



Irish Network Stevenage Newsletter & Calendar March/April 2025



“Supporting the older community in Stevenage and surrounding areas”

What a busy few months we have planned! We have two new Line Dancing classes starting in February, one at Symonds Green Community Centre and one will be at our new venue, the Shephall Community Centre. These new classes are for people that know a bit of line dancing but may be a bit rusty or just haven't been able to find a class that suits their availability. We still have our



Beginners Class at Timebridge, which is a great place for complete beginners and a fantastic way to start line dancing before moving on to one of our other classes.

As we have expanded into 6 different venues now, we are seeing lots of new faces and the return of some previous members, which is fantastic, and our existing members are making our new ones very welcome!

As the weather is improving, now is a good time to start a new activity and get a bit more active. We have some fantastic exercise and yogalates classes at different venues and different times, so give it a go. Any form of exercise helps with falls prevention, and strength and balance, don't wait until something happens.

The highlight of the year is, of course, the St Patrick's Day lunch where we present Shamrock to the Mayor and again this year we will be having a St Patrick's Evening Dance on Saturday 15th March. There are some tickets still available but they will go quickly, so if you are interested in attending please do contact the office.



MARCH 2025

Monday	3rd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	3rd	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	3rd	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	3rd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	3rd	10.15am - 12.15pm	Tea & 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 - 12.00pm	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 *NEW*	6th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green 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 *NEW*	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	7th	CANCELLED	Sequence Dancing	Timebridge C.C.
Friday	7th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green 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 & Chat	The Oval C.C.
Monday	10th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
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 - 12.00pm	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 *NEW*	13th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
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 C.C.
Friday	14th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *NEW*	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	14th	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	14th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	14th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Saturday	15th	7.00pm - 11.00pm	St Patricks Dance	The Oval C.C.
Monday	17th	TICKET ONLY	St Patricks Day	The Holiday Inn
Tuesday	18th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	18th	10.30am - 12.00pm	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 *NEW*	20th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green 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 *NEW*	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	21st	2.00pm - 3.00pm	Sequence Dancing	Timebridge C.C.
Friday	21st	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green 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 & Chat	The Oval C.C.
Monday	24th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
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 - 12.00pm	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	Bingo	Stevenage Postels Club
Thursday	27th	TBC	Craft	The Oval C.C.
Thursday *NEW*	27th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
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 *NEW*	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	28th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	28th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	31st	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	31st	10.15am - 12.15pm	Tea & Chat	The Oval C.C.

Monday	31st	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	31st	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	31st	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
APRIL 2025				
Tuesday	1st	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	1st	10.30am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	1st	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	1st	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	2nd	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	3rd	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday *NEW*	3rd	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	3rd	CANCELLED	Chair Based Exercise	Symonds Green C.C.
Thursday	3rd	CANCELLED	YogaLates	Symonds Green C.C.
Friday	4th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	4th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *NEW*	4th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	4th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	4th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	4th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	4th	7.30pm - 10.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	7th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	7th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	7th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	7th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	7th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	8th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	8th	10.30am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	8th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	8th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	8th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	9th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.

Thursday *NEW*	10th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	10th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	10th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	11th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	11th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *NEW*	11th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	11th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	11th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	11th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	11th	7.30pm - 10.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	14th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	14th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	14th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	14th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	14th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	15th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	15th	10.30am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	15th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	15th	TBC	The Red Shed	
Tuesday	15th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	16th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	17th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday *NEW*	17th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	17th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	17th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	18th	CLOSED	Good Friday Bank Hol.	
Monday	21st	CLOSED	Easter Monday Bank Hol.	
Tuesday	22nd	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	22nd	10.30am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	22nd	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.

Tuesday	22nd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	23rd	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	24th	TBC	Craft	The Oval C.C.
Thursday *NEW*	24th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	24th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	24th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	25th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	25th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday *NEW*	25th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C.
Friday	25th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	25th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	25th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	25th	7.30pm - 10.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	28th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	28th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	28th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	28th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	28th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	29th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	29th	10.30am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	29th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	29th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	30th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club

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.

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.

Our Activities cont.

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.

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 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.

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.

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.

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



Charity number 1149576