11.30am	Sing-along with Dave
Monday	19th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	19th	1.00pm - 2.00pm	Line Dancing
Tuesday	20th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	20th	1.30pm - 2.30pm	Salsacize
Wednesday	21st	1.00pm - 2.30pm	Bingo
Thursday	22nd	9.30am - 10.30am	Breakfast Club
Thursday	22nd	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	22nd	11.30am - 12.30pm	Chair Based Exercise
Thursday	22nd	1.00pm - 2.00pm	YogaLates
Friday	23rd	10.00am - 11.00am	YogaLates
Friday	23rd	11.30am - 12.30pm	Chair Based Exercise
Friday	23rd	12.30pm - 1.30pm	Friday Lunch Club
Friday	23rd	Pre-booked course	Beginners Line Dancing
Friday	23rd	7.30pm - 10.00pm	Friday Night Bingo
Monday	26th	9.15am - 10.15am	Tai Chi
Monday	26th	10.30am - 11.30am	Sing-along with Dave
Monday	26th	1.00pm - 2.00pm	Line Dancing
Tuesday	27th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	27th	1.30pm - 2.30pm	Salsacize
Wednesday	28th	1.00pm - 3.00pm	Afternoon Social
Thursday	29th	9.30am - 10.30am	Breakfast Club
Thursday	29th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	29th	10.30am - 11.30pm	Men's Club
Thursday	29th	11.30am - 12.30pm	Chair Based Exercise
Thursday	29th	1.00pm - 2.00pm	YogaLates

## Our Activities

Below are 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. The cost is £3.00 per session and needs 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's £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

Sherma Batson Centre, 10-12 Exchange Road, Stevenage, Herts, SG1 1PZ.

info@irishnetworkstevenage.org.uk, www.irishnetworkstevenage.org.uk

Tel: 01438 725400

