



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



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

Here at the INS we are focused on providing as many different activities as possible to keep our members active and having fun! We have over 70 activities a month to ensure that there is a time and an activity that would suit everyone. The key to staying healthy is to stay active, and keep socialising. As one of our members said “since joining I have made so many new friends and I’m more active than I have been in years!” We are known throughout the town for



having friendly members and people often comment on how welcoming we are, so if you see a new person at an event, please do make them feel welcome, remember we were all new once!

We are currently working with the Community Centre to try and arrange an air fryer course. The course will show you how to get the most out of an air fryer and talk about how much it saves you in time and money! So if you are interested and haven’t already put your name on the list, please contact the office. Also, do let us know if there are any other courses you would like us to arrange. Don’t forget we have two Bank Holidays this month and all events will be cancelled on those days and the office will be closed.



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Wednesday	1st	1.00pm - 2.30pm	Bingo
Thursday	2nd	9.30am - 10.30am	Breakfast Club
Thursday	2nd	10.00am - 12.15pm	Thursdays Tea & Chat
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
<b>Monday</b>	<b>6th</b>	<b>CLOSED</b>	<b>MAY BANK HOLIDAY</b>
Tuesday	7th	9.30am - 10.30am	Line Dancing for Fun
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 - 12.15pm	Thursdays Tea & Chat
Thursday	9th	10.30am - 11.30pm	Men's Club
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	<b>CANCELLED</b>	Sing-along with Dave
Monday	13th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	13th	1.00pm - 2.00pm	Line Dancing
Tuesday	14th	9.30am - 10.30am	Line Dancing for Fun
Tuesday	14th	TBC	Friendship Group
Tuesday	14th	1.30pm - 2.30pm	Salsacize
Wednesday	15th	1.00pm - 2.30pm	Bingo
Thursday	16th	9.30am - 10.30am	Breakfast Club
Thursday	16th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	16th	TBC	Craft

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 - 10.15am	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	Line Dancing for Fun
Tuesday	21st	10.00am - 12.00pm	The Red Shed
Tuesday	21st	1.30pm - 2.30pm	Salsacize
Wednesday	22nd	<b>Ticket Only</b>	Afternoon Social with Luton Irish Forum
Thursday	23rd	9.30am - 10.30am	Breakfast Club
Thursday	23rd	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	23rd	10.30am - 11.30pm	Men's Club
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
<b>Monday</b>	<b>27th</b>	<b>CLOSED</b>	<b>SPRING BANK HOLIDAY</b>
Tuesday	28th	9.30am - 10.30am	Line Dancing for Fun
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 - 12.15pm	Thursdays Tea & Chat
Thursday	30th	11.30am - 12.30pm	Chair Based Exercise
Thursday	30th	1.00pm - 2.00pm	YogaLates
Friday	31st	10.00am - 11.00am	YogaLates
Friday	31st	11.30am - 12.30pm	Chair Based Exercise
Friday	31st	12.30pm - 1.30pm	Friday Lunch Club
Friday	31st	7.30pm - 10.00pm	Friday Night Bingo

## 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** Mondays class is for the more experienced dancer and Tuesdays one is for those relatively new to Line Dancing. Classes are about having fun - we don't take it too seriously!

**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. £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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