



Irish Network Stevenage Newsletter & Calendar January/February 2025



“Supporting the older community in Stevenage and surrounding areas”



Welcome to 2025 and what a busy year it will be! We have got some new activities starting over the next two months. In January we are starting a Beginners Line Dancing course.

Our volunteer dancer will start from the very basics and teach a couple of simple dances, this is a six week course and booking is essential. Also in January we will be starting our Monday Evening Bingo Club at Timebridge Community Centre. As with all our bingo sessions **ALL** profits are given out as prize money. In February we are running a Sequence Beginners Dancing Class, and again booking is essential.

Our Christmas lunch was once again a fantastic afternoon. With over 220 members attending, many who have only joined us recently, it was a lunch to remember. Our volunteers were also very busy preparing and delivering 75 hampers and visiting many of our more vulnerable members before the Christmas break.



We understand that there are a lot of concerns around the recent changes in support for older people, so if you are struggling or would like to see if there is any more support available please do contact us. Everything is confidential and just between you and our volunteer, who will help identify any help available.

Now we are providing activities from five different centres, we have the room to offer more activities and events. So, if there is something else you would like us to provide, please do contact the office, our best ideas come from you!

JANUARY 2025

Friday	3rd	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	3rd	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	3rd	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	3rd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	6th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	6th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	6th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	6th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	6th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	6th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	7th	11.30am - 12.30am	Tuesdays Line Dancing	The Oval C.C.
Tuesday	7th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	8th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	9th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	9th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	9th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	10th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	10th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *New*	10th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	10th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	10th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	13th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	13th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	13th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	13th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday *New*	13th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.

Monday	13th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons	Sherma Batson Centre
Tuesday	14th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	14th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	14th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	14th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	14th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	15th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	16th	TBC	Craft	The Oval C.C.
Thursday	16th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	16th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	17th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	17th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *New*	17th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	17th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	17th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	17th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	20th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	20th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	20th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	20th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday *New*	20th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	21st	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	21st	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	21st	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	21st	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	22nd	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	23rd	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	23rd	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	23rd	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.

Friday	24th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	24th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *New*	24th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	24th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	24th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	24th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	27th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons	Sherma Batson Centre
Monday	27th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	27th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	27th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	27th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday *New*	27th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	21st	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	21st	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	28th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	28th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	29th	1.00pm - 3.00pm	Bingo	Stevenage Postels Club
Thursday	30th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	30th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	31st	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	31st	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *New*	31st	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	31st	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	31st	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	31st	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
FEBRUARY 2025				
Monday	3rd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	3rd	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	3rd	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.

Monday	3rd	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	3rd	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	4th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	4th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	4th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	4th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	5th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	6th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	6th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	6th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	7th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	7th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	7th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	7th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	7th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday *NEW*	7th	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	7th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	10th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	10th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	10th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	10th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons	Sherma Batson Centre
Monday	10th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	10th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	11th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	11th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	11th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	11th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	11th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	12th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	13th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	13th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.

Friday	14th	10.00am - 11.00am	YogaLates	The Oval
Friday	14th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	14th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	14th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	14th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday *NEW*	14th	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	14th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	17th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	17th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	17th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	17th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	17th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	18th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	18th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	18th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	18th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	19th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	20th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	20th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	20th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	21st	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	21st	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	21st	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	21st	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	21st	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday *NEW*	21st	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	21st	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	24th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	24th	10.15am - 12.15pm	Tea and Chat	The Oval C.C.
Monday	24th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	24th	10.00am-11.00am & 11.00am-12.00pm	1-1 IT Lessons	Sherma Batson Centre

Monday	24th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	24th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	25th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	25th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	25th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	25th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	26th	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	27th	TBC	Craft	The Oval C.C.
Thursday	27th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	27th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	28th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	28th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	28th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	28th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	28th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday *NEW*	28th	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	28th	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 take 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. Each session is one hour.

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.

Monday Night Bingo Our Evening Bingo at Timebridge is a new addition and is a fantastic venue with a great bar! Entry is £7.00 for 6 games. Flyer can be purchased separately. Non members welcome.

Wednesday Bingo Our Wednesday afternoon bingo sessions are always great fun with great winnings! You can also buy lunch at The Postels Club and the bar is open! Entry is £8.50 for 6 games and a flyer and includes tea and coffee. Non members welcome.

Friday Night Bingo Our Friday night bingo sessions at Symonds Green are seeing lot of new members! Entry is £10.50 for 5 games and 3 flyers. Non members welcome.

Our Activities cont.

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.

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.

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.

Beginners Line Dancing This class is one for those new to Line Dancing. Classes are led by an experienced dancer and are all about having fun - we don't take it too seriously! It's a 6 week programme and needs to be booked in advance. £2.50 per session.

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

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.

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.

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

Sequence Dancing This is loosely based on Ballroom and Latin dancing and all about having fun! It's a 6 week programme and needs to be booked in advance. £2.50 per session.

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

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.

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!

Tea and Chat Free tea, coffee and biscuits and a chance to meet old friends and make new ones.

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. Booking is essential for the Symonds Green Class.

Contact Us:

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

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

Tel: 01438 725400. Office hours 9.00am - 3.00pm, Monday, Wednesday, Friday

