



Irish Network Stevenage Newsletter & Calendar November 2024



“Supporting the older community in Stevenage and surrounding areas”



We have been working hard since 2007 to support the older community throughout Stevenage and have grown at a huge rate. When we started we had one social afternoon a month for 30 people and now we have over 70 activities month, with a footfall of over

1800. We have now decided to move into different areas throughout the town so even more people can access our activities in the areas where they live. This has been a big undertaking and we are very thankful to our members for their patience and support. Already we are seeing attendance increasing and new people coming along, with



many of our existing members pleased that we have moved to their local



area. Inside you will see where we are delivering our activities and any changes to times. We appreciate that transport may be an issue for some, so please contact the office if you are struggling to get to any of our events.

Our first Halloween dance was a great success, the entertainment was fantastic and the dance floor was full, so we will definitely be making this an annual event!

This year our Christmas lunch will be held on Tuesday, 10th December and tickets are now available. As always tickets are initially only available to members due to how popular the lunch is. Tickets will be on sale at most of our activities and at the office.

Friday	1st	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	1st	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	1st	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Monday	4th	10.15am - 12.15pm	Tea Room	The Oval C.C.
Monday	4th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	4th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	4th	12.30 - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	5th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	5th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	5th	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	5th	1.30pm - 2.30pm	Salsacize	Bedwell C.C.
Wednesday	6th	Ticket only	The Celtic Club	Luton Irish Forum
Wednesday	6th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	7th	10.30am - 11.30pm	Men's Club	Sherma Batson Centre
Thursday	7th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	7th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	8th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	8th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	8th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	8th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	8th	7.30pm - 10.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	11th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	11th	10.15am - 12.15pm	Tea Room	The Oval C.C.
Monday	11th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	11th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	12th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	12th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	12th	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	12th	TBC	Friendship Group	
Tuesday	12th	1.30pm - 2.30pm	Salsacize	Bedwell C.C.
Wednesday	13th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	14th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	14th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	15th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	15th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.

Friday	15th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	15th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	15th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	18th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	18th	10.15am - 12.15pm	Tea Room	The Oval C.C.
Monday	18th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	18th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	19th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	19th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	19th	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	19th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	20th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	21st	10.30am - 12.00pm	Craft	Sherma Batson Centre
Thursday	21st	10.30am - 11.30pm	Men's Club	Sherma Batson Centre
Thursday	21st	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	21st	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	22nd	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	22nd	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	22nd	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	22nd	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	22nd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	25th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	25th	10.15am - 12.15pm	Tea Room	The Oval C.C.
Monday	25th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	25th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	26th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	26th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	26th	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	26th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	27th	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	28th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	28th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	29th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	29th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	29th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	29th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	29th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.

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.

Tuesdays Breakfast Club A healthy breakfast is the best start to the day and we are providing you with a free one on Tuesdays so do come along!

Tuesdays 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

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

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