



Irish Network Stevenage Newsletter & Calendar September 2024



“Supporting the older community in Stevenage and surrounding areas”



Once again we had a fantastic day in South-end, with over 100 members enjoying the sunshine, sea breeze and a great singsong on the way home as well. As one member said “this is the only time I get to see the sea all year!” At our Social Afternoon on 25th September

we’ll be having our AGM where we’ll be talking about what has happened in the past year and what we have planned for the coming year. The business of the AGM will be followed by entertainment and everyone is welcome and it’s free to attend.

We had a couple of Sequence Dancing taster sessions and everyone thoroughly enjoyed them! We’ll be asking members if they would like us to try and arrange more classes in the winter months, so do let us know if this is something you would like to attend.



Membership renewals are due this month, so if you have not renewed please do at the next activity you attend. This month we are going to visit our friends at Milton Keynes. Once again we have a huge interest in



this trip and people will be contacted shortly if they have been allocated a seat. Due to our visit to Milton Keynes, we have moved our Tea Dance to 4th September, so make sure you put this new date in your diary!

There will be an evening Halloween Dance at the Oval Community Centre on 19th October and tickets are available from 2nd September. Dressing up not mandatory!

Monday	2nd	9.15am - 10.15am	Tai Chi
Monday	2nd	10.30am - 11.30am	Sing-along with Dave
Monday	2nd	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	2nd	1.00pm - 2.00pm	Line Dancing
Tuesday	3rd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	3rd	1.30pm - 2.30pm	Salsacize
Wednesday	4th	1.00pm - 3.30pm	Tea Dance
Thursday	5th	9.30am - 10.30am	Breakfast Club
Thursday	5th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	5th	11.30am - 12.30pm	Chair Based Exercise
Thursday	5th	1.00pm - 2.00pm	YogaLates
Friday	6th	CANCELLED	YogaLates
Friday	6th	CANCELLED	Chair Based Exercise
Friday	6th	CANCELLED	Friday Lunch Club
Friday	6th	7.30pm - 10.00pm	Friday Night Bingo
Monday	9th	9.15am - 10.15am	Tai Chi
Monday	9th	10.30am - 11.30am	Sing-along with Dave
Monday	9th	1.00pm - 2.00pm	Line Dancing
Tuesday	10th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	10th	TBC	Friendship Group
Tuesday	10th	1.30pm - 2.30pm	Salsacize
Wednesday	11th	1.00pm - 2.30pm	Bingo
Wednesday	11th	Ticket Only	Trip to Milton Keynes
Thursday	12th	9.30am - 10.30am	Breakfast Club
Thursday	12th	TBC	Stepping Out
Thursday	12th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	12th	TBC	Craft
Thursday	12th	10.30am - 11.30pm	Men's Club
Thursday	12th	11.30am - 12.30pm	Chair Based Exercise
Thursday	12th	1.00pm - 2.00pm	YogaLates
Friday	13th	10.00am - 11.00am	YogaLates
Friday	13th	11.30am - 12.30pm	Chair Based Exercise
Friday	13th	12.30pm - 1.30pm	Friday Lunch Club
Friday	13th	7.30pm - 10.00pm	Friday Night Bingo

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Monday	16th	9.15am - 10.15am	Tai Chi
Monday	16th	10.30am - 11.30am	Sing-along with Dave
Monday	16th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	16th	1.00pm - 2.00pm	Line Dancing
Tuesday	17th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	17th	10.00am - 12.00pm	The Red Shed
Tuesday	17th	1.30pm - 2.30pm	Salsacize
Wednesday	18th	1.00pm - 2.30pm	Bingo
Thursday	19th	9.30am - 10.30am	Breakfast Club
Thursday	19th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	19th	11.30am - 12.30pm	Chair Based Exercise
Thursday	19th	1.00pm - 2.00pm	YogaLates
Friday	20th	10.00am - 11.00am	YogaLates
Friday	20th	11.30am - 12.30pm	Chair Based Exercise
Friday	20th	12.30pm - 1.30pm	Friday Lunch Club
Friday	20th	7.30pm - 10.00pm	Friday Night Bingo
Monday	23rd	9.15am - 10.15am	Tai Chi
Monday	23rd	10.30am - 11.30am	Sing-along with Dave
Monday	23rd	1.00pm - 2.00pm	Line Dancing
Tuesday	24th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	24th	1.30pm - 2.30pm	Salsacize
Wednesday	25th	1.00pm - 3.00pm	Afternoon Social & AGM
Thursday	26th	9.30am - 10.30am	Breakfast Club
Thursday	26th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	26th	10.30am - 11.30pm	Men's Club
Thursday	26th	11.30am - 12.30pm	Chair Based Exercise
Thursday	26th	1.00pm - 2.00pm	YogaLates
Friday	27th	10.00am - 11.00am	YogaLates
Friday	27th	11.30am - 12.30pm	Chair Based Exercise
Friday	27th	12.30pm - 1.30pm	Friday Lunch Club
Friday	27th	7.30pm - 10.00pm	Friday Night Bingo
Monday	30th	9.15am - 10.15am	Tai Chi
Monday	30th	CANCELLED	Sing-along with Dave
Monday	30th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	30th	1.00pm - 2.00pm	Line Dancing

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 £3.50 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 £4.50 for members and £5.50 for non-members. Tickets are purchased pre-event.

Bingo Feeling lucky? Come along, entry is £8.50/£12.50 non-members for 6 games with free tea, coffee and biscuit and flyer available. 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! £2.50 for members and £4.50 for non-members.

Afternoon Social The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided. Entry is £3.50 for members and £4.50 non-members.

Friday Lunch Club A pre-booked light lunch open to all. Places are limited and booking is essential. £3.50 for members and £5.50 for non-members.

Exercise Class Everyone is welcome. A gentle chair based exercise class twice a week for all abilities. £2.50 for members and £4.50 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. £2.50 for members and £4.50 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. £2.50 for members and £4.50 for non-members.

Tai Chi A gentle exercise and stretching to create harmony between mind and body. £2.50 for members and £4.50 for non-members.

Sing-a-Long with Dave A relaxed and fun session for all singing abilities. £2.50 for members and £4.50 for non-members.

Contact Us

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