



Irish Network Stevenage Newsletter & Calendar June 2024



“Supporting the older community in Stevenage and surrounding areas”

June is going to be a fun filled month with all our usual activities and we are lucky to have so many amazing green spaces on our doorstep. Fairlands Valley is a five minute walk and has 120 acres of parkland, so do enjoy it while the weather is so good.



The highlight of May was the visit from our friends at Luton Irish Forum. It was great to see them again and the dance floor was packed! Our lovely Sarah got to catch up with her cousin Winnie from Luton, and as you can see they are both all smiles!

Our Friendship Group enjoyed a lovely visit to The Red Shed and made some beautiful Bird Boxes. Sue and her team always make our members very welcome!

It's nice to see our members trying different things and our groups are lovely and busy. We have arranged two air fryer courses, which are fully booked but we are looking at putting on two more, so if you are interested and haven't already put your name on the waiting list, just let us know.



Also, do let us know if there are any other courses or activities you would like us to arrange. We have some trips coming soon, so do listen to the announcements made and look at the notices left on the table when you attend events. We do like to celebrate our members special birthdays with a bit of a singsong and maybe even a slice of cake, so if you have a special birthday coming up, please let us know.



I
N
S
J
U
N
E
C
A
L
E
N
D
A
R

Monday	3rd	CANCELLED	Tai Chi
Monday	3rd	10.30am - 11.30am	Sing-along with Dave
Monday	3rd	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	3rd	1.00pm - 2.00pm	Line Dancing
Tuesday	4th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	4th	1.30pm - 2.30pm	Salsacize
Wednesday	5th	1.00pm - 2.30pm	Bingo
Thursday	6th	9.30am - 10.30am	Breakfast Club
Thursday	6th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	6th	10.30am - 11.30pm	Men's Club
Thursday	6th	11.30am - 12.30pm	Chair Based Exercise
Thursday	6th	1.00pm - 2.00pm	YogaLates
Friday	7th	10.00am - 11.00am	YogaLates
Friday	7th	11.30am - 12.30pm	Chair Based Exercise
Friday	7th	CANCELLED	Friday Lunch Club
Friday	7th	7.30pm - 10.00pm	Friday Night Bingo
Monday	10th	9.15am - 10.15am	Tai Chi
Monday	10th	10.30am - 11.30am	Sing-along with Dave
Monday	10th	1.00pm - 2.00pm	Line Dancing
Tuesday	11th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	11th	TBC	Friendship Group
Tuesday	11th	1.30pm - 2.30pm	Salsacize
Wednesday	12th	TBC	Stepping Out
Wednesday	12th	1.00pm - 3.00pm	Tea Dance
Thursday	13th	9.30am - 10.30am	Breakfast Club
Thursday	13th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	13th	11.30am - 12.30pm	Chair Based Exercise
Thursday	13th	1.00pm - 2.00pm	YogaLates
Friday	14th	10.00am - 11.00am	YogaLates
Friday	14th	11.30am - 12.30pm	Chair Based Exercise
Friday	14th	12.30pm - 1.30pm	Friday Lunch Club
Friday	14th	7.30pm - 10.00pm	Friday Night Bingo

Monday	17th	9.15am - 10.15am	Tai Chi
Monday	17th	10.30am - 11.30am	Sing-along with Dave
Monday	17th	1.00pm - 2.00pm	Line Dancing
Tuesday	18th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	18th	10.00am - 12.00pm	The Red Shed
Tuesday	18th	1.30pm - 2.30pm	Salsacize
Tuesday	18th	Ticket Only	50th Oval Anniversary
Tuesday	18th	Pre-Booked Course	Air Fryer Course
Wednesday	19th	1.00pm - 2.30pm	Bingo
Thursday	20th	9.30am - 10.30am	Breakfast Club
Thursday	20th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	20th	10.30am - 11.30pm	Men's Club
Thursday	20th	TBC	Craft
Thursday	20th	11.30am - 12.30pm	Chair Based Exercise
Thursday	20th	1.00pm - 2.00pm	YogaLates
Friday	21st	10.00am - 11.00am	YogaLates
Friday	21st	11.30am - 12.30pm	Chair Based Exercise
Friday	21st	12.30pm - 1.30pm	Friday Lunch Club
Friday	21st	7.30pm - 10.00pm	Friday Night Bingo
Monday	24th	9.15am - 10.15am	Tai Chi
Monday	24th	10.30am - 11.30am	Sing-along with Dave
Monday	24th	1.00pm - 2.00pm	Line Dancing
Tuesday	25th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	25th	1.30pm - 2.30pm	Salsacize
Wednesday	26th	1.00pm - 2.30pm	Bingo
Thursday	27th	9.30am - 10.30am	Breakfast Club
Thursday	27th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	27th	11.30am - 12.30pm	Chair Based Exercise
Thursday	27th	1.00pm - 2.00pm	YogaLates
Friday	28th	10.00am - 11.00am	YogaLates
Friday	28th	11.30am - 12.30pm	Chair Based Exercise
Friday	28th	12.30pm - 1.30pm	Friday Lunch Club
Friday	28th	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

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

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

Tel: 01438 725400

