



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



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

As you can see from the Calendar inside, July is going to be a busy month with all our usual activities plus some extra ones to look forward to, including a trip to the medieval town of St. Ives, Cambs and the Summer Ball both of which are ticketed events. If you haven't got your ticket please contact the office as soon as possible.

As a charity we are growing every month with more activities and members, which means more people want to attend events and activities. We aim to be as fair as possible



but unfortunately not everyone is going to be able to get on every event/activity of their choice. So we do hope members can be as understanding as possible; our volunteers give up their free time to run our activities for us and we are sure our members appreciate their efforts.

Not shown on the Calendar is the 1:1 IT course but these are being held as normal on a Monday so do book a session if you would like IT help. There is another Air Fryer session this month and those attending have been contacted. Look out for another one soon and if you are interested, get in touch to have your name added to the waiting list.



Last month, the Oval Community Centre celebrated its 50th Anniversary with afternoon tea. It's nice to see our members trying different things so do let us know if there are other courses or activities you would like us to consider.

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Monday	1st	9.15am - 10.15am	Tai Chi
Monday	1st	10.30am - 11.30am	Sing-along with Dave
Monday	1st	1.00pm - 2.00pm	Line Dancing
Tuesday	2nd	<b>Ticket Only</b>	Trip to St Ives, Cambridge
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	10.30am - 11.30pm	Men's Club
Thursday	4th	<b>CANCELLED</b>	Chair Based Exercise
Thursday	4th	1.00pm - 2.00pm	YogaLates
Friday	5th	10.00am - 11.00am	YogaLates
Friday	5th	<b>CANCELLED</b>	Chair Based Exercise
Friday	5th	<b>CANCELLED</b>	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	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	TBC	Stepping Out
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	<b>CANCELLED</b>	Chair Based Exercise
Thursday	11th	1.00pm - 2.00pm	YogaLates
Friday	12th	10.00am - 11.00am	YogaLates
Friday	12th	<b>CANCELLED</b>	Chair Based Exercise
Friday	12th	<b>CANCELLED</b>	Friday Lunch Club
Friday	12th	7.30pm - 10.00pm	Friday Night Bingo
Monday	15th	9.15am - 10.15am	Tai Chi
Monday	15th	10.00am - 12.00pm	Safety Talk
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
Tuesday	16th	6.30pm - 8.00pm	Healthy Eating, Healthy Living
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	10.30am - 11.30pm	Men's Club
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	1.00pm - 2.00pm	Line Dancing
Tuesday	23rd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	23rd	1.30pm - 2.30pm	Salsacize
Tuesday	23rd	6.30pm - 8.00pm	Healthy Eating, Healthy Living
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	11.30am - 12.30pm	Chair Based Exercise
Thursday	25th	1.00pm - 2.00pm	YogaLates
Thursday	25th	<b>Ticket Only</b>	Summer Ball
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
Tuesday	30th	6.30pm - 8.00pm	Healthy Eating, Healthy Living
Wednesday	31st	1.00pm - 2.30pm	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

