



Irish Network Stevenage Newsletter & Calendar January & February 2026



“Supporting the older community in Stevenage and surrounding areas”

We finished 2025 on a high and start 2026 the same way! Our Christmas lunch in December was a fantastic event as usual, with over 210 people coming along including the Mayor, Baroness Sharon Taylor, our MP, Kevin Bonavia and Gerry Waldron, First Secretary from the Irish Embassy. In her speech, Peggy thanked the volunteers for their hard work throughout the whole year, running over 80 activities a month only happens because of them. They also bought all the supplies for 75 hampers and packed and delivered them just before Christmas. Once again this year we will be relying on our amazing volunteers to help deliver all our existing activities, and possibly a few more!! The two new Zumba Gold classes we started at the end of 2025 have been a great success, so with Tai Chi, Yoga, Exercise Classes, Line Dancing classes and the two Zumba classes, there is no reason not to stay fit and healthy!



We all know the importance of keeping socially engaged, and that is why we have such a variety of different activities, so there is something for everyone. Being part of the INS community creates a sense of belonging and means having plenty of opportunities to meet friends and make new ones. Our underlying theme is to reduce isolation and give people as many opportunities as possible to have a fun, active and fulfilling life, and that is why we are always looking for new ideas. All our best ideas come from our members so if there is anything new you would like us to offer, just let us know. Our new Zumba classes, free Breakfast Club and Bingo at the Poplars, and the Sign Language classes were all from members suggestions.

Following requests we are running a six week Beginners Line Dancing Class at Great Ashby Community Centre starting in February. So 2026 will see us at 7 different venues, which is amazing. So to join this Beginners class or for more information about any of our activities please do contact the office.

JANUARY

Monday	5th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	5th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	5th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	5th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	5th	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	6th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	6th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	6th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	7th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	7th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	7th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	8th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	8th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	8th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	8th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	9th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	9th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	9th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	9th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	12th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	12th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	12th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	12th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	12th	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	13th	10.00am-11.30am	Breakfast Club	The Oval C.C.

Tuesday	13th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	13th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	14th	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	14th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	14th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	15th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	15th	TBC	Craft Group	The Oval C.C.
Thursday	15th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	15th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	16th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	16th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	16th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	16th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	19th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	19th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	19th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	19th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	19th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	20th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	20th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	20th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	21st	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	21st	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	21st	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	22nd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	22nd	10.30am-12.00pm	Men's Club	Sherma Batson

Thursday	22nd	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	23rd	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	23rd	10.00am-11.00am	Yoga	The Oval C.C.
Friday	23rd	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	23rd	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	23rd	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	26th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	26th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	26th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	26th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	26th	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	27th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	27th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	27th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	28th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	28th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	28th	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	29th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	29th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	29th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	30th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	30th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	30th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	30th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.

FEBRUARY

Monday	2nd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	2nd	10.15am-12.15pm	Tea & Chat	The Oval C.C.

Monday	2nd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	2nd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	2nd	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	3rd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	3rd	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	3rd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	4th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	4th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	4th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	5th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	5th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	5th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	5th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	6th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	6th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	6th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	6th	2.00pm-3.00pm	Beg. Line Dancing	Great Ashby C.C. w1/6
Friday	6th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	9th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	9th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	9th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	9th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	9th	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	10th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	10th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	10th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	10th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	11th	9.00am-12.00pm	Member's Support	Sherma Batson Centre

Wednesday	11th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	11th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	12th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	12th	TBC	Craft	The Oval C.C.
Thursday	12th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	12th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	13th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	13th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	13th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	13th	2.00pm-3.00pm	Beg. Line Dancing	Great Ashby C.C. w2/6
Friday	13th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	16th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	16th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	16th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	16th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	16th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	17th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	17th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	17th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	18th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	18th	CANCELLED	Zumba Gold	Timebridge C.C.
Wednesday	18th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	19th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	19th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	19th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	19th	CANCELLED	Zumba Gold	Symonds Green C.C.
Friday	20th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	20th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.

Friday	20th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	20th	2.00pm-3.00pm	Beg. Line Dancing	Great Ashby C.C. w3/6
Friday	20th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	23rd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	23rd	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	23rd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	23rd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	23rd	6.30pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	24th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	24th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	24th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	25th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	25th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	25th	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	26th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	26th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	26th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	27th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	27th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	27th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	27th	2.00pm-3.00pm	Beg. Line Dancing	Great Ashby C.C. w4/6
Friday	27th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.

On the back page you will see a list of activities available to you.

This will tell you the cost and whether you need to book your chosen activity.

You don't need to be a member to try out an activity, so if you see something you would like to try, do come along to a session.

As the calendar shows 2 months at a time, there may be occasions when activities are changed for reasons beyond our control and the calendar is not changed to reflect this.

Our Activities

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.

Breakfast Club*: **NEW** We will be providing free tea, coffee and a light breakfast on Thursday's at the Poplars Community Centre, which is next to Sainsbury's and everyone is welcome!

Monday Night Bingo: Our Evening Bingo at Timebridge is a fantastic venue with a great bar! Entry is £7.00 for 6 games. Flyers 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.

Thursday Bingo*: **NEW** A fun and easy going bingo session at Poplars Community Centre. Entry is £8.00 for 6 games and a flyer and includes tea and coffee.

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 is for the more experienced dancer and Tuesdays is for those relativity new to dancing. Classes are all about having fun! £2.50 for members and £4.50 for non-members.

Exercise & Fitness Class: A gentle Exercise and Fitness class for all abilities. £2.50 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.

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

Yoga: A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture. £2.50 members and £4.50 non-members.

Zumba Gold: Focuses on balance, motion and coordination for the older person, £2.50 members/ £4.50 non-members.