



Irish Network Stevenage Newsletter & Calendar October 2024



“Supporting the older community in Stevenage and surrounding areas”



A big thank you to our friends at Milton Keynes Welfare Society for making us feel so welcome last month. We had a fantastic time and the dance floor was full!

This month we have our first Halloween dance which is being held at The Oval and we can't wait - Any excuse for a dance! So if you haven't got your tickets, do get them soon. For those of you that came to our dance in March you know how much fun it is!

We know people are concerned about the removal of the Winter Fuel Payment for many pensioners, and we urge you to come and speak to us about any help we can obtain for you. We have a fantastic volunteer who is with us every Wednesday and is great at finding out what is available. So do contact us for an appointment; its always worth asking.



On Tuesday 1st October, 'International Day of Older Persons' will be held at the Stevenage Leisure Centre from 10am to 2pm; this is a free event. Another free event is an Opals event (Older Persons Activity Learning Safety) being held on Friday 25th October, 10am to 2pm at the Bedwell Community Centre. Due to this event,

all activities are cancelled on this date. Both these events will have lots of information on support available.

Save the date for the Christmas lunch, 10th December. Listen out for when tickets are available.

Tuesday	1st	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	1st	1.30pm - 2.30pm	Salsacize
Wednesday	2nd	1.00pm - 2.30pm	Bingo
Thursday	3rd	9.30am - 10.30am	Breakfast Club
Thursday	3rd	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	3rd	11.30am - 12.30pm	Chair Based Exercise
Thursday	3rd	1.00pm - 2.00pm	YogaLates
Friday	4th	10.00am - 11.00am	YogaLates
Friday	4th	11.30am - 12.30pm	Chair Based Exercise
Friday	4th	12.30pm - 1.30pm	Friday Lunch Club
Friday	4th	7.30pm - 10.00pm	Friday Night Bingo
Monday	7th	9.15am - 10.15am	Tai Chi
Monday	7th	10.30am - 11.30am	Sing-along with Dave
Monday	7th	1.00pm - 2.00pm	Line Dancing
Tuesday	8th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	8th	TBC	Friendship Group
Tuesday	8th	1.30pm - 2.30pm	Salsacize
Wednesday	9th	1.00pm - 3.00pm	Tea Dance
Thursday	10th	9.30am - 10.30am	Breakfast Club
Thursday	10th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	10th	10.30am - 11.30pm	Men's Club
Thursday	10th	11.30am - 12.30pm	Chair Based Exercise
Thursday	10th	1.00pm - 2.00pm	YogaLates
Friday	11th	10.00am - 11.00am	YogaLates
Friday	11th	11.30am - 12.30pm	Chair Based Exercise
Friday	11th	12.30pm - 1.30pm	Friday Lunch Club
Friday	11th	7.30pm - 10.00pm	Friday Night Bingo
Monday	14th	9.15am - 10.15am	Tai Chi
Monday	14th	10.30am - 11.30am	Sing-along with Dave
Monday	14th	10.00am-11.00am &11.00am-12.00pm	1-1 IT Lessons
Monday	14th	1.00pm - 2.00pm	Line Dancing
Tuesday	15th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	15th	10.00am - 12.00pm	The Red Shed
Tuesday	15th	1.30pm - 2.30pm	Salsacize
Wednesday	16th	1.00pm - 2.30pm	Bingo

Thursday	17th	9.30am - 10.30am	Breakfast Club
Thursday	17th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	17th	11.30am - 12.30pm	Chair Based Exercise
Thursday	17th	1.00pm - 2.00pm	YogaLates
Friday	18th	10.00am - 11.00am	YogaLates
Friday	18th	11.30am - 12.30pm	Chair Based Exercise
Friday	18th	12.30pm - 1.30pm	Friday Lunch Club
Friday	18th	7.30pm - 10.00pm	Friday Night Bingo
Saturday	19th	7.00pm - 11.00pm - Ticket Only	Halloween Dance (The Oval)
Monday	21st	9.15am - 10.15am	Tai Chi
Monday	21st	10.30am - 11.30am	Sing-along with Dave
Monday	21st	1.00pm - 2.00pm	Line Dancing
Tuesday	22nd	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	22nd	1.30pm - 2.30pm	Salsacize
Wednesday	23rd	1.00pm - 3.00pm	Afternoon Social
Thursday	24th	9.30am - 10.30am	Breakfast Club
Thursday	24th	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	24th	TBC	Craft
Thursday	24th	10.30am - 11.30pm	Men's Club
Thursday	24th	11.30am - 12.30pm	Chair Based Exercise
Thursday	24th	1.00pm - 2.00pm	YogaLates
Friday	25th	CANCELLED	YogaLates
Friday	25th	CANCELLED	Chair Based Exercise
Friday	25th	CANCELLED	Friday Lunch Club
Friday	25th	7.30pm - 10.00pm	Friday Night Bingo
Monday	28th	9.15am - 10.15am	Tai Chi
Monday	28th	10.30am - 11.30am	Sing-along with Dave
Monday	28th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons
Monday	28th	1.00pm - 2.00pm	Line Dancing
Tuesday	29th	9.30am - 10.30am	Tuesdays Line Dancing
Tuesday	29th	1.30pm - 2.30pm	Salsacize
Wednesday	30th	1.00pm - 2.30pm	Bingo
Thursday	31st	9.30am - 10.30am	Breakfast Club
Thursday	31st	10.00am - 12.15pm	Thursdays Tea & Chat
Thursday	31st	11.30am - 12.30pm	Chair Based Exercise
Thursday	31st	1.00pm - 2.00pm	YogaLates

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

Bingo Feeling lucky? Come along, on Wednesday entry is £8.50/£12.50 non-members and/or Friday, entry is £10.00/£14.00 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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