



Irish Network Stevenage Newsletter & Calendar April 2024



“Supporting the older community in Stevenage and surrounding areas”

The big events that occurred in March were, of course, the first ever St. Patrick's Day Dance on the 16th March, followed by the annual St. Patrick's Day presentation and lunch on the 17th March. It was amazing to have such a full weekend and to have so many friends come and join us. In fact, the



St Patrick's Dance was such a success we have decided to have it next year as well!

As we move into the warmer months we think now is a good time to try something new. So perhaps think about joining one of our many active classes, it could be Tai Chi, Line Dancing, Salsacize or our exercise classes. We all know the benefits of keeping fit and these classes are the best way to do just that. Also, some of our members have joined the Health Walks that go from Bedwell Community Centre every Tuesday and have a lovely walk around Fairlands, so that is something to do during the nicer weather. Health Action Day is on the 13th April at the Leisure Centre there will be lots of stalls there (including ours!) giving advice on health and wellbeing and what activities and support is available to Stevenage residents, so do come along.

The office will be closed for Easter Monday, April 1st. And don't forget, new ideas for activities always welcome!



Monday	1st	Closed	EASTER MONDAY
Tuesday	2nd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	2nd	1.30pm - 2.30pm	Salsacize
Wednesday	3rd	1.00pm - 2.30pm	Bingo
Thursday	4th	9.30am - 10.30am	Breakfast Club
Thursday	4th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	4th	11.30am - 12.30pm	Chair Based Exercise
Thursday	4th	1.00pm - 2.00pm	YogaLates
Friday	5th	10.00am - 11.00am	YogaLates
Friday	5th	11.30am - 12.30pm	Chair Based Exercise
Friday	5th	12.30pm - 1.30pm	Friday Lunch Club
Friday	5th	7.30pm - 10.00pm	Friday Night Bingo
Monday	8th	9.15am - 10.15am	Tai Chi
Monday	8th	10.30am - 11.30am	Sing-along with Dave
Monday	8th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	8th	1.00pm - 2.00pm	Line Dancing
Tuesday	9th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	9th	TBC	Friendship Group
Tuesday	9th	1.30pm - 2.30pm	Salsacize
Wednesday	10th	1.00pm - 3.00pm	Tea Dance
Thursday	11th	9.30am - 10.30am	Breakfast Club
Thursday	11th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	11th	10.30am - 11.30pm	Men's Club
Thursday	11th	11.30am - 12.30pm	Chair Based Exercise
Thursday	11th	1.00pm - 2.00pm	YogaLates
Friday	12th	10.00am - 11.00am	YogaLates
Friday	12th	11.30am - 12.30pm	Chair Based Exercise
Friday	12th	12.30pm - 1.30pm	Friday Lunch Club
Friday	12th	7.30pm - 10.00pm	Friday Night Bingo
Saturday	13th	10.00am - 2.00pm	Health Action Day
Monday	15th	9.15am - 10.15am	Tai Chi
Monday	15th	10.30am - 11.30am	Sing-along with Dave
Monday	15th	1.00pm - 2.00pm	Line Dancing

Tuesday	16th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	16th	10.00am - 12.00pm	The Red Shed
Tuesday	16th	1.30pm - 2.30pm	Salsacize
Wednesday	17th	1.00pm - 2.30pm	Bingo
Thursday	18th	9.30am - 10.30am	Breakfast Club
Thursday	18th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	18th	TBC	Craft
Thursday	18th	11.30am - 12.30pm	Chair Based Exercise
Thursday	18th	1.00pm - 2.00pm	YogaLates
Friday	19th	10.00am - 11.00am	YogaLates
Friday	19th	11.30am - 12.30pm	Chair Based Exercise
Friday	19th	12.30pm - 1.30pm	Friday Lunch Club
Friday	19th	7.30pm - 10.00pm	Friday Night Bingo
Monday	22nd	9.15am - 10.15am	Tai Chi
Monday	22nd	10.30am - 11.30am	Sing-along with Dave
Monday	22nd	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	22nd	1.00pm - 2.00pm	Line Dancing
Tuesday	23rd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	23rd	1.30pm - 2.30pm	Salsacize
Wednesday	24th	1.00pm - 3.00pm	Afternoon Social
Thursday	25th	9.30am - 10.30am	Breakfast Club
Thursday	25th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	25th	10.30am - 11.30pm	Men's Club
Thursday	25th	11.30am - 12.30pm	Chair Based Exercise
Thursday	25th	1.00pm - 2.00pm	YogaLates
Friday	26th	10.00am - 11.00am	YogaLates
Friday	26th	11.30am - 12.30pm	Chair Based Exercise
Friday	26th	12.30pm - 1.30pm	Friday Lunch Club
Friday	26th	7.30pm - 10.00pm	Friday Night Bingo
Monday	29th	9.15am - 10.15am	Tai Chi
Monday	29th	10.30am - 11.30am	Sing-along with Dave
Monday	29th	1.00pm - 2.00pm	Line Dancing
Tuesday	30th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	30th	1.30pm - 2.30pm	Salsacize

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

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